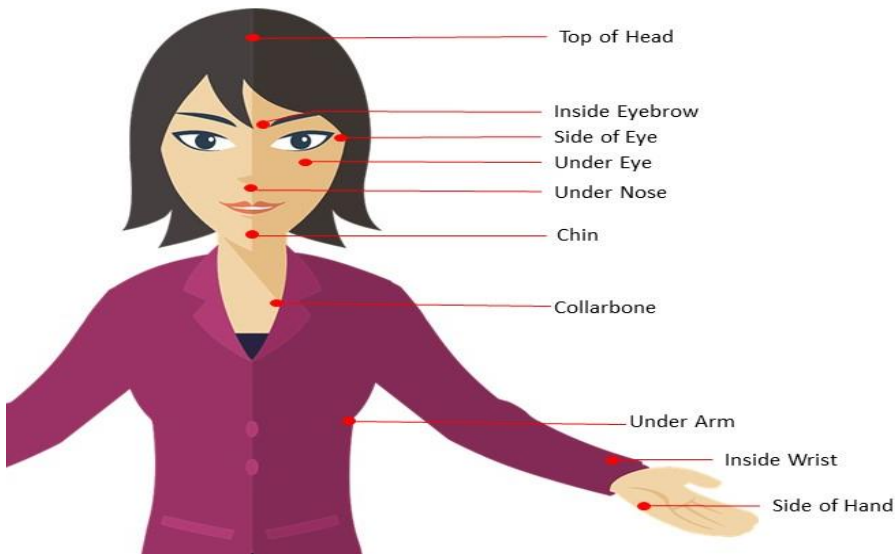


Female Empowerment EFT

EFT/TAPPING POINTS

EFT Tapping Points



EFT (Emotional Freedom Technique) is a great tool for:

- Weight Loss
- Anxiety
- PTSD
- Trauma
- Physical Pain
- Addictions
- Depression
- Phobias
- Stress
- Limiting Beliefs
- MUCH MORE!

Basic Tapping Recipe

-Take a deep breath and focus on the issue. Rate the intensity of the issue on a scale from 0-10 & noting the #. Zero being no emotional charge.

-Take a moment to check in with your body noting anything out of the ordinary; nausea, discomfort, pain, etc.

-Starting on the side of the hand point "Even though (insert whatever is bothering you), I totally and completely love and accept myself" x3

-Moving through all the points tapping 4-8 times on each point & saying whatever comes to mind on the topic of the issue. This could be retelling a story, venting, or focusing on the pain or issue in any other way.

-After completing a few rounds of tapping take another deep breath & focus on the issue again.

-Rate the intensity again 0-10. Occasionally the number will increase before it decreases. If that happens just tap through the points without focusing on the issue for a round and then check back in. As you continue to tap the intensity should reduce.

-Follow your intuition and continue to tap as needed. The goal is to be at a "0" when you focus on the issue.

www.FemaleEmpowermentEFT.com

