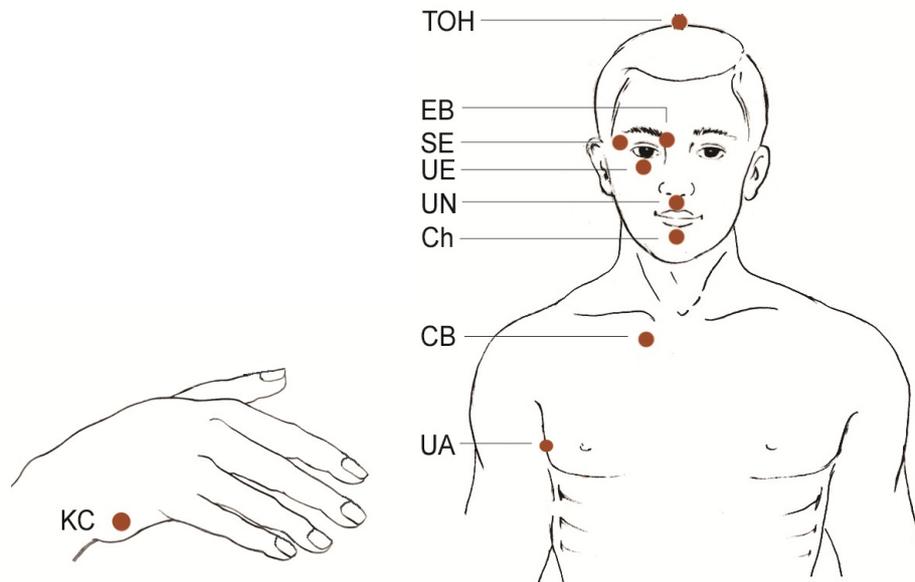


# Emotional Freedom Techniques (EFT)

## Tapping Points



**KC:** The Karate Chop point (abbreviated KC) the part of your hand you would use to deliver a karate chop.

**TOH:** On the top of the head.

**EB:** At the beginning of the Eyebrow, just above and to one side of the nose.

**SE:** On the bone bordering the outside corner(Side) of the Eye.

**UE:** On the bone Under an Eye about 1 inch below your pupil.

**UN:** On the small area Under your Nose and the top of your upper lip.

**Ch:** Midway between the point of your Chin and the bottom of your lower lip.

**CB:** The beginning of the Collarbone.

**UA:** On the side of the body, about 4 inches below (Under) the Armpit.

*(The above images have been taken from emofree.com)*

# The EFT Short Cut Method

- 1. Test for Subjective Units of Disturbance (SUD) on a scale of 0 - 10**
- 2. Set up Affirmation at "Sore spot" or "Karate Chop Point"**
- 3. Tap Points 1-7 and the Top of Head while repeating Reminder Phrase**
- 4. Repeat SUD test**
- 5. If SUD not yet 0, repeat procedure with modified Affirmation**

1. Rate the problem or disturbance as per your subjectivity, on a scale of 0 to 10, where 0 indicates complete comfort and 10 indicates the problem as being extreme/unbearable.

2. Set-up Affirmation

Fill in the blank with your problem. This term will be your "Reminder Phrase":

***"Even though I have this \_\_\_\_\_,  
I deeply and completely love, forgive and accept myself."***

Set up the affirmation by repeating the above 3 times while tapping the "Karate Chop" point.

3. Tapping Sequence (refer to diagram above)

1. Under the Eyebrow
2. Side of the Eye
3. Under the Eye
4. Under the Nose
5. Chin
6. Collarbone (joint)
7. Under the Arm
8. Top of the Head

Tap 5-7 times at each point on either or both sides, with either or both hands.

While tapping at these points, remember to repeat the 'Reminder phrase' or the problem that you are working on.

4. Repeat SUD test. If you are down to 0, you can stop. Sometimes, the SUD may increase slightly. Simply keep tapping and it will begin to reduce with subsequent rounds.

5. Keep repeating steps 2,3 and 4, until SUD is down to 0. You can use the following modified statement for these subsequent rounds:

*"Even though I **still** have some \_\_\_\_\_, I deeply and completely love, forgive and accept myself".*

## **Notes:**

1. Please read the [disclaimer](#) before attempting EFT.
2. Make sure you are well hydrated before and after practicing EFT.

**For details on individual consultations, please visit**  
<http://serenereflection.com/now/individual-consultations/>