

## *EFT : Emotional acupuncture without the needles*

### ***EFT Tapping Points***

1. Top of Head
2. Eyebrow
3. Side of Eye
4. Under Eye
5. Under Nose
6. Above Chin
7. Collarbone
8. Under Arm



Karate Chop Point

### ***Emotional Freedom Technique Basic Recipe***

1. Identify specific feeling or issue.
2. Write down, on a 0 - 10 scale how intensely the issue bothers you now.
3. Perform Set Up: While tapping on the “karate chop” point 3 times on either hand saying;  
“Even though I have this (issue) I deeply and completely accept myself”
4. Tap each EFT point 7 times, then repeat process until intensity lessens.
5. Reassess intensity. If needed, get more specific or focus on a smaller aspect of the issue.
6. Repeat until the intensity is 0.

***For results that are terrific, it's best to be specific! \****