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Rate your discomfort on a scale from 0 (no discomfort at all) to 10 (the highest level you can imagine.)

A. While tapping on the “karate chop” or “sore spot” points, say the following phrase three times.

“Even though I have this...(*describe the issue here in as much detail as possible*), I deeply and completely love and accept myself.”

Example: “Even though I have this ‘*terrible fear of heights,*’ I deeply and completely love and accept myself.”

“Even though ‘*my fear of heights stops me from doing things that I love,*’ I deeply and completely love and accept myself.”

“Even though ‘*I can’t seem to get over my fear of heights*’ I deeply and completely love and accept myself.”

B. While tapping on the following points, say only the phrase that you came up with above. (*The italicized words.*) For a more powerful tapping session, spontaneously talk about your issue at each point.

End of eyebrow, (by nose)

Outside of eye

Underneath eye

Underneath nose

Chin

Sore Spot (about 1 inch from tip of clavicle)

Below armpit

Karate chop point (on hand)

Top of head

D. Repeat section “B” several times, 3-4 rounds is usually a good amount. You will find that on about the third time around you may spontaneously start seeing your issue as “moveable” meaning, you may see a positive aspect to your problem. Go with whatever comes to you. Try to end on a fairly positive or hopeful phrase with the last tapping on the top of your head.

When you are finished, take a deep breath and release.

During this EFT tapping sequence you may feel emotional. Thoughts and memories that you haven’t thought about in some time may come to mind. Go with whatever comes to you and see it as a purging experience; releasing the negative feelings you’ve been holding onto. When you take your deep breath and release the air, allow yourself to feel the negative energy leaving your body.