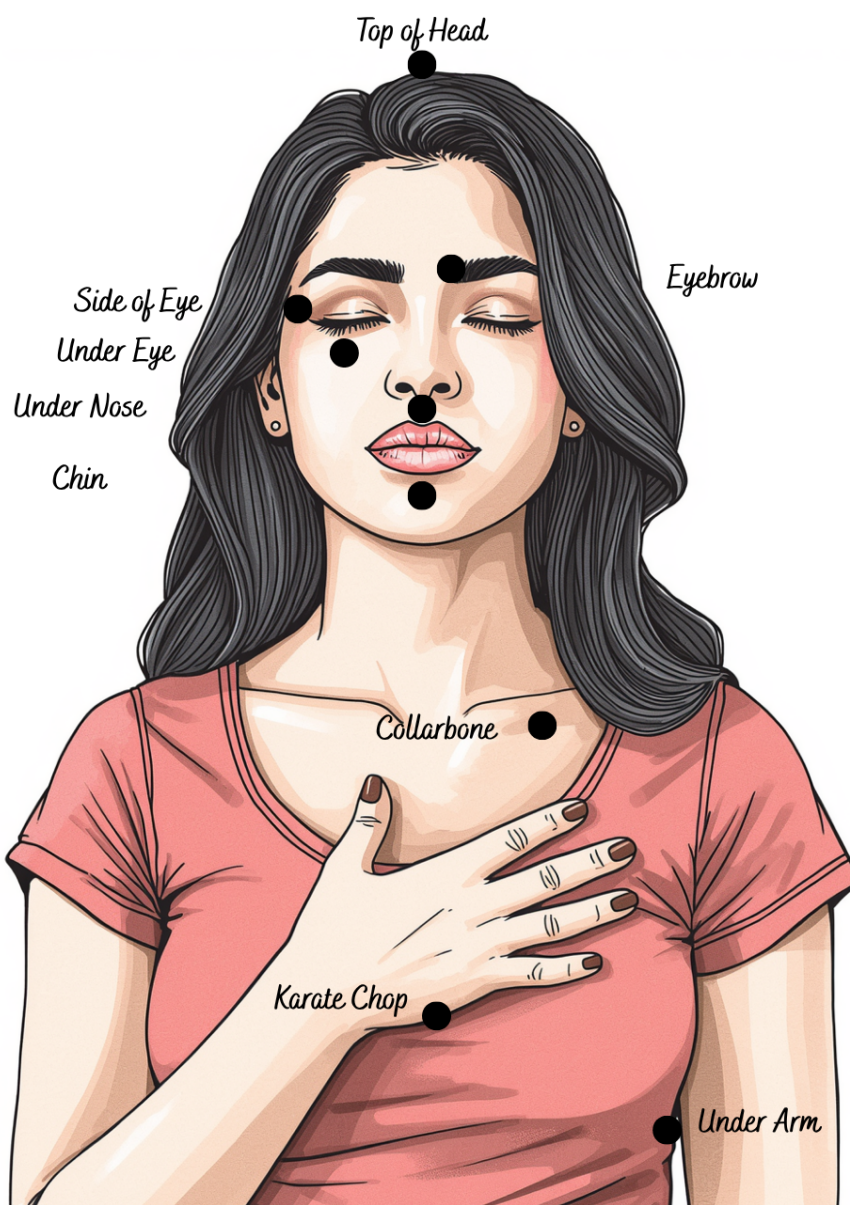




Healing Our Grieving Hearts

Emotional Freedom Technique (EFT) Tapping Sequence



EFT Tapping Points



For relief of physical or emotional pain:

1. Identify the discomfort (for example: this pain, sadness, anxiety, fear, etc.). This will be your “Reminder Phrase.”
2. Rate your discomfort/pain on a scale of 0 to 10, with 10 being the worst.
3. While tapping on the Karate Chop point, repeat the following “Setup” affirmation 3 to 4 times: “Even though I have (pain, sadness, anxiety, fear, etc.), I deeply and completely love and accept myself.”
4. While tapping through “The Sequence” between 5 and 10 times on each point (top of head, eyebrow, side of the eye, under the eye, under the nose, chin, collarbone, and under the arm), repeat the “Reminder Phrase” at each point.
5. At the end of “The Sequence,” take a slow deep breath and release.
6. Repeat this process until your discomfort is below a “2” but modify your Reminder Phrase and Setup affirmation to reflect the remaining discomfort. For example, “Even though I still have some residual (pain, sadness, anxiety, fear, etc.), I deeply and completely love and accept myself.”

Note: When tapping on the top of the head, you may use all fingers. When tapping on the other points, you may use one or two fingers. You may tap on either side and with either hand, or both sides at the same time. It doesn’t change its effectiveness.