

## Tapping Basic Recipe

1. State the problem (be as specific and detailed as possible).
2. Measure, on a 0 to 10 scale, how distressing this problem is right now.
3. Say, out loud, the "set-up statement" while tapping on the side of your hand (the only time you tap on the side of the hand is during the set-up statement) – **'Even though I have (this problem), I still choose to deeply love and completely accept myself'**.
4. Tap on the points (refer to Tapping Chart) while talking about all aspects of this problem (thoughts, emotions, sensations and anything that pops into your head about this problem) until you start to feel better or notice a shift (it may take multiple rounds).
  - a. Top of head
  - b. Start of eyebrow
  - c. Side of eye
  - d. Under eye
  - e. Under nose
  - f. Under chin
  - g. Under collar bone
  - h. Front of low ribs
  - i. Side of ribs (about 4 inches below armpit)
  - j. Top of wrist
  - k. Underside of wrist
5. Re-measure the intensity on the 0 to 10 scale
6. If not at zero, a few questions to ask for more clarity –
  - a. What's left?
  - b. Why is that a problem?
7. Repeat, starting with step 1, using the information that comes from answering the questions in Step 6. Keep tapping until the intensity gets down to a manageable level, ideally, to zero. It may take multiple rounds or, there may be other underlying aspects of the problem or past events that still need to be cleared in order to get to zero.

### For Best Results

1. Be as specific as possible when stating the problem.
2. Focus on the negative while tapping. **COMPLAIN!** EFT works best by tapping on what we want to get rid of or clear. For this process to be the most successful, don't be afraid to name, acknowledge and feel into the issue while you're tapping.