

HOW TO: EFT TAPPING

1

Focus on Your Most Pressing Issue (MPI)

What's bothering or upsetting you? What feelings or emotions are you experiencing?

2

Measure the Intensity

On a scale of 0-10, how intense does the issue feel at this moment with 0 being lowest and 10 being highest?

3

Craft Your Setup Statement

Introduce acceptance and let your body and mind know it's safe to relax. For example, "Even though I'm feeling _____, I love and accept myself completely." Repeat this statement 3x while tapping on Karate Chop point

4

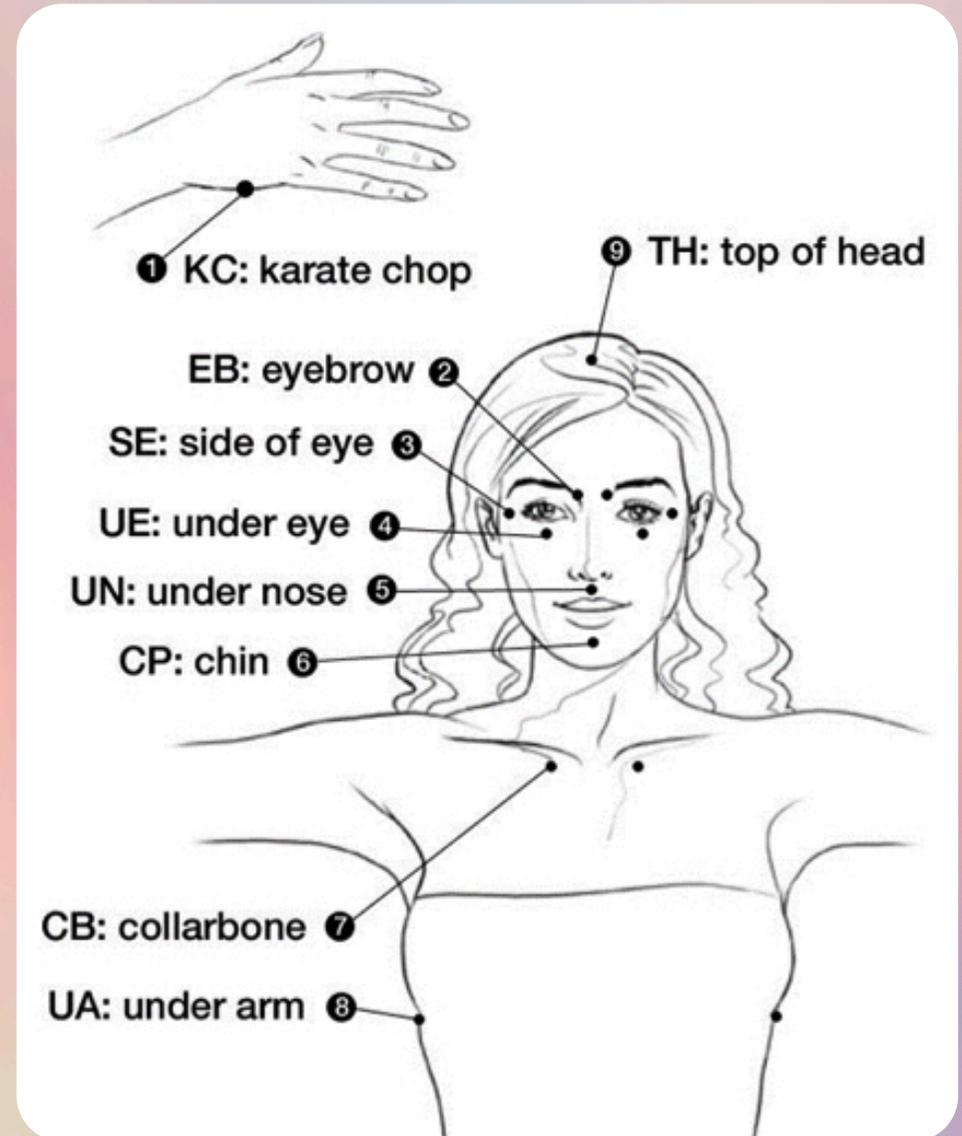
Tap Through a Few Rounds

Tap through the 8 points at a comfortable pace and pressure, summarizing the issue in short phrases. This helps release anxiety's emotional charge and allows you to replace it with calming, positive affirmations.

5

Check In

After completing a few rounds, pause and check in. Did you experience a shift of any kind? How intense does your MPI Feel now? Continue tapping until you feel the intensity shift



TIP: Start with a few rounds focused on the MPI and negative concerns. Then shift to authentic, positive, and empowering rounds to transform the emotional charge.