

EFT Basic Tapping Sequence and Examples of EFT Sequence

[Tapping Points](#) – with Betty Moore-Hafter

[Example of EFT Tapping](#) that you can do yourself with Betty Moore-Hafter

[Tapping Through Physical Pain](#) with Brad Yates

EFT: Step by Step

Please Note: Before trying EFT, you agree to take full responsibility for your wellbeing, and for your exploration of these techniques.

1. Notice something specific that is bothering you. It might be a feeling in your body (tight throat, pain in my shoulder, heavy heart, etc.) or a specific thought in your head (that thing that happened, etc.). For the sake of this exercise, let's name your bothersome issue "this stress" Now rate the intensity on a scale of 0-10. How intense is this particular stress?

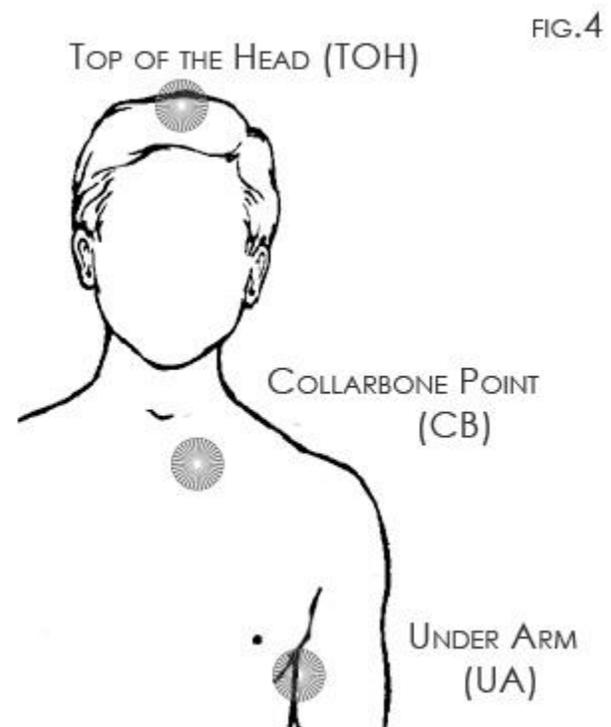
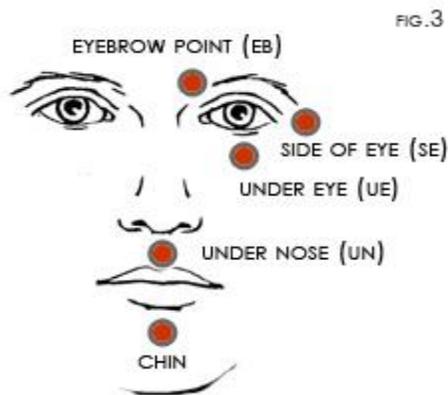
2. Do the EFT Setup. To perform the Setup, tap on the Karate Chop point (outside edge of hand, fig. 1) and repeat the following phrase three times:

Even though I have this stress, I deeply and completely love and accept myself anyway.

FIG.1



3. Tap through the Sequence (figs. 3 and 4, several times on each point) while repeating the words "this stress..."



4. Pause to notice the effects of the tapping. Give yourself a moment to tune-in to your stress. How intense is what you have specifically been calling "this stress?" Has the number changed? What number would you give the intensity now?

5. Repeat the tapping process again. The second time around, we often change the wording a little:

Even though I still have this stress, I deeply and completely love and accept myself anyway

6. Exhale the words "this remaining stress..." as you tap on each point, tapping until your intensity subsides substantially and you feel better. Repeat the whole process if necessary, until the emotional intensity is as low as it will go.

Is the problem still bothering you in the same way? You may feel lightness or a distance from the problem that you had not previously felt. Notice the changes you have been through, and congratulate yourself. You have just given yourself an experience of EFT.

