



THE TAPPING GUIDE :

U N L E A S H Y O U R
I N N E R H E A L E R

A simple guide to support
your EFT journey from home

HOW TO TAP

Follow this guide together with your tapping points map to tap at home:

Choose a specific issue or emotion you want to address : Repeat this phrase x3 times to set up while tapping on the first point, often referred to as the Karate chop point : “ even though.. (insert specific issue)...I deeply and completely love and accept myself.”

Rate the intensity of the feeling on a scale of 0 to 10.

Tap on each of the points, using your fingertips, while repeating a phrase that acknowledges the feeling and your desire to release it.

Tap each point for about 7-10 times, using a firm but gentle pressure.

Continue tapping on each point while repeating the phrase, until the intensity of the feeling diminishes.

Check in with your emotional state, and repeat the tapping if necessary, changing the description of the feeling to suit your new state. Continue until you find yourself on a 0-3 on the intensity scale.

THE POINTS MAP

