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### Instructions for Tapping with EFT

1. Rate intensity of feeling of the issue from 0 to 10, with 0 being nonexistent and 10 being extremely strong.

2. The Set Up (See description of points, #3, below)

Tap the Karate Chop Point while repeating the 'affirmation' 3x; (see 3 for points)

ie "Even though I am afraid of..."

Or "Even though I have this pain..."

Or "Even though I'm feeling really tense right now and I have that feeling in my stomach..."

followed by the phrase

"...I totally and completely love, accept and forgive myself."

If you can't say that just say

"...I am willing to try to love, accept and forgive myself."

(please use the words which have the most meaning for you, making sure that they mean that you love, accept and forgive yourself. However you say that to yourself is fine.)

3. Tap Through while saying a Reminder Phrase (this anger, this feeling in my stomach, this tension, just something to keep your mind focused on the issue);

\*top of head th (centre of top of head)

\*inside edge of eyebrow eb (top of the bridge of the nose)

\*outside edge of eye se

\*under eye ue (on the bone under the eye, approx 1 in below pupil if looking straight ahead)

\*under nose un

\*crease on chin under lower lip ch

\*collar bone cb (find notch under throat, move to each side and there is the end of your collar bone, 1 inch in and 1 inch down from that point)

\*under the breast ub (for women, in the crease under your breast, on your underwire, slightly outside of each nipple. For men, three inches under the nipple, slightly to the outside).

\*under arm (4 inches under arm pit approx, for men parallel with nipple, for women, in the middle of the bra strap) ua

\*wrist (on the inside of your wrist, around the wrist creases or slightly up the arm).

The karate chop spot is on the baby finger side of either hand, between the wrist and the baby finger, on the fleshy part, where you would do a karate chop.

For the bilateral points, either side of your body is equally effective, and you can use either side and change back and forth as you wish.

If you use 2 or 3 fingers on each point, you will be close enough. EFT is a very easy to use system and does not have to be perfect.

4. Gamut point and eye roll (Only do this if nothing is happening when you tap)

The gamut point is between the third and fourth knuckle on either hand, about 1 inch up.

Tap here while holding your head still and looking down at the floor. Slowly, to a count of 6 or so, roll your eyes up to the ceiling.

Stay focussed on the feeling by repeating the Reminder Phrase (this hurt, this anger, this stress)

5. Repeat tapping through all the points (Tap Through) using your Reminder Phrase

6. Check intensity of feeling.

7. Repeat until 0. With each Tap Through, as the intensity of feeling diminishes, for the Reminder Phrase, say "The rest of this anger" "The rest of this hurt"

8. When the emotions gets down below an intensity of 4, you can start to include a positive phrase, something which expresses what you want instead..."I choose to be calm and peaceful." "I choose to be healthy and comfortable." "I choose happiness."