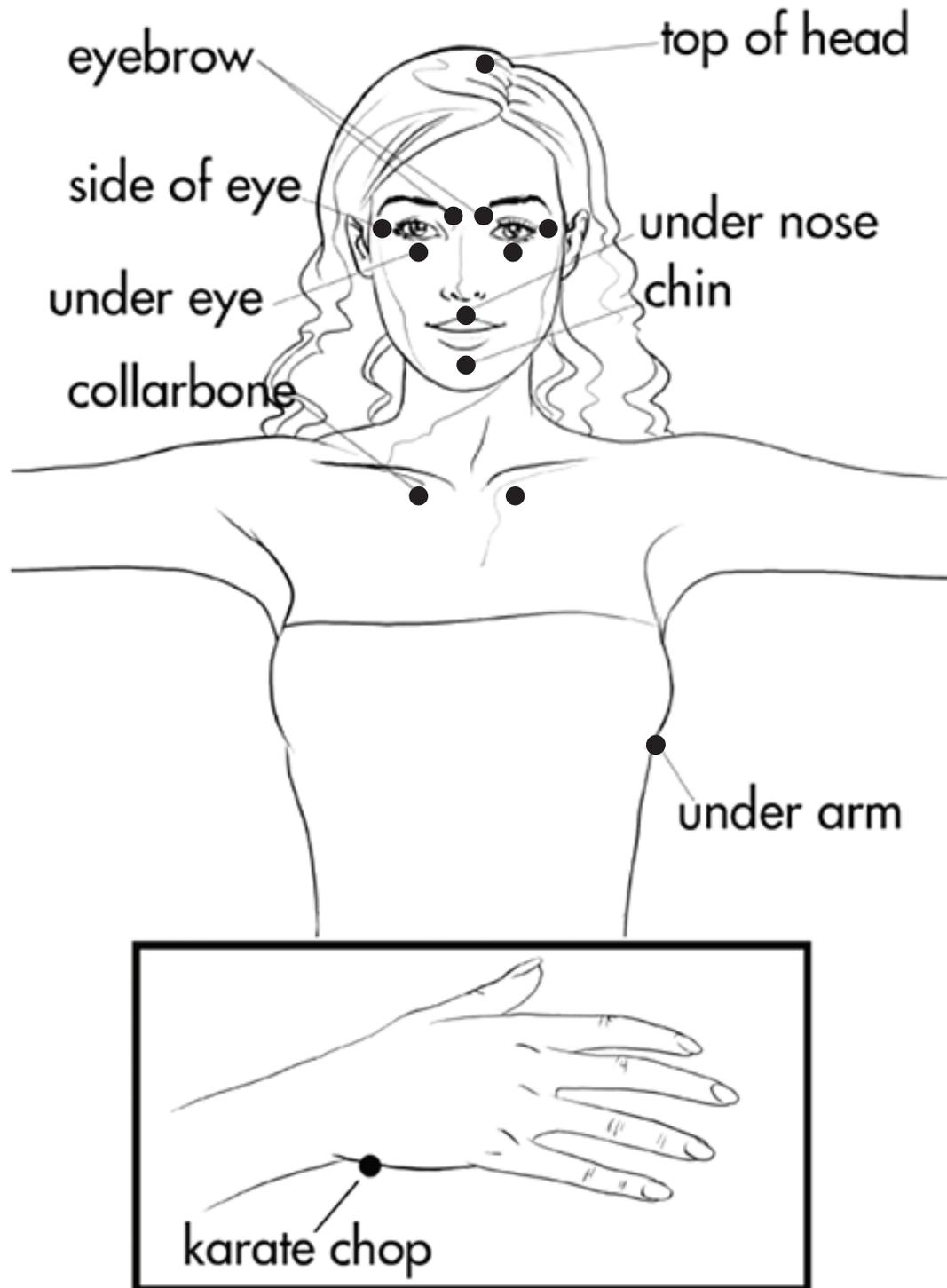


# EFT TAPPING POINTS



Liz Fisher

Accredited, Certified EFT Practitioner & Energy Makeover Coach  
www.tapintohealth.net • liz@tapintohealth.net • 330.519.5163



**TAP INTO HEALTH**

EMOTIONAL FREEDOM TECHNIQUES

# 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 a Setup Statement and reminder phrase.  
“Even though I have this \_\_\_\_\_, I deeply and completely love and accept myself.” Say the affirmation out loud three (3) times while tapping on the **Karate Chop** point.
3. **The Sequence:** Tap between 7-10 times on each of the following points while repeating a *reminder phrase* at each point.

Top of Head  
Eyebrow  
Side of Eye  
Under Eye  
Under Nose  
Chin  
Collarbone  
Under Arm

4. **Repeat** the sequence, if needed while repeating the reminder phrase or adjusting the phrase to reflect the fact that you are addressing the *remaining* problem.

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