

# EFT- emotional freedom technique

Notice how intense the problem is right now as you think about it, on a scale of 1-10. Take time to really feel it, and let the emotion of the feeling be present.

Begin at the crown of the head, tapping on each spot 8-10 times, the order is not critical but it is helpful to start at the top and work your way down. You can tap more than 10 times. Use 2 fingers. The word that you will put in the phrase below describes the problem or the pain.

Hand- ● side of hand (karate chop spot) Use this phrase while  
Even though I have this/feel I am \_\_\_\_\_  
I deeply and completely accept myself.  
(Repeat three times while tapping)

Now say, "this \_\_\_\_\_" (the problem)



Crown of head 1 (this spot is at the top of head, toward the back)

Eyebrow- 2

Temple- 3

Under eye- 4

Upper lip- 5

Chin- 6

Collarbone- 7

Under arm- 8

Even with nipple line

Wrist- 9

Inside of wrist



Even though I have this/feel I am \_\_\_\_\_  
I deeply and completely accept myself.  
(Repeat one time while tapping)

Hand- side of hand (karate chop spot) ●



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Please refer to the video for complete instructions on EFT therapy. Some tapping points are very specific as explained on the video.