

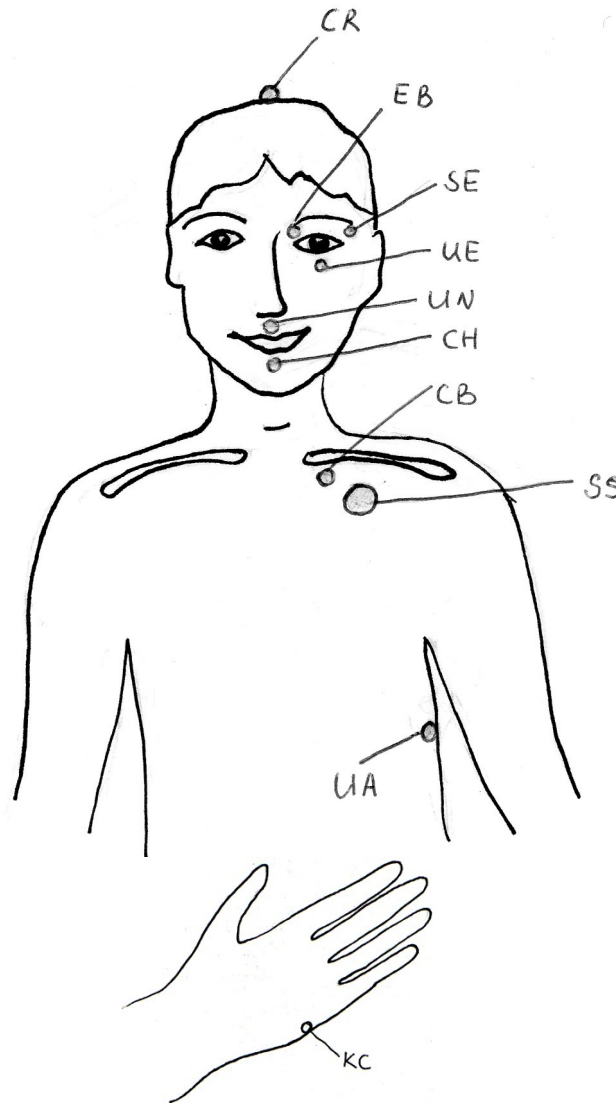
# The EFT (Emotional Freedom Technique) explained plus tapping points and how to find them - on a page.

## A. Identify

When you know the issue you want work on rate it's intensity on a scale 0 – 10, 10 being the most intense.

## B. The Set-up

You can rub the sore spot (SS) or tap on the karate chop point. Say "Even though (insert your issue, e.g. I have this headache) I deeply and completely love and accept myself. Say this three times.



## C. The seven points

Tap at least seven times (not too many more) on the points EB to CR, avoiding SS and KC (you've tapped on these in the set-up).

## D. Repeat the phrase

Repeat the phrase you inserted as you tap on each of the seven points, e.g I have this headache (or simply – this headache).

## Location of the EFT tapping points

- EB – Eyebrow Point** – Where the eyebrow starts, above the bridge of the nose.
- SE – Side of the Eye Point** – Edge of the bone, side of the eye.
- UE – Under the Eye Point** – Edge of the bone directly under the pupil.
- UN – Under the Nose Point** – In the groove above upper lip under the nose.
- Ch – The Chin Point** - Depression between the lower lip and the chin.
- CB – The Collarbone Point** – Under the collarbone. In the groove where collarbone meets the first rib.
- UA – Under the Arm Point** – Place open hand under the arm, four fingers widths down, point is under hand in line with the centre of the armpit.
- SS – The Sore Spot** – Three inches down and three inches across from 'U' shape at the top of the sternum. Used only in the set up. (see above).
- KC – The Karate Chop Point** – Located at the centre of the fleshy part of the hand (tap with all four fingertips of tapping hand).

**Tap gently on the points with the tips of the index and middle fingers (see separate tapping instructions for KC and SS).**