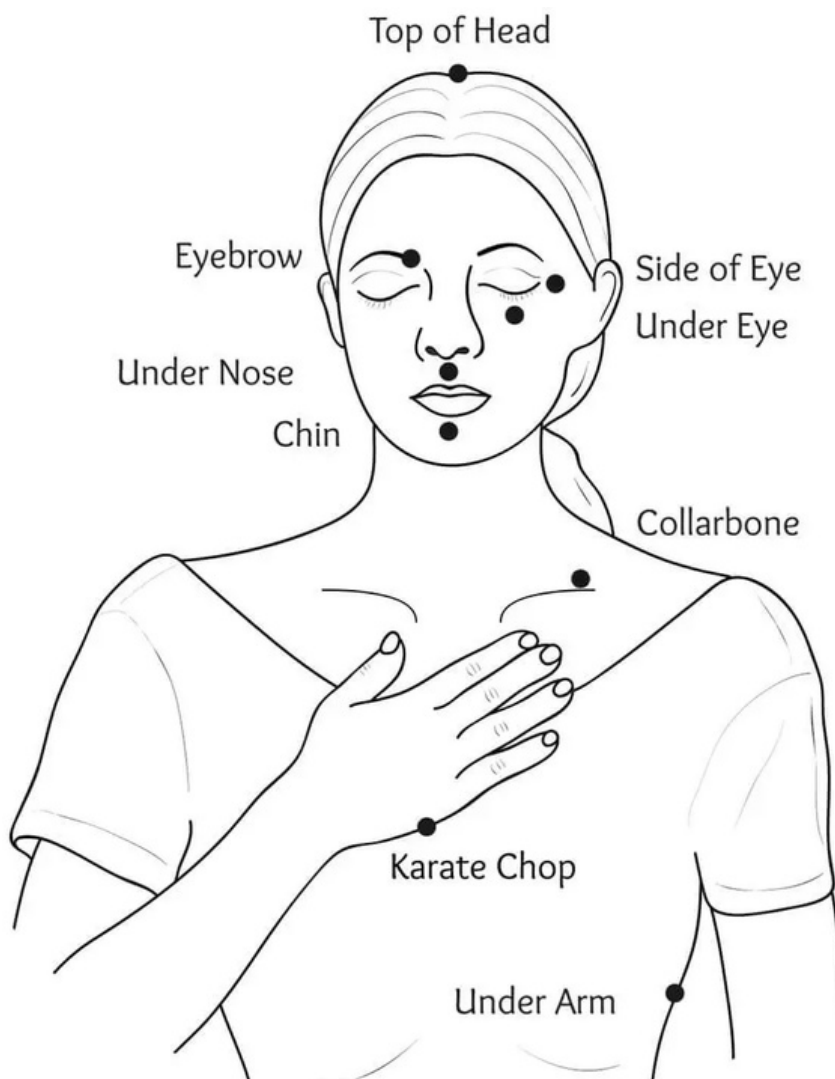


EFT Tapping Guide

EFT, Emotional Freedom Technique, is a simple tool that combines gentle tapping on specific points on the body with acknowledging what you're actually feeling.

The points sit along the same meridian lines used in acupuncture and acupressure. Tapping on them, while naming what's present for you, sends a calming signal to the nervous system and can quickly take the edge off an anxious spike.

It needs no equipment and takes only a few minutes. Once you know the points, you can use it anywhere, in the car before an appointment, before bed, or the moment you notice anxiety building.



THE TAPPING POINTS Where to tap

You don't need to press hard. A light, steady tap with two or three fingers is enough.

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SET UP STATEMENT

Naming whats here

Before you start tapping through the points, you name the feeling out loud, paired with a statement of acceptance. The structure is:

"Even though I feel [the feeling], I completely accept myself."

Examples:

"Even though I feel anxious about this meeting, I completely accept myself."

"Even though my chest feels tight right now, I completely accept myself."

"Even though I can't stop thinking about this, I completely accept myself."

Say it three times while tapping the karate chop point, before moving on to the full sequence.

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THE SEQUENCE

Step by step

1. Rate the intensity of what you're feeling from 0 to 10
2. Tap the karate chop point while repeating your setup statement three times
3. Move through each point in order (eyebrow, side of eye, under eye, under nose, chin, collarbone, under arm, top of head), tapping five to seven times at each one
4. At each point, say a short reminder phrase, just the feeling itself is enough: "this anxiety," "this tightness," "this worry"
5. Take a breath, then rate the intensity again from 0 to 10
6. If it's still there, repeat the sequence, adjusting your setup statement to reflect what's left:

"Even though I still feel some of this anxiety, I completely accept myself."

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WHEN TO USE EFT

Everyday moments



Before a stressful event: a meeting, an appointment, a difficult conversation.



When anxiety spikes suddenly and you need a quick way to bring it down.



Before sleep, if your mind is still busy from the day.



Alongside journalling, tapping first can make it easier to identify what you actually want to write about.

There's no wrong time to use this. The more familiar it becomes, the more useful it will be.