

## <<<<< EFT® TAPPING CHART >>>>>

**EFT® is a powerful tool to release your fears.**

~ **USE AT YOUR OWN RISK** ~

**1. Determine the Core Issue:** What fear is causing your distress: fear of failure, fear of not being safe, fear of rejection, fear of abandonment or a fear of success, i.e., fear that the tough times won't end?

**2. Assign Severity:** on a scale of 0 to 10 (10 being excruciating emotional pain and 0 being no negative emotions or pain), identify the fear severity. (If unsure, make a guesstimate.)

**3. The Setup Phrase Tapping:** Repeat the below phrases (customized for your condition) 3 times while rubbing your Sore Spot (SS) OR tapping the Karate Chop (KC) point with your fingertips:

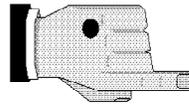


*"Even though I have this (repeat core issue fear from step 1), I deeply and completely love and accept myself, forgive myself and anyone who caused this fear. I now release this (core issue fear)."*

Modify the above as needed to fit your own circumstances and fears. If unsure which fear to address, think of the worst that could happen; then the aim the EFT at your worst scenario fear.

### 4. The 9 Gamut Procedure:

The Gamut point is between and about an inch below the knuckles of the ring finger and little finger



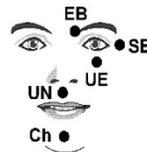
Continuously tap on the Gamut point while performing each of these actions once:

- Close your eyes
- Open your eyes
- Eyes hard down right to floor
- Eyes hard down left to floor
- Roll eyes in a clockwise circle
- Roll eyes counterclockwise circle
- Hum 2 seconds of any song
- Count to 5 aloud
- Hum 2 seconds of any song.

Stop tapping on the Gamut point.

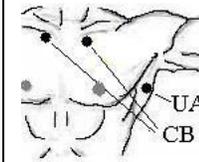
### 5. The Reminder Phrase Tapping:

Tap at least 7 times on each of the following energy points while repeating the Reminder Phrase, e.g., "My fear of failure to keep my job, then lose my house and become homeless." each point.



← Tap these points (EB) eyebrow, (SE) side of eye, (UE) under the eye, (UN) under the nose, (CH) above chinbone.

### The Reminder Phrase Tapping (continued):



← Tap the collarbone point (CB), located one inch down and one inch to the right or left of the hollow of the throat.

Tap the under arm point (UA), located about 4 inches below the armpit center.



Tap the 5 hand points (4 fingernail bases and karate chop points of either hand). Inside & outside wrists (below wristbone) and the crown of the head can be tapped, too (Optional points).

You've completed one round of tapping!

**6. Re-assign Severity:** think about the issue you've tapped on then determine the *new* severity on a scale of 0 to 10. **Reapply EFT® as needed until level 0 is reached and you're no longer afraid about the core issue fear.**

**Inability to get to level 0** usually means you're not addressing the core issue or that a new emotional layer of fear has surfaced, which is one of the 5 fears from step 1. Keep on tapping for your physical and emotional wellbeing!