

EFT Tapping Points For The Basic Recipe

1. The Setup

While continuously rubbing the sore spot or tapping the karate chop point:

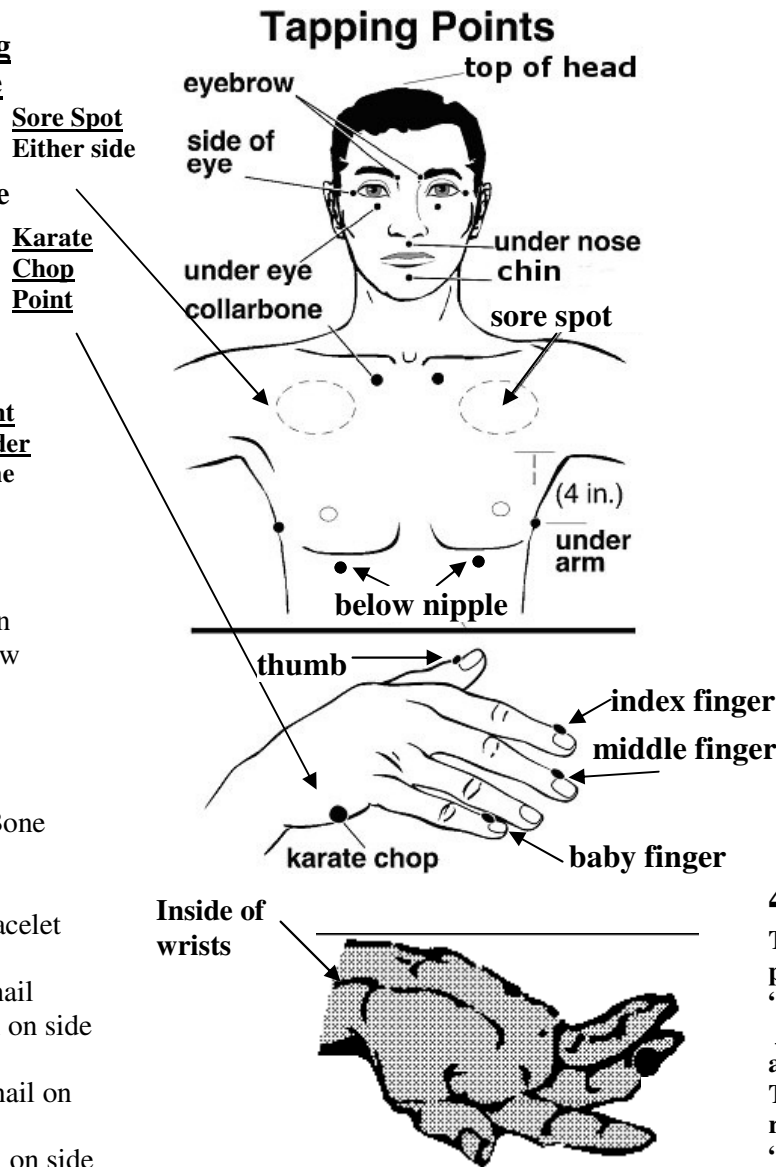
Repeat the setup phrase 3 times: “Even though I have this _____ (issue), I deeply and completely accept myself.”

2. The Sequence

Tap about 5-8 times on each point listed below while using a reminder phrase (a shortened version of the stated issue during Step 1): “This _____ (issue).”

Tapping Sequence

- TH= Top of Head; at the crown
- EB = Beginning of the EyeBrow
- SE = Side of the Eye
- UE = Under the Eye
- UN = Under the Nose
- Ch = Chin
- CB = Beginning of the CollarBone
- UA = Under the Arm
- BN = Below the Nipple
- WR=Inside of both Wrists (bracelet area)
- Th = Thumb; outside edge of nail
- IF = Index Finger; edge of nail on side closest to thumb
- MF = Middle Finger; edge of nail on side closest to thumb
- BF = Baby Finger; edge of nail on side closest to thumb
- KC = Karate Chop

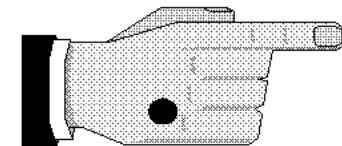


3. The 9 Gamut

Perform 9 actions while tapping the GAMUT POINT continuously:

1. Eyes closed
2. Eyes open
3. Eyes hard down right (head steady)
4. Eyes hard down left (head steady)
5. Roll eyes in circle
6. Roll eyes in opposite direction
7. Hum 5 seconds of a song (Happy BDay)
8. Count from 1 to 5
9. Hum 5 seconds of a song again

This step usually only needs to be used once per issue or with stubborn issues.



Gamut point

4. Repeat The Sequence

Tap as you did in Step #1, but use an altered setup phrase restating the issue like this:

“Even though I still have some of this _____ (issue), I deeply and completely accept myself.”

Then tap as you did in Step #2 using an altered reminder phrase:

“This remaining _____ (issue).”