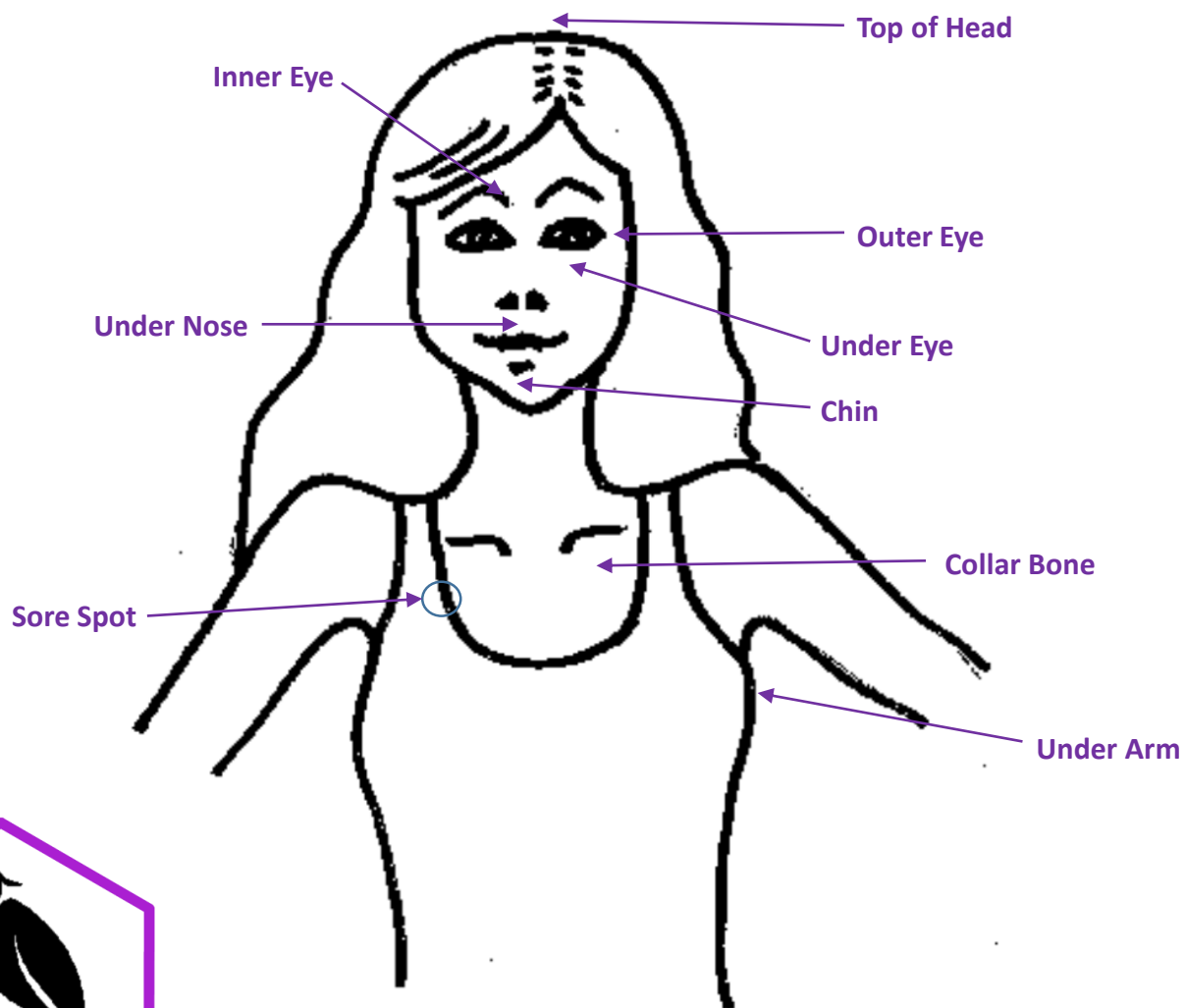


EFT Tapping Points Chart



Identify an issue and give it a number of intensity 0 – 10. Rub the Sore Spot or tap your two karate chop points together and repeat a 'set up' out loud three times. For example: Even though I have this I completely and deeply accept love and forgive myself. Be specific about the issue. For example: I have this anger about the time my friend left me out and I felt rejected. Then gently tap on the following points: Top of Head, Inner Eye, Outer Eye, Under Eye, Under Nose, Chin, Collar Bone & Under Arm. Continue tapping for a few rounds at each point saying out loud a reminder phrase. For example: This anger about my friend, she left me out, I felt rejected, it wasn't fair, how could she do that to me, I didn't feel valuable. It is only important the words are connected to how you feel about the issue. Reassess the intensity 0 – 10 and continue, if necessary, with any remaining negative emotion you feel is present.

