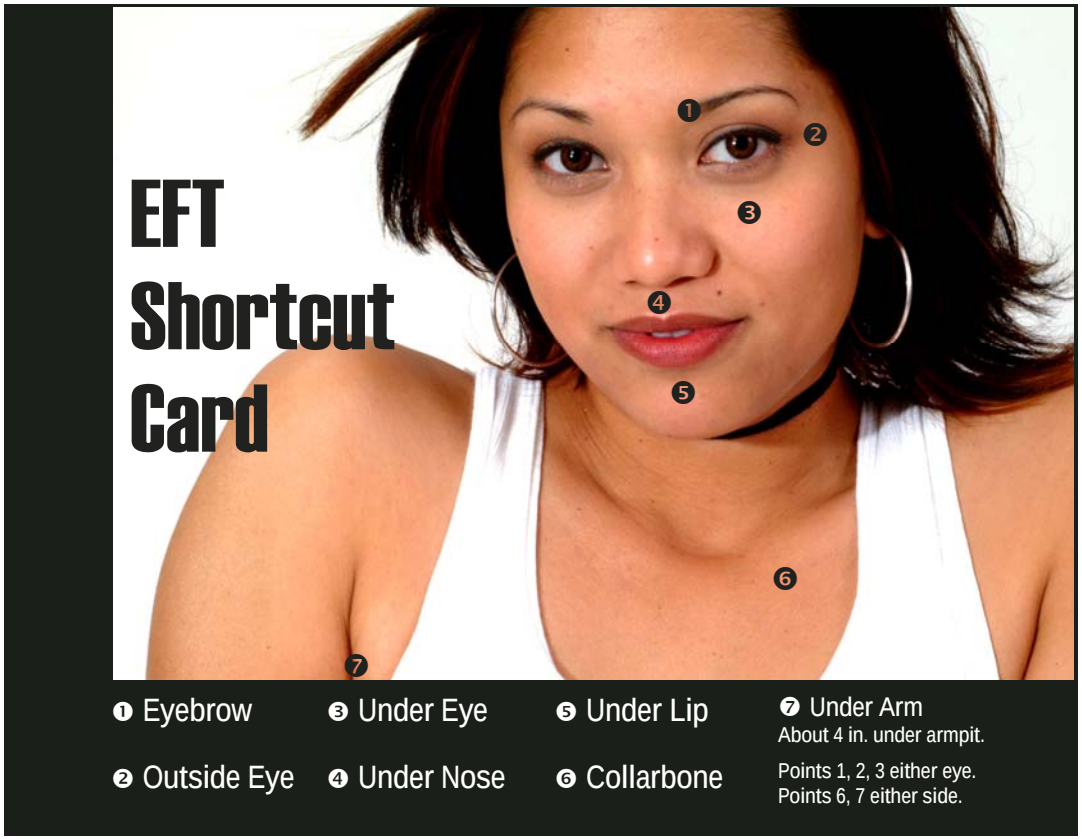

❶ Eyebrow

❷ Outside Eye

❸ Under Eye

❹ Under Nose

❺ Under Lip

❻ Collarbone

❼ Under Arm
About 4 in. under armpit.

Points 1, 2, 3 either eye.
Points 6, 7 either side.

Follow These Steps. Tap Solidly (Not Hard) Using 2-3 Fingers.

1. Pick an issue. Think of a specific thing that you would like to change using EFT (Emotional Freedom Techniques™). It's important to be as specific as you can.
2. Assess Intensity. On a scale of zero to 10, with zero being no emotional intensity and 10 being very intense, pick a number that best represents how you feel about the issue. (It's okay to guess.)
3. Do the Setup. While continuously tapping the bottom of your hand (the *Karate Chop Point*) and concentrating on the issue, repeat this phrase aloud three times: "**Even though I have this _____ [whatever the issue is], I deeply and completely accept myself**."
4. Tap the Sequence. While repeating your *Reminder Phrase*, which is just a short description of the issue, tap 7-10 times each on the seven points indicated on the other side of this card.
5. Stop and Reassess Intensity. On scale of zero to 10, is it less? If not, you may need to get more specific. If it's better, yet not at zero, repeat the steps using a modified phrase: "Even though I **still have some remaining** _____, I deeply and completely accept myself."
6. Keep Tapping. Repeat the EFT tapping procedure until you get to zero or a level that is comfortable for you.

Inroads, LLC • info@inroads.cc • Visit www.eftzone.com and www.fayf.com

© Copyright 2004-2007 Inroads, LLC . All rights reserved.

PN 04630-1