

Wellness At Your Fingertips®

Basic Recipe for EFT Tapping

Tap or rub on either side of the body with either hand. You can also use both hands on both sides.

Rate your issue on a scale of 0 – 10, with 10 being the most intense.

Side of the Hand point on the outside of your hand.

Even though I have this (anxiety, fear, pain, “issue”, etc.)... I deeply and completely accept myself. (Repeat 3 times.)

While saying a **“reminder phrase”** like ‘headache’, ‘fear of flying’, ‘upset stomach’, etc., tap on the following points with 2 – 3 fingers:

Top of the Head – crown of the head

Beginning of the Eyebrow – where eyebrow starts near nose

Side of the Eye – ¼” from the outside corner of the eye

Under the Eye – below the pupil on top of orbital bone

Under the Nose – between the nose and upper lip

Chin – indentation between lower lip and chin

Collarbone – indentation right under collarbone

Under the Breast – on the top of large bone (rib) under the breast

Under the Arm – on side of body, 4” down from the armpit

Wrists – tap the bottom of one wrist against the top of the other wrist

Take a deep breath

Rate your issue again. If you still have the “issue”, start with “even though I **STILL** have this headache, pain, etc.,” then tap through the sequence again using the “reminder phrase”. No need to tap the Side of the Hand point while doing this 2nd round of tapping. Continue tapping until intensity substantially decreases.

Bev Nerenberg
301-602-3949

www.WellnessAtYourFingertips.com
Bev@WellnessAtYourFingertips.com