

EFT Cheat Sheet

1. Find the sore spot on your chest: it can move from one person to another, from one side of the body to another, and from day to day. If you can't find it, use the karate chop point.
2. While rubbing, repeat the set-up sentence 3 times:
"Even though I have this problem, I deeply and completely love and accept myself."
3. Tap with two fingers between 5 to 9 times on each point from top to bottom. Tap firmly but gently, don't hurt yourself. And focus on the problem at hand while tapping by repeating the reminder phrase "This problem."

Tapping Points

