



## EFT Points and Reminders

### Here are the main EFT points you can refer to as you practice tapping:

“Karate Chop”: the side of either palm, where you might do a karate chop; use this for the Set-up Phrase

EB eyebrow point (at the beginning of the eyebrow; you can tap both at once)

SE side of eye (near ridge just on side of eye, not farther over at the temple)

UE under eye (on bony part approx. 1 inch straight down from the pupil)

UN under nose (above top of lip)

CH chin point (between bottom lip and chin)

CB collar bone point (where collar bone meets the top of your ribs)

UA under the arm (about 4 inches under arm pit)

TN thumb nail (outside of thumb nail); IF index finger (this and other fingers at edge of nail closest to thumb); MF middle finger; PF pinkie finger

Top of head (use either flat palm or all the fingers bunched together to tap crown area)

### “The 9 Gamut” or Brain Balancing section:

(9 actions while tapping on Gamut point, the dip behind the pinkie and ring finger knuckles)

- Looking straight ahead, keep your head still: close eyes, then open eyes;
- Move just your eyes hard down to right; then hard down to the left;
- Make a large full circle in one directions with only your eyes, then in the other direction;
- Hum a bar or two of a random tune
- Count aloud 1, 2, 3, 4, 5, then hum a little again

(Next page for the full Emotional Freedom Techniques “Basic Recipe”)

## EFT Points and Reminders: The Basic Recipe

When learning EFT, the simplest way for most people is to use the EFT Basic Recipe no matter what you are tapping on. That's the best way to get comfortable with the sequence and make it easy to memorize.

### "Basic Recipe" EFT procedure:

FIRST: Identify a specific challenging feeling or problem as specifically as you can.

THEN: Locate how high the intensity of that problem or issue is on a 0 – 10 scale.

You're now ready to begin the "Basic Recipe" with the Set-up Phase.

SET UP PHRASE: Repeat three times while tapping the Karate Chop point:

"Even though I feel/have this \_\_\_\_\_ problem, I want to deeply and completely love and accept myself"

(More advanced: You can vary the phrase in ways that feel most resonant, e.g. "Even though I'm overwhelmed right now... Even though I felt so hurt... I want to deeply and completely accept myself... I want to accept myself fully...etc. But keep it simple first!)

- Tap on all of the points from the Eyebrow Points through the finger points while repeating at each point "This \_\_\_\_\_" as a reminder ("This heart ache...").
- Do the "9 Gamut" sequence while keeping the problem in mind and tapping on the Gamut spot continuously as you do the 9 different actions.
- Tap on the Eyebrow Points through Under the Arm points and end with Top of the Head point.

Check the intensity of the issue you're tapping on. Chances are it will have gone down, and you'll feel less of the intensity. Keep doing rounds of the Basic Recipe until the intensity on that specific issue is down to a 1 or, better yet, a zero. No need to keep any of it in the body!

The second and following rounds should start with a slightly different Set-up Phrase:

"Even though I STILL have SOME of this \_\_\_\_\_, I deeply and completely love and accept myself" (or, "I *want* to deeply and completely love and accept myself").

The reminder phrase becomes "This REMAINING \_\_\_\_\_" as you tap on each point.

Remember to be as SPECIFIC as you can, and be PERSISTENT for the best results!

