



EMOTIONAL FREEDOM TECHNIQUE (TAPPING)

How To Start

- Identify **one specific issue** (emotional or physical) e.g. anxiety or a headache.
- **Rate it** from 1 - 10 (1 is low intensity and 10 is highest intensity).
- Say the **Set Up Statement** while tapping the first point
- Do **3 circuits** (points 1 -9 three times) or until it has reduced to 2/10 intensity or less.
- Take **deep breaths** with long exhale at each point

Set Up Statement

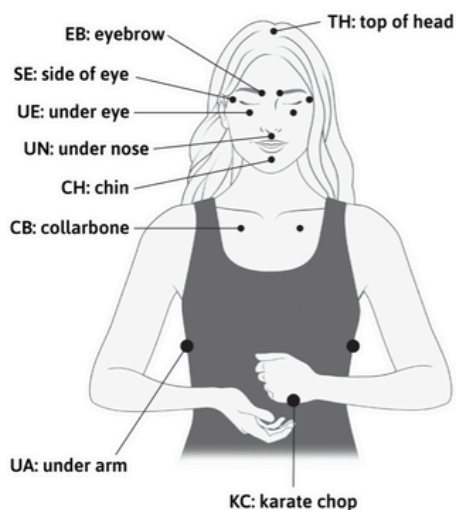
“Even though I feel this
I am trying to accept this,
and I am trying to wholly and
completely accept myself”

(Or make up your own!)

Tapping Points

1. Karate Chop (KC) - Outer edge of the hand, on the opposite side from the thumb.
2. Top of Head (TH) - Directly on the crown of your head.
3. Eyebrow Point (EB) - Where the eyebrows begin, closest to the bridge of the nose.
4. Side of Eye (SE) - On the bone directly along the outside of either eye.
5. Under Eye (UE) - On the bone directly under either eye.
6. Under Nose (UN) - The area directly beneath the nose and above the upper lip.
7. Chin Point (CP) - This is the area just below your bottom lip and above the chin, right in the crease.
8. Collarbone Point (CB) - Starting from where your collar bones meet in the center, go down an inch and out an inch on either side.
9. Under Arm (UA) - On your side, about four inches beneath the armpit.

Tapping Points



The
Tapping
Solution

www.annecastles.com.au

Resource adapted from: <https://www.thetappingsolution.com/tapping-101/>