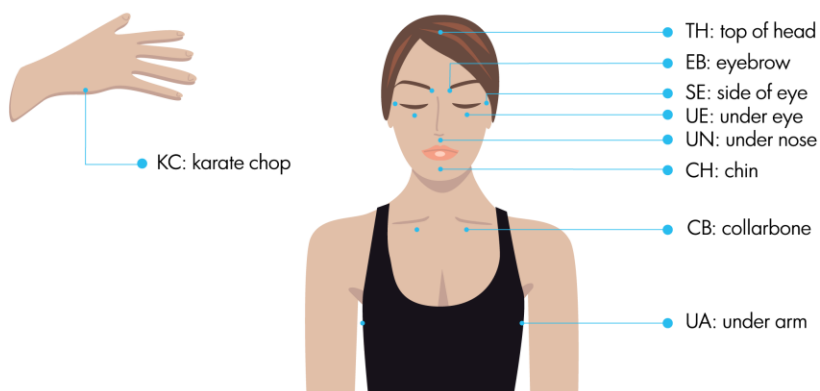


A GUIDE TO EMOTIONAL FREEDOM TECHNIQUE

EFT Tapping Points



OUR MIND BODY AND EMOTIONS ARE
INTRICATELY CONNECTED. WHEN WE APPLY
EFT TO SOMETHING THAT IS BOTHERING US,
WE CAN FEEL THE SHIFT IN OUR THOUGHTS,
OUR FEELINGS AND OUR BODILY RESPONSES.

AAMET International

TAP ON THE KC POINT
SAYING

‘EVEN THOUGH I
FEEL (INSERT ISSUE) I
COMPLETELY LOVE
AND ACCEPT
MYSELF’

REPEAT THIS 3 TIMES

NOW WORK THROUGH THE
TAPPING POINTS SAYING A
REMINDER PHRASE ON
EACH POINT
FOR EXAMPLE

TH – THIS ANXIOUS FEELING
EB – FEELING ANXIOUS
SE – REALLY WORRIED
UE – ANXIOUS AND NERVOUS
UN – FEELING UNSURE
CH – FEELING WORRIED
CB – THIS SAD FEELING
UA – NERVOUS AND WORRIED

BREATHE AND
CHECK HOW YOU
ARE FEELING

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