

## How to Use Tapping (Emotional Freedom Technique)

Focus on a thought, feeling, behavior or sensation that is distressing you in some way. It can be an emotion, a physical sensation, a thought, worry etc. Assign a “subjective distress” number to it from 1-10. Ground, relax and breathe while you begin tapping on the first point.

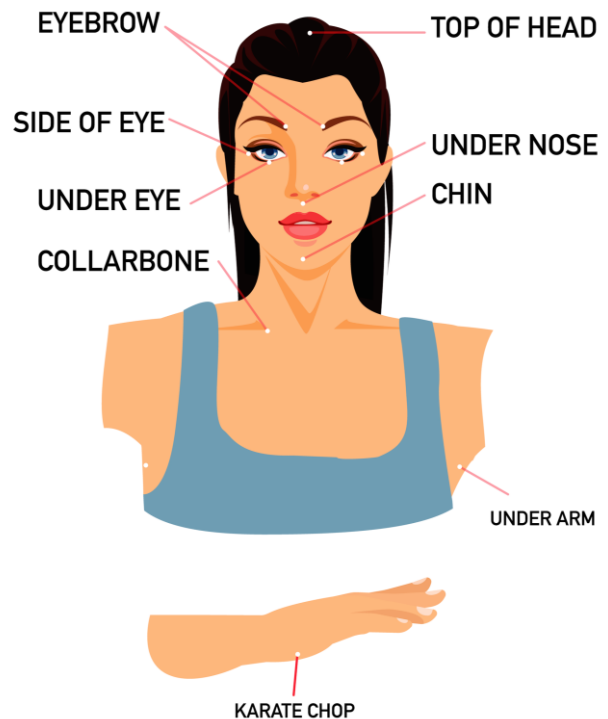
*Start with acknowledging the feeling and being willing to let change happen. Do three cycles on each tapping place and each cycle the feelings may change, or not. Curiosity is the key.*

*With each point below, keep tapping and say what you are feeling in the moment, allowing insights to arise with the tapping and affirmation*

**1. Karate Chop** - While tapping with finger tips: ***“Even though I have this (thought, emotion, behavior, sensation) I accept what I feel and am willing to let it be or let it change.”***

***Repeat the above affirmation with all tapping points below:***

2. **Top of Head**
3. **Inner brow**
4. **Outer brow**
5. **Under eye**
6. **Upper lip**
7. **Chin**
8. **Under collar bone**
9. **Side of ribs**
10. **Inside wrists**



After one round of tapping take a few minutes to notice subtle changes in thoughts, feelings and breathing. Take note of the “subjective distress” number, to see if it has changed and if necessary, repeat the tapping process with the statement “I am willing to let this (.... ) change.” Be gentle with yourself. Change can take time but it’s worth the effort! Use this support tool in times of stress and challenges and share it with friends and clients.