

EFT TAPPING GUIDE

Release stress with a few taps



Are you feeling anxious, stressed, or emotionally overwhelmed? Many of us carry emotional and physical blocks that make us feel stressed, anxious, and disconnected. You may be practicing meditation, yoga, or traditional therapy, and while these methods can be helpful, they often don't address the deeper energy imbalances and trapped emotions within your body. That's where EFT Tapping can help!

Meet Kimmy...

...your natural wellness guru and trained Reiki practitioner, here to assist you in releasing trapped physical and emotional blocks.



What is EFT?

EFT (Emotional Freedom Technique), also known as Emotional Tapping, is a powerful technique that combines ancient Chinese acupressure and modern psychology. It involves tapping on specific meridian points on the body while focusing on negative emotions or physical sensations. This process clears emotional blocks, reduces stress, and promotes healing.



The Tapping Process

Step One: Identify the Issue

Focus on a specific issue you want to address. This could be a negative emotion, a physical pain, or a limiting belief.

Step Two: Rate the Intensity

On a scale of 0 to 10, rate the intensity of your issue. This helps you to measure your progress.

Step Three: Set-up Statement

Create a set-up statement that acknowledges the issue and affirms self-acceptance. For example, "Even though I feel [emotion], I deeply and completely accept myself."

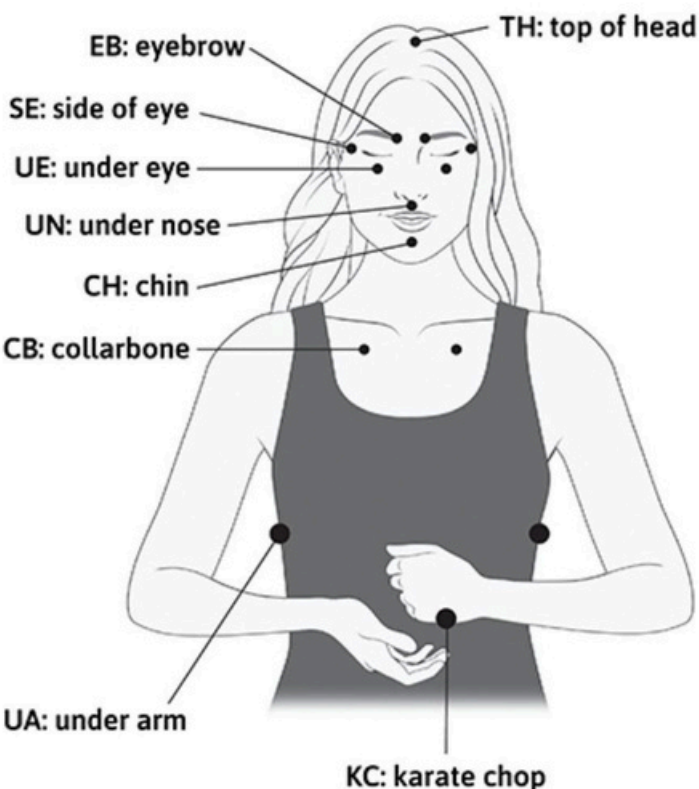
Step Four: The Tapping Sequence

Tap on each point 5-7 times while repeating a reminder phrase (a short version of your issue, like "this anxiety"):

Step Five: Repeat and Reassess

After completing the tapping sequence, take a deep breath and rate the intensity of your issue again. Repeat the process until the intensity is significantly reduced.

Tapping Points



Tapping Points

- **Eyebrow:** Beginning of the eyebrow, just above the nose
- **Side of Eye:** On the bone beside the outer corner of eye
- **Under Eye:** On the bone under the eye, below the pupil
- **Under Nose:** Between the bottom of nose and upper lip
- **Chin:** Midway between the bottom of lower lip and chin
- **Collarbone:** Just below the collarbone, an inch to the side
- **Under Arm:** About four inches below the armpit
- **Top of Head:** Directly on the top of your head

Step-by-Step Tapping Example

Identify the Issue:

"I feel anxious about my presentation."

Rate the Intensity:

"On a scale of 0 to 10, my anxiety is an 8."

Set Up Statement:

Tap on Karate Chop point 3 times: "Even though I feel anxious about my presentation, I still deeply love and accept myself."

The Tapping Sequence:

Eyebrow: "This anxiety about my presentation."

Side of Eye: "I feel nervous."

Under Eye: "I'm worried I'll mess up."

Under Nose: "This anxiety in my body."

Chin: "I feel tense."

Collarbone: "I'm anxious about presenting."

Under Arm: "This anxiety."

Top of Head: "This anxiety about my presentation."



Repeat and Reassess:

After one round, take a deep breath and repeat as needed.