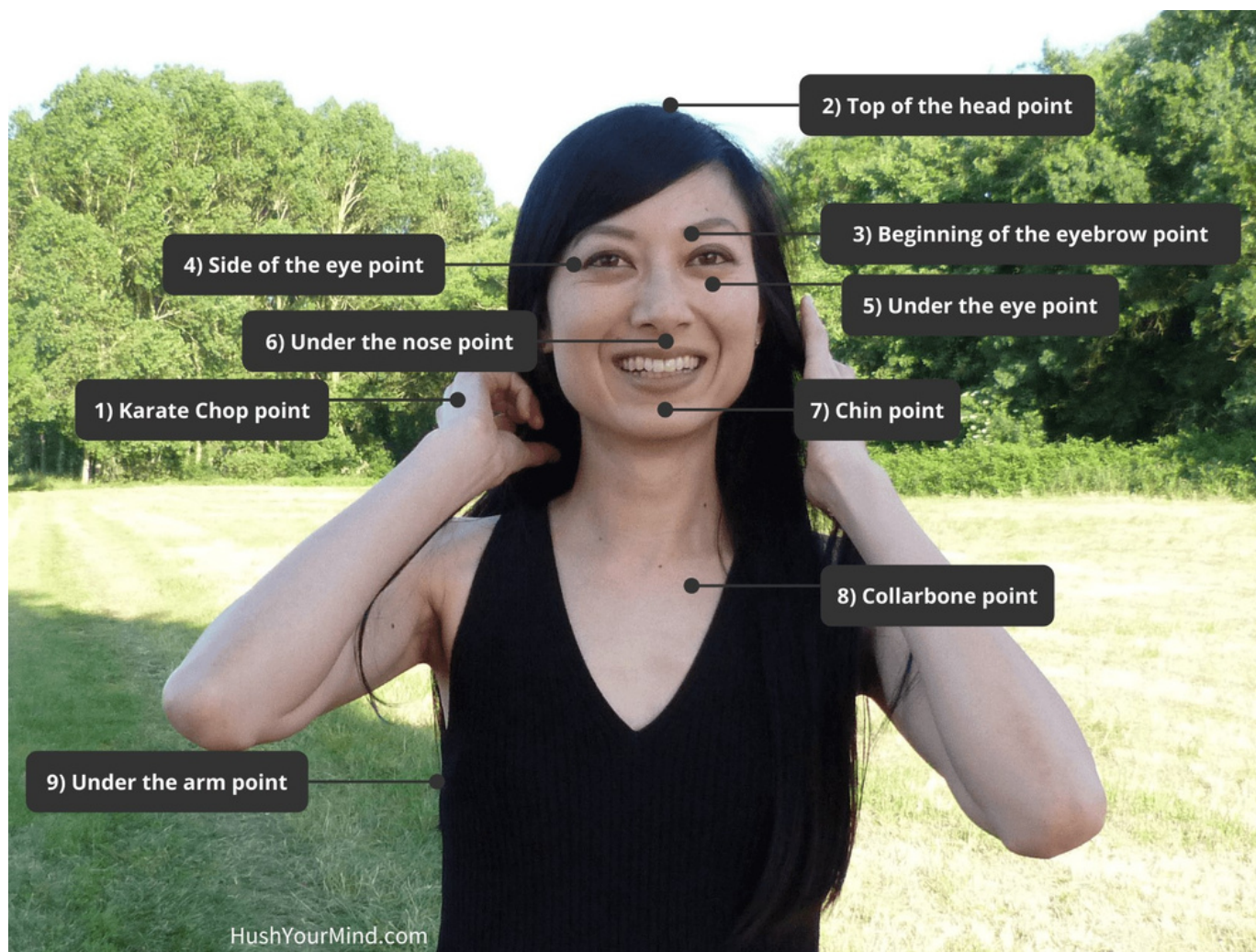


**HOW TO DO
BASIC EFT TO
RELIEVE STRESS
AND PAIN**

Cheatsheet

HOW TO DO BASIC EFT TAPPING

*Revisit the blog article [here](#) for more guidance.



The Karate Chop point cracks me up.

It's the fleshy side of your hand. Just imagine if you were to shatter a pile of bricks with a karate chop!

Start tapping by using 3 or 4 fingers of one hand to stimulate the Karate Chop point on the other hand. It doesn't matter if you use the left or right hand.

Then, tap on points 2 to 9 (see photo), using 2 fingers to accommodate the smaller spaces.

The goal is to tap 5 to 10 times on each point. Tap just firmly enough so that you can feel it.

Different EFT techniques and additional tapping points may be necessary to heal specific issues. But the basic structure of tapping looks like this:

- 1) Choose the issue.** If you're doing EFT on yourself, it's best to work on minor issues, like a headache or a small upset.
- 2) Determine the level of intensity.** On a scale of 0 to 10 (0 being the lowest and 10 being the highest), how intense is the issue for you?
- 3) Create a Set-Up Statement.** The basic phrase is *Even though I have _____ (name the issue), I deeply and completely accept myself.*
- 4) Tap on the Karate Chop point,** while saying or thinking the Set-Up Statement 3 times.
- 5) Tap on points 2 to 9,** while saying or thinking a Reminder Phrase. For example, *This headache. Or, This disappointment.*
- 6) Pause and tune in.** What thoughts, emotions, memories or physical sensations arise? Follow the thread and tap on whatever comes up.
- 7) Reevaluate the level of intensity.** Compare with your previous number to measure progress. Repeat steps 1 to 7 until you get a 3 or less.

P.S. Want some personalized guidance? As a certified EFT Practitioner, I can help you find the core issue and release your blocks. Check out my [coaching packages here](#).