

# STEP-BY-STEP EFT PROCESS + EFT TAPPING POINTS GUIDE

## WHAT IS THE EMOTIONAL FREEDOM TECHNIQUE (EFT)?

EFT can be a powerful personal development technique. It involves tapping your fingers on meridian points to reduce the stress of problem areas. This energy psychology technique can rebalance the mind, body, or spirit.

In clinical trials, EFT has been proven to rapidly reduce emotional impacts that cause spiritual, mental, emotional, or physical dis-ease.

## EFT PROCESS

You can view Jessica Ortner's [video](#) to see the tapping process. She uses the words, "I deeply accept myself," whereas I like to use, "I deeply and completely love, accept, and forgive myself."



### STEP 1 - ASSESS ISSUE INTENSITY

Think of an issue you'd like to release and **assess** how you feel on a scale of 1 (little intensity) to 10 (very intense).



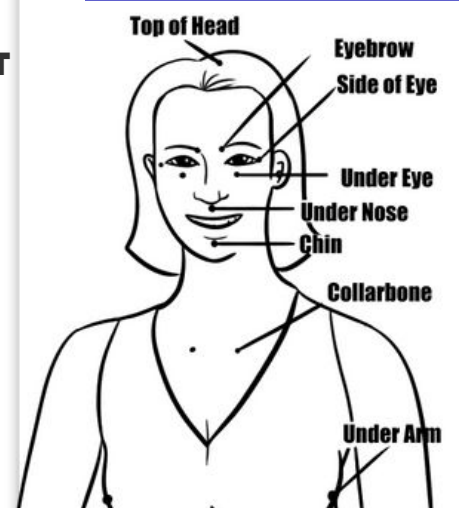
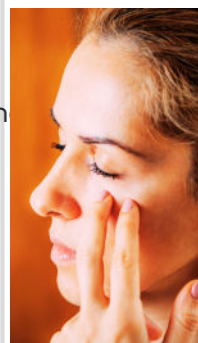
### STEP 2 - SET-UP STATEMENT

- Say your setup statement three times while tapping the **Karate Chop Point** (side of the hand).
- Setup statement:  
"Even though I have this [INSERT ISSUE], I deeply and completely love, forgive, and accept myself."
- Repeat three times.



### STEP 3 - TAP EACH POINT SAYING REMINDER STATEMENT

- Use 2-3 fingers on each hand to tap firmly but gently on each diagram point.
- Tap 3 to 5 times on each point, moving down the body. Starting at the eyebrow and finishing on the top of the head.
- Say the reminder statement as you tap each point.  
Reminder statement: "This [ISSUE]."



# Step-by-Step EFT Process



## STEP 4 - BREATHE

Take a **deep breath**.

## STEP 5 - ASSESS AND REPEAT OR COMPLETE PROCESS

- Assess your intensity level on a scale of 1 (little intensity) to 10 (very intense).



- If the **intensity is greater than 2**, then **continue** on to **Step 6**.
- If it's a **0 or 1**:
  - Keeping your **head still**
  - Look at a **point between your toes**, and
  - Move your eyes up** until they reach a point where you're **looking at the ceiling**.
  - Do this while **repeating, "This [ISSUE]"** as you move your eyes from the floor to the ceiling. This should take you to a zero-level intensity, and the process is complete for that issue.

You can finish or move onto the next concern.

## STEP 6 - SET-UP STATEMENT

- Repeat your setup statement three times while tapping the **Karate Chop Point** (side of the hand).
- Setup statement:  
**"Even though I have this [INSERT ISSUE], I deeply and completely love, forgive, and accept myself."**
- Repeat three times.**



## STEP 7 - REPEAT STEPS

Start tapping points while saying the Reminder Statement as you tap on each of the points.

## STEP 8 - BREATHE

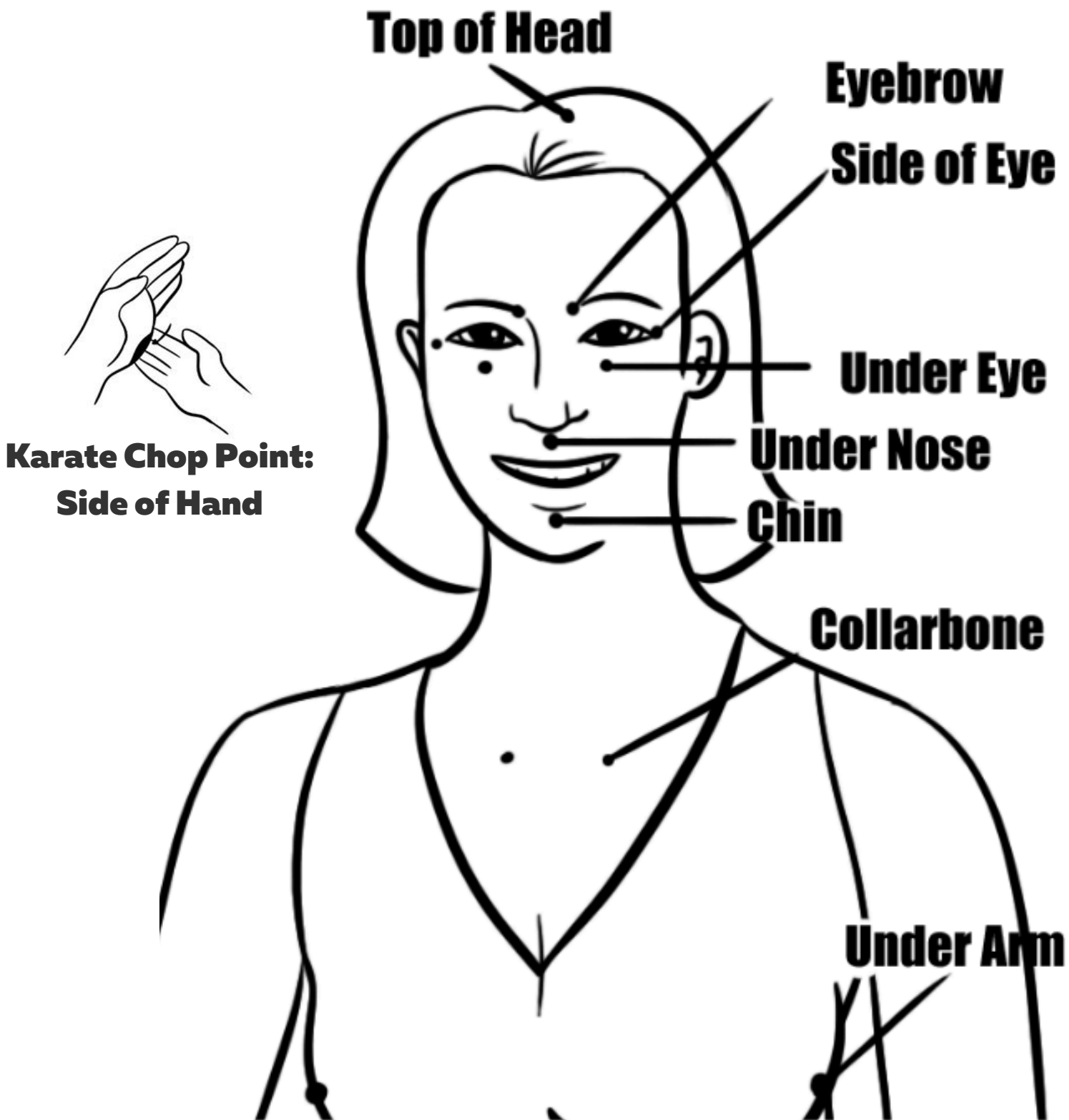
Take a deep breath.

## STEP 9 - ASSESS AND REPEAT OR COMPLETE PROCESS

Assess your intensity level on a scale of 1 (little intensity) to 10 (very intense). If the **intensity is greater than 2**, then go back to **Steps 6 through 8**. If it's a 0 or 1, then the process is complete for that issue and you can finish using **Step 5**, or move onto the next concern.



# EFT TAPPING POINTS



**Happy tapping!**  
*ox Madisen*