**EFT – Emotional Freedom Technique – TAPPING**

**Basic Tapping Script by Anita Ladhani. LCSW**

1. Identify an emotion that you’re feeling that you would like to tap on.
2. On a scale of 0-10 with 0 being “No feeling” and 10 being “extremely strong”, identify how strong the emotion that you feeling is at. Give it a number on the scale of 0-10.
3. Notice where in your body you feel that emotion.
4. Take a few deep breaths.
5. Start by tapping on the karate chop tap by saying the set up statement. Repeat it three times.

**SET-UP STATEMENT:**

“Even though, I’m feeling \_\_\_\_\_\_\_\_\_\_\_\_\_, at a level \_\_\_\_ (0-10), and I feel it in my \_\_\_\_\_\_ I deeply and completely, love and accept myself.”

Example: “Even though I’m feeling SAD, at a level 6, and I feel it in my heart, I completely and deeply, love and accept myself.”

REPEAT 3 TIMES.

1. Next, continue tapping on the top of the head ***(known as raindrops on the top of the head)*** and state the emotions etc only.

Example: “I’m feeling sad…because…”

1. Next tap between the eyes.
2. Tap on each side of the eyes or only on one side of the eye.
3. Tap under the eye on the upper cheekbones – take a deep breath in before moving to the next area
4. Tap under the nose.
5. Tap on the chin - take a deep breath in before moving to the next area
6. Tap on the chest – **(*these are known as bear thumps)***
7. Tap under the arm pit (either one or both sides)
8. Tap between the pink and ring finger indentation.

**STOP AND TAKE A DEEP BREATH IN AND CHECK TO SEE WHERE THE EMOTION IS ON A SCALE OF 0-10?**

**Is it the same as before? Has it gone up or has it gone down?**

**And then repeat it again until you bring the emotion down to a 0-2.**