

## Tapping Basic Recipe

1. State the problem (be as specific as you can)
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 karate chop point is during the set-up statement) – **'Even though I have (this problem), I deeply love and completely accept myself'**
4. Tap on the points (refer to 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 ribs (just under breast)
  - 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 and few questions to ask for more clarity –
  - a. What's left?
  - b. Why is that a problem?
7. Repeat, starting with step 1. The ideal is to keep tapping until the intensity gets down to zero. It may take multiple rounds to get there or there may be some other underlying aspects of the problem or past events that still needs to be cleared.

### For Best Results

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