

## THE BASIC RECIPE

**1. The Setup...**Repeat 3 times this affirmation:

*"Even though I have this \_\_\_\_\_ ,  
I love and accept myself."*

while continuously rubbing the Sore Spot or tapping the Karate Chop point.

**2. The Sequence...**Tap about 7 times on each of the following energy points while repeating the Reminder Phrase at each point.

**EB, SE, UE, UN, Ch, CB, UA, BN, IF, MF, BF, KC, TH**

**3. The 9 Gamut Procedure...**(This is really silly and I don't do it)

**4. The Sequence (again)...**Tap about 7 times on each of the following energy points while repeating the Reminder Phrase at each point.

**EB, SE, UE, UN, Ch, CB, UA, BN, TH, IF, MF, BF, KC**

**BN =below navel in liver area on right side under last rib.**

**TH= top of head**

IF= Index finger, MF=middle finger, BF=baby finger ( I don't do these either.)

**KC = karote chop**

Note: In subsequent rounds The Setup affirmation and the Reminder Phrase are adjusted to reflect the fact that you are addressing the *remaining* problem.

## THE DISCOVERY STATEMENT

*"The cause of all negative emotions  
is a disruption in the body's energy system."*

## **EFT IN A NUTSHELL**

### **Eyebrow (EB)**

*The inner edges of the eyebrows, closest to the bridge of the nose. Use two fingers.*

### **Side of eye (SE)**

*The hard area between the eye and the temple. Use two fingers. Feel out this area gently so you don't poke yourself in the eye!*

### **Under eye (UE)**

*The hard area under the eye, that merges with the cheekbone. Use two fingers, in line beneath the pupil.*

### **Under nose (UN)**

*The point centered between the bottom of the nose and the upper lip. Use two fingers.*

### **Chin (CH)**

*This point follows symmetrically with the previous one, and is centered between the bottom of the lower lip and the chin.*

### **Collarbone (CB)**

*Tap just below the hard ridge of your collarbone with four fingers.*

### **Underarm (UA)**

*On your side, about four inches beneath the armpit. Use four fingers.*

### **Below Navel (BN)**

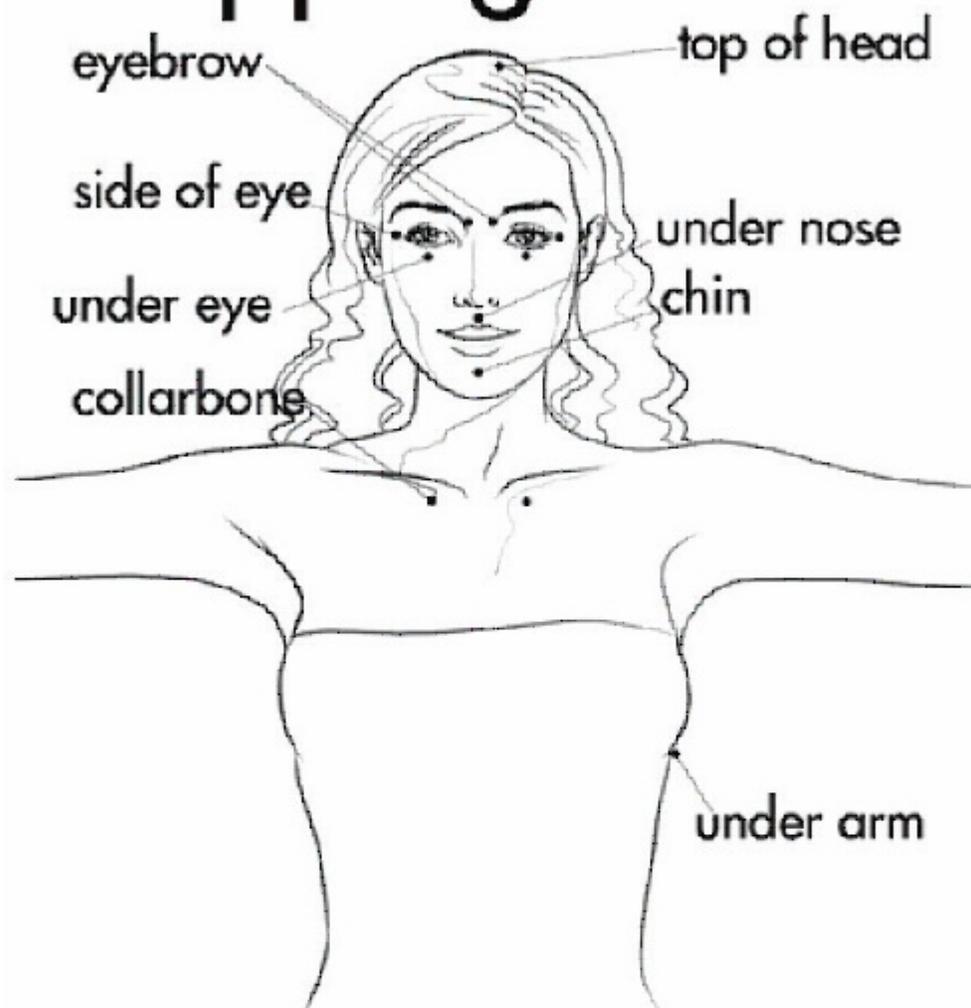
*just below the last rib on the right side of the body where lies the liver, pancreas, and gall bladder.*

### **Head (H)**

*The crown, center and top of the head. Tap with all four fingers*

*Karate Chop (KC) Hold left hand palm up and chop KC with the right hand at KC point.*

# Tapping Points



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