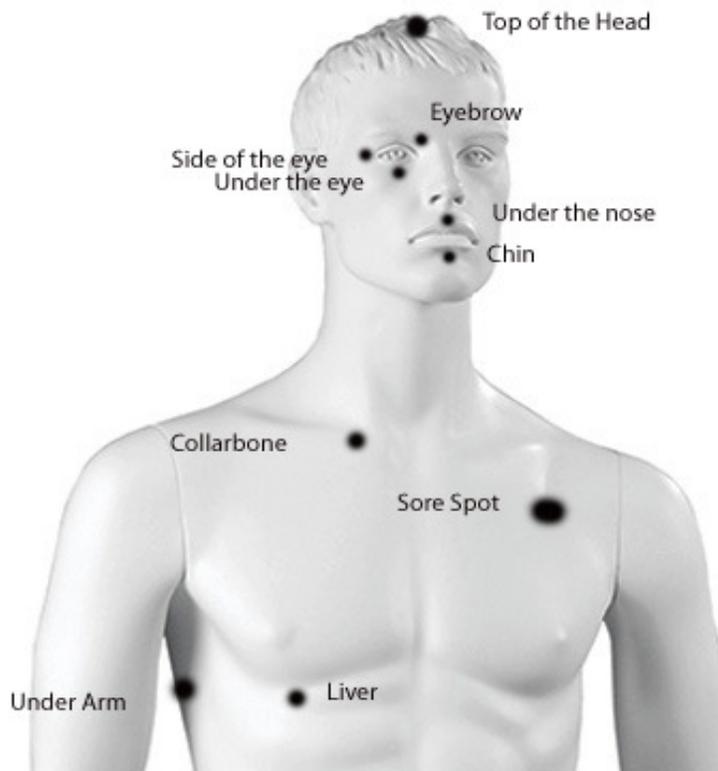


EFT Tapping Chart and Directions

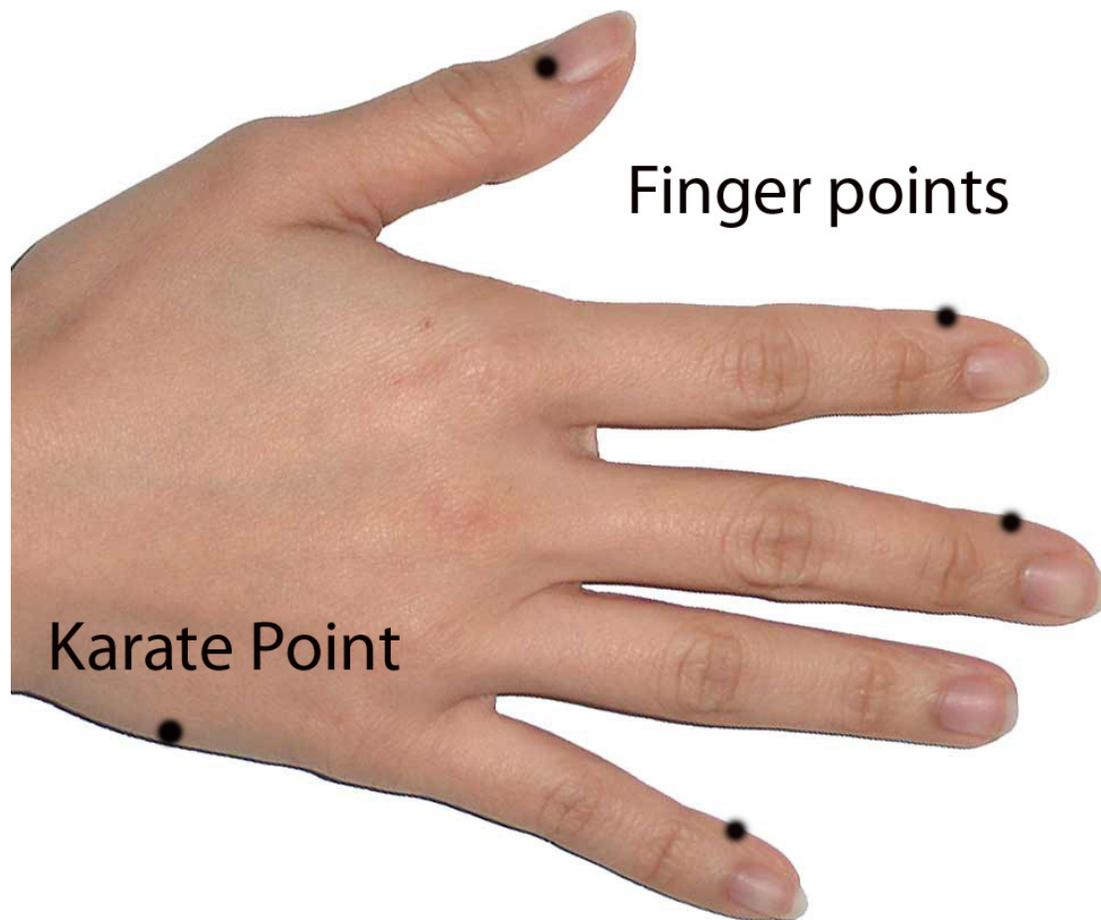


EFT can, and has been used on just about anything. Below is a partial list of what people have been able to resolve, change, or create in their lives using EFT:

- Abundance
- Weight Loss
- Anxiety
- Fears
- Traumas
- Releasing limiting beliefs
- Creating positive beliefs
- Attracting love into their life
- Physical conditions and aches and pains

The list goes on. Once you're familiar with using EFT, I encourage you to try it on anything.

For EFT to be as effective as possible, it's important to hone in on exactly what the emotion or belief is. The more precise you can be, the better the results. However, you can also use it as an emotional “toning tool” that tones up the energy systems and has an overall calming affect.



The Process

Begin by rating the intensity of the problem you're wanting to work on. Give it a score of zero to ten. Zero being no level of intensity and ten being the highest possible amount of discomfort. Once you have the rating, begin with the Set Up Phrase which states the problem. The issue or problem is stated here.

The process I've outlined below uses the face and body points. In other forms of EFT, or SET, specifically, you would use only the finger points. Either method works. Try both and decide which works better for you.

Set up: On either the Karate Chop or Sore spot. State the issue while tapping. This is usually stated 3 times. Example: "Even though I (state the problem)....., I accept myself for who I am and know this problem doesn't define me." "Even though I'd like to let go of, and I'm not sure if I can, I deeply and completely accept myself." Some people have a hard time accepting themselves, so you can change the words, if that doesn't feel right. If you find you

have a hard time accepting yourself, or even stating this, doing some rounds on accepting yourself is another good area to work.

Continue on to the following points in this order while talking about the issue.

- Eyebrow**
- Side of the Eye**
- Under the eye**
- Under the nose**
- Chin**
- Collarbone**
- Under the arm**
- Liver point**
- Top of the head**

Take a breath and reassess how you feel. The rating should have dropped, but occasionally it can go up. This is nothing to worry about. What this usually means is you've uncovered other aspects to the problem. This is actually good news because it means you can clear even more levels to the issue. Keep tapping until the rating goes down to zero.

You would continue tapping several rounds until the intensity reaches a level of either “1” or “0”. Sometimes an issue takes time to reach “0”, so don't be concerned if it only goes down to “1” or even “2”. Your body and emotional state might need time to process the changes. Your subconscious will only bring up what feels safe for you to deal with at the time. Honor the process and work at the pace which is right for you.

When you experience something, especially stressful or emotionally charged, most times there's more than one emotion or belief that locks in. There can be fear, self-judgment – all sorts of layers of emotions and decisions. By using EFT, you can uncover all of the layers that were locked into your body at the time of the event. By releasing these emotions, people usually experience an amazing state of relaxation.

Example round for using EFT on work-related stress

The following are examples you can use to get you started, but again, the more precise you can be for *your* issue, the better the resolution will be. The following is regarding “stress about work”, but you can insert whatever causes you stress and tap on that.

Example – Stress about work

Say the following and rate where you are in the truth of this sentence from “1” to “10” - “10” being absolutely true.

Set-up: *“Even though I'm so stressed over work and I even feel stress when I think about work, I accept my feeling about this.”*

*“Even though I feel so stressful about work, and it's wearing me out, I accept how I feel and who I am”
“Even though I have all this stress around work, and I'd like to let it go, for now I'm going to honor how I feel and see if I can just let some of this stress go.”*

Now for the rounds of the remaining points:

Eyebrow: *“I have all of this stress”*

Side of the eye: *“It's wearing me out and I haven't been able to let it go”*

Under the eye: *“All of this stress. It's real for me and it's running through my body”*

Under the nose: *“All this stress. It's how I feel right now and I'm listening to my body”*

Chin: *“All this stress. It's wearing me out and I'd like to let it go”*

Collarbone: *“All this stress. Maybe it's time to release it. Maybe I can let it go a little at a time”*

Under Arm: *“I'm not sure that I can, but I'm willing to try”*

Top of Head: *“All of this stress. I'm letting it go and I feel it moving out of my body”*

Now take a deep breath and see how you feel. You can check the rating of *“I feel so stressed about work”* and see if it's changed. Most times it will have gone down. If it hasn't moved, see if you can be more specific. Also, check to see if any other emotions or thoughts have come up about work. You'll want to tap on whatever the strongest emotion is that's attached to the stress.

EFT is a little like detective work. As you go through the rounds, you'll start to gain insights into what's behind a certain emotion. Many times it goes back to past events, even though you're being triggered emotionally by a current situation. EFT tends to give a feeling of safety around exploring what lies beneath the emotions.