

The Basic EFT Tapping Sequence

1. The Setup: Focus on the issue or emotion you wish to treat. Be specific. Connect with it sufficiently to feel it.

2. SUDS Level: Rate its intensity on a 1-10 scale. A 1 means it barely exists. A 10 means it practically rules your life. Rate the feeling as it exists *NOW*.

3. The Affirmation: Rub the sore spot in a circular motion or tap the karate chop spot while repeating the affirmation three times,

Even though I have this _____, I deeply and completely love and accept myself.

Many people don't love or accept themselves. Say the affirmation with feeling even if you don't believe it. Don't just think it. Say it out loud.

4. The Tapping: Gently and quickly tap each of the numbered spots shown on the chart 7-10 times. As you tap, remind yourself of the problem by stating "this _____." Use whatever word you used to fill in the blank in the affirmation. Don't repeat the whole affirmation. Tapping harder or longer does not make the process work better or faster.



1. Under Eyebrow

2. Side of the eye

3. Under Eye

4. Under Nose

5. Chin

6. Collarbone

7. Under Arm

5. The Re-evaluation: Refocus on what you just treated. Is the feeling still the same? If it is, rate it again from 1-10. Redo the above steps but change your affirmation to:

“Even though I still have some of this _____, I deeply and completely accept myself.”

If the feeling changed to something different after tapping, rate the new feeling and treat it as described above.

Don't shortchange yourself by quitting too soon. Don't settle for feeling just a little better. You can't over tap. **Keep tapping until you feel well and happy.**