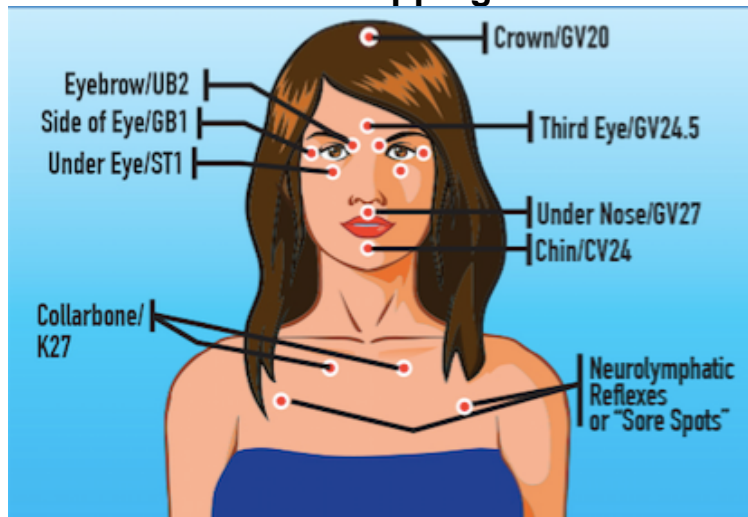


The Basic EFT Tapping Procedure



1. **Choose a specific event, issue or "problem" for work. Rate the intensity, or subjective units of distress "SUDs" on a scale of 0-10**
2. **Create Setup Statement and reminder phrase**
"Even though I have this _____, I deeply and completely accept myself" Say the affirmation out loud 3 times while rubbing the sore spot or tapping on the Side of the Hand/Karate Chop point.
3. **The Sequence** -- Tap about 7-10 times on each of the following points while repeating a **reminder phrase** at each point (refer to EFT tapping point chart)
 - Crown of head
 - Inside Edge of Eyebrow
 - Outside corners of eye
 - Under eye on ridge of bone
 - Center Above upper lip
 - Center Below lower lip
 - Collarbone
 - Under Arm
4. **Repeat** the sequence, as needed, while repeating the reminder phrase or adjust phrase to reflect new aspects of the problem as they emerge. Use reminder phrases to address the *remaining* problem as you continue tapping. Keep tapping until your SUDs score is reduced to zero.



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