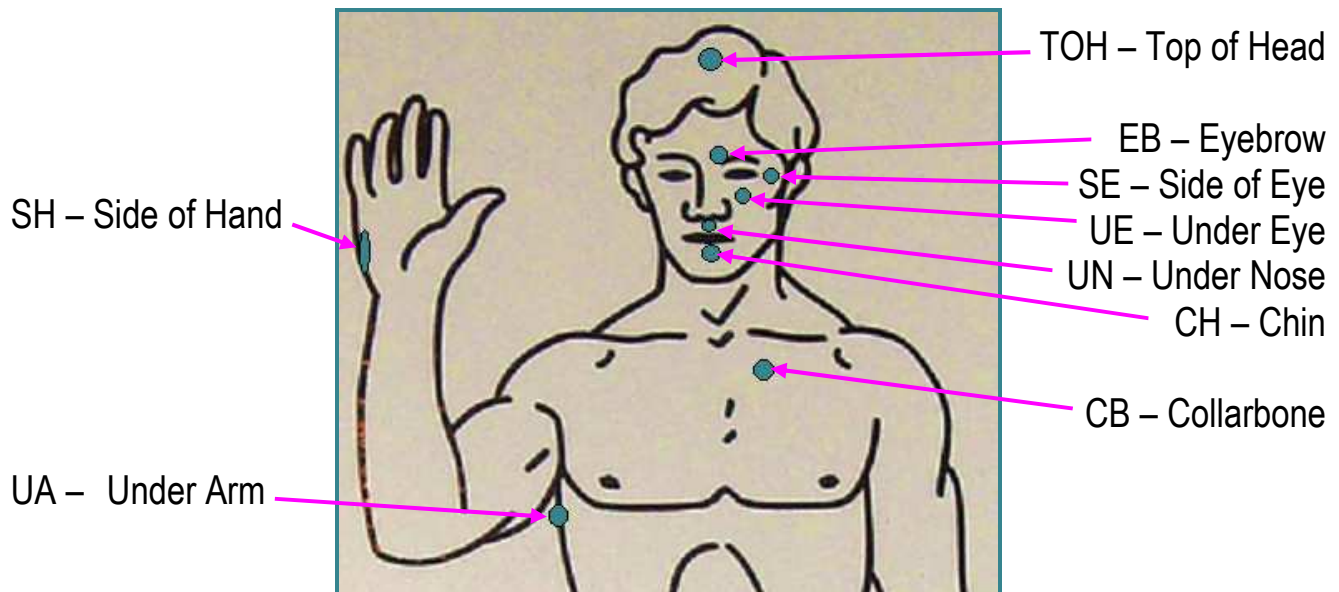


Emotional Freedom Techniques -Tapping Points

1. **Think of your problem** (physical, emotional, phobia, etc. – the more specific you are the better it will work).
2. **Rate it** on a scale of 0 (no intensity) to 10 (full intensity). Note the number you get.
3. Continually **tapping the Side of Hand point, say:** “Even though I ___(**say your problem**)___, I deeply and completely accept myself” (or I’m learning to accept myself, or I forgive myself, or I’m okay, or something else that’s positive).
4. **Tap** a few times on each of **the other points** (TOH, EB, SE, UE, UN, CH, CB and UA) on either side or on both sides of the body **while you say a reminder phrase** (mini-version of problem).



5. **Check intensity** rate and compare. **If the intensity is not lower, do it over again** trying other, similar but different, words or concentrating on physical sensations or inner emotions. If the intensity is lower, keep going until you get to 0 or as close as you can. Change the phrase a little –or a lot– to make it match the feelings or body sensations. Once that problem is clear of emotion and physical sensations pick another problem and start back at 1.

NOTE: If **ANY**thing changes (you’re angry instead of sad about the same subject, your pain is sharp instead of dull, your feeling is more intense rather than less intense, a physical sensation moves from one place to another, etc.), these are just new aspects of the same problem. It is a sign that **you are making progress** so...

JUST KEEP TAPPING!