

# Basic EFT Instructions

For more information about EFT go to [www.EFTTappingCenter.com](http://www.EFTTappingCenter.com)

1. The Setup Statement: Naming the problem combined with a general affirmation phrase.
2. The “Letting Go” TAPPING SEQUENCE (Round #1): This consists of tapping the sequence of **8 EFT** body points while you focus on the problem or negative feeling/though while repeating the Reminder Phrase out loud. (The reminder phase is a word or statement that keeps you tuned in to the problem.)
  3. Take a deep breathe.

## **The Setup Statement:**

The Setup Statement sounds like this:

*“Even though I feel/have...(problem or thought) , I deeply and completely accept myself anyway.”*

The Setup Statement is repeated out loud while you tap with two fingers the **karate chop point (KC)** of the opposite hand.



## **The Reminder Phrase:**

*“This...(thought or feeling)”*

The Reminder Phrase is repeated while tapping the 8 body points.

This directs your mind to focus on the negative thought patterns that block your ability to reach your goals and allows EFT to neutralize them.

## **The 8 Body Points:**

Eyebrow – on the bone where the hair from the eyebrow begins

Side of eye - on the bone at the orbit on the outside of the eye

Under eye – below the pupil of the eye, on the high cheek bone

Under nose – right below the nose and above the top lip

Chin – it's above the chin, in the crease below the bottom lip

Collarbone – 1 inch from the notch in the throat and 1 inch on either side. You can also make a fist or use an open hand and tap where a man's necktie would be.

Under arm – in-line with the nipple or where a bra strap would be below the arm pit

Crown – drum the fingers around the top of the head

