

---

# EFT Tapping Manual

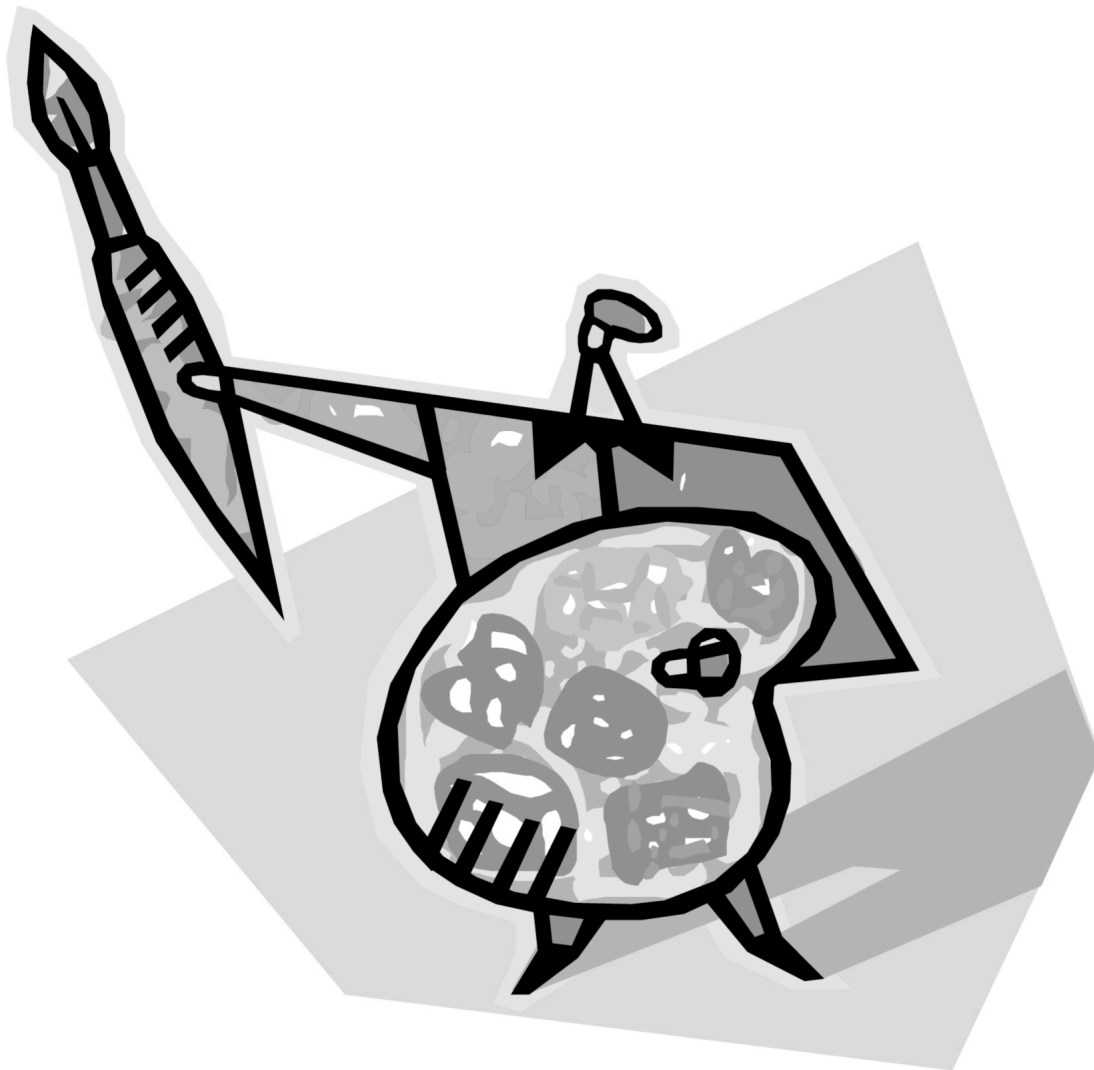
The Basics of Emotional Freedom Techniques

Creating a Life of Abundance by Transformation from the Inside Out

**Natalie Hill**

EFTTappingTechniques.com

---



# Table of Contents



<b>Origins of Tapping Therapy</b>	<b>2</b>
<b>Getting Started</b>	<b>4</b>
<b>First Step - Tune In and Assess</b>	<b>8</b>
<b>Second Step - The Set-Up</b>	<b>9</b>
<b>Step Three - Tapping</b>	<b>13</b>
<b>Recap of the EFT Steps</b>	<b>16</b>
<b>The Growing Up Method</b>	<b>17</b>
<b>EFT Tapping Tips</b>	<b>22</b>
<b>Tapping Points</b>	<b>26</b>
<b>Tapping Chart</b>	<b>28</b>

---

# Origins of Tapping Therapy

## Meridian Tapping - Ancient Roots

---

This EFT manual will introduce you to the basics of **EFT tapping** and give you an overview of what tapping therapy or emotional tapping is all about.

If you're brand new to EFT, you can think of this as being in your first day of a painting class. You're given paper, brushes and paints. And you finish your class with a painting!

After reading this manual, you'll have all the tools you need to do fully functional EFT.

And, just like at the end of your first painting class, there are many techniques and skills you can continue to learn that will improve your results. If you continue to use your EFT skills, your effectiveness will continue to grow.

You'll produce better and better "art" with your EFT tools. Just as your art of painting would continue to grow with practice, our art of EFT will increase them more you do it.

### **Roots of Emotional Freedom Tapping (EFT)**

Emotional Freedom Tapping is a form of **Energy Psychology** that has its roots in methods that are at least 4500 years old, with the discovery of energy or qi meridians.

Specific points on the skin are stimulated and result in scientifically **measurable neurological effects**.

Tapping therapy can be used to help overcome a wide range of emotional, psychological and physical problems.

EFT therapy is one of the psychological acupuncture techniques that are gaining momentum in the fields of medicine and psychotherapy.

**EFT technique is easy and quick to learn.** In 15 minutes, you'll be ready to do it yourself.

Once you've done the process a few times, you'll be able to **use tapping therapy on your own** to improve your life in many ways.

### **Tapping therapy can help you:**

- be **happier**
- feel more calm and peaceful
- have **more energy**
- be more creative and resourceful
- relate to others more easily
- love more fully
- increase your **professional success**
- reduce cravings
- reduce or eliminate pain
- be **more productive** and effective

### **Psychological Acupressure**

EFT therapy is a form of psychological acupressure.

It uses the same energy meridians which have been used in traditional acupuncture for over five thousand years.

But EFT is non-invasive. **No needles** are used.

Instead, you simply tap on the acupuncture point, stimulating the meridian with energy.

At the same time, you think about your specific problem.

This can be a disturbing memory, past trauma, a current difficulty or emotional upset, a goal or intention.

---

# Getting Started

What's EFT Tapping All About?

---

## **What Do You Do?**

While tapping on the specific points on your head and chest, you give voice, first to the problem, and then to your desired outcome.

The combination of stimulating the energy meridians and voicing your thoughts – **while feeling the emotions** – works to clear what was previously a stuck energetic pattern.

Where you previously could see and feel only one way about a situation or past event...

...the process of moving the energy while activating thoughts and emotions about it, clears the emotional block that was previously keeping you in a dysfunctional state.

**It clears the block in your body's bioenergy system** and restores your mind and body to balance.

This allows new, more empowering, resourceful, creative, healthy, loving, joyful and peaceful thoughts and emotions to emerge.

## **It Looks So Silly!**

Now, many people (I was one of them), are put off by the looks of emotional tapping.

Let's face it, **it looks silly.**

Tapping on your head to clear a bad mood?

And to many, it **seems unscientific.** Without previous experience or knowledge of the electromagnetic energy that flows through our body

– and how it affects our thoughts, emotions and physical health, we may not be able to make any sense of how or why it could work.

Still, therapists and individuals have reported thousands of effective treatments.

And I can tell you that EFT tapping absolutely works. That's why so many therapists have **switched from talk-based therapy to tapping techniques**.

The positive effects on the physical body is also why so any medical practitioners worldwide are **now using tapping therapy**.

**This manual will give you an overview of:**

- where to tap
- how to tap
- what to say when you're tapping
- affirmation techniques

So you can immediately begin using EFT therapy to help yourself and others.

### **Confidence Boosters**

Several things can **boost your tapping technique** quickly and build your comfort with meridian tapping:

- reading articles
- taking a workshop
- do a few sessions with an EFT practitioner (most offer phone sessions)
- **do EFT yourself** whenever you get upset or feel stuck

### **Just Takes a Few Minutes**

You can learn the basic EFT principals in just a few minutes.

All you need is a [tapping chart](#) so you get a reminder of where the points are and some guidance about what to say.

With a little practice, you can get relief from EFT in **less than 10 minutes**. And it's free!

That means that in 10 minutes or less, you can go from stuck and confused to clear, energized and focused. If you haven't experienced it before, I think you'll be amazed at the quick results.

## **Tapping**

You'll learn the tapping points the first few times you do EFT (and you can see a chart and photos of them at the end of this manual). After that, they'll be second nature – automatic.

You do want to learn the locations of the tapping points...

... and you want to be tapping in the best location for stimulating the meridian, however you don't need to worry about being absolutely precise.

This is why we generally tap with several fingers, to maximize the chances of hitting the mark.

## **It's All In the Fingertips**

You'll doing EFT tapping with your fingertips.

**That's brilliant** in two ways.

First, many meridians start or end at the fingertips. So, as you tap, you'll be stimulating the energy meridians on the fingertips. This is why it's better to tap with your fingertips than with an object or another body part.

Second, you're tapping on specific energy meridians and stimulating them too.

## **Tap On One Side or Both?**

Research can measure and record the **electrical stimulation of acupuncture** needles. That research shows us that even if the meridian is stimulated on just one side of the body, the matching meridian on the other side is stimulated too. .

This means you can tap on just one side of the body and you'll get a whole body effect.

## **You Can Tap With Either Hand**

You can tap on both sides of the body, one side, or even switch sides or hands as you tap.

For example, you can start tapping beside the right eye, then tap under the left eye, tap on both sides of the collar bone and end up under the right arm.

All that said, it is still my preference to **tap on both sides** when I can.

**Do it for brain balancing.**

Our right brain controls the left side of the body, and our left brain controls the right.

So tap with both hands, on both sides of your body, to help keep both hemispheres of your brain engaged.

That helps with arriving at **creative alternatives** to the challenge you're using *EFT tapping* on.

---

# First Step - Tune In and Assess

## Getting Clear About Your Issue

---

### **Tune In and Assess**

The first step of EFT tapping is to listen to what your inner voice is saying about your issue and to feel the related emotions.

When possible, I recommend sitting quietly, closing your eyes and tuning in.

When tuned in, take an assessment of the intensity of your state, regarding your issue. Get an intensity number, from 0 - 10. Zero means you have no emotion about the issue. Ten means you feel maximum intensity about it.

Instead of thinking about your number, let it be more of a "gut" response. Just let a number pop into your mind. This is not a scientific decision, but a "gut reaction."

Note your starting number on paper. You'll be continually re-assessing as you go through the process. Your assessments will help guide you to your next step.

---

## Second Step - The Set-Up

Calming the Subconscious Gatekeepers

---

### Starting to Tap - The EFT Set-Up

Now you learn about the famous EFT Set-Up.

I consider this critical component “***talking to your subconscious.***” In fact, this part of the EFT process is expressly designed to pacify the subconscious gatekeepers who want to keep you stuck in your habitual patterns.

They are designed to keep you safe, but their methods don’t always make you happy, free and whole. **The Set Up Affirmation**

You tap continuously on the karate chop point while you acknowledge the problem and create self-acceptance.

When you have some clarity about the problem, begin by tapping on the karate chop point and say,

**“Even though I \_\_\_\_\_ (have this problem), I deeply and completely love and accept myself.”** (fill in the blank with your problem)

Make this statement three times, while tapping continuously on the karate chop point.



Fill in the blank with a short description of what's bothering you. You will say something like,

- Even though I ...*
- ... Have this problem*
- ... Feel overwhelmed*
- ... Am dreading \_\_\_\_\_*
- ... Am afraid I just don't know enough*
- ... Am furious right now*
- ... Refuse to forgive \_\_\_\_\_*
- ... Feel confused*
- ... Am terrified about \_\_\_\_\_*
- ... Have this throbbing headache*
- ... Feel totally exhausted*
- ... Have this craving for \_\_\_\_\_ (sugar, carbs, chocolate, alcohol, gambling, shopping, etc.)*
- ... Keep replaying that conversation*

In the Set-Up, you state what's wrong and affirm that you accept yourself anyway.

**Examples, with the whole statement:**

*"Even though I feel overwhelmed, I deeply and completely love and accept myself."*

*"Even though I am dreading going back to work, I deeply and completely love and accept myself."*

*"Even though I am afraid I just don't know enough to do a good job, I deeply and completely love and accept myself."*

*"Even though I feel so angry at Sam, I deeply and completely love and accept myself."*

*"Even though I refuse to forgive my mother, I deeply and completely love and accept myself."*

*"Even though I don't know exactly what's wrong, I deeply and completely love and accept myself."*

*"Even though I am terrified about the presentation I have to give, I deeply and completely love and accept myself."*

*"Even though I have this throbbing headache, I deeply and completely love and accept myself."*

*"Even though I feel totally exhausted and can't get off the couch, I deeply and completely love and accept myself."*

*"Even though I have this craving for carbs, I deeply and completely love and accept myself."*

*"Even though I keep replaying that conversation, I deeply and completely love and accept myself."*

## **Variations on the Traditional Set Up Language**

What if you just can't stomach saying "I deeply and completely love and accept myself?" Will EFT still work?

**YES!**

There are many ways to state the problem and convey self-acceptance. It's good tapping technique to learn a few and use them consistently, so you don't have to think too hard when doing EFT.

When learned, EFT is so quick to do, and so effective and rapidly transformative, you want to let it be as easy as possible. I personally use EFT nearly every day. If it wasn't quick, easy and effective, I would have dropped it long ago.

Take it from me – EFT therapy is worth learning!

Here are some alternatives to the “I deeply and completely love and accept myself,” statement.

**Alternatives to the Traditional Set-Up:**

*Even though I \_\_\_\_\_, I accept myself and all my feelings.*

*Even though I \_\_\_\_\_, I accept myself no matter what.*

*Even though I \_\_\_\_\_, I accept myself right now.*

*Even though I \_\_\_\_\_, I accept myself just as I am.*

*Even though I \_\_\_\_\_, I know deep down I am good.*

*Even though I \_\_\_\_\_, I’m ok.*

*Even though I \_\_\_\_\_, deep down I know I’m ok.*

*Even though I \_\_\_\_\_, God loves me.*

*Even though I \_\_\_\_\_, I want to accept myself.*

*Even though I \_\_\_\_\_, what if I could accept myself?*

*Even though I \_\_\_\_\_, wouldn’t it be great if I could accept myself no matter what?*

*Even though I \_\_\_\_\_, I’d like to be able to accept myself.*

*Even though I \_\_\_\_\_, I can imagine the possibility of beginning to accept myself some day.*

The set-up usually takes around 15-20 seconds, even if you add embellishments or use some alternative language. It’s very quick.

---

## Step Three - Tapping

Stimulate the Meridian System While Activating the State

---

### Tapping the Points

You've learned about the basics of EFT tapping, some reasons why EFT works, the important foundations of how, where and when to tap. Now, we'll put it all together so you're ready to start tapping.

### EFT Tapping Rounds

After you do the Tapping Set-up, you do one or more "rounds" of EFT tapping on the meridian points. (At the end of this manual, I've included a whole-page version of this tapping chart and photos of each of the tapping points.)

One round starts at the Eyebrow point and ends at the Top of the Head.

*At each point, you say a statement, called the EFT reminder phrase or EFT affirmation.*

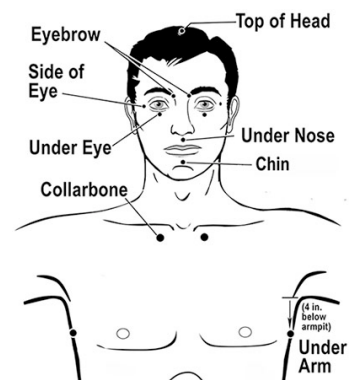
You can say the same thing at each point, or you can vary your affirmations.

### Overwhelm, An example:

If you are upset because you're feeling overwhelmed your set-up may be...

*"Even though I feel overwhelmed, I deeply and completely love and accept myself."*

Then, at each tapping point, you would repeat...



*"This feeling of overwhelm."* or *"This overwhelm."*

### **The most important thing...**

... to do with tapping therapy is not what you say, but **what you think and feel.**

If while tapping, you are really tuned into your feeling of overwhelm and all the causes for being overwhelmed, then the EFT will work.

Ideally, **you are picturing your causes of overwhelm** and feeling the related emotions.

If, on the other hand, you say, *"This feeling of overwhelm,"* at each point, but you are mentally making your grocery list - EFT will be much less effective, and may not work at all.

### **Do you see what I'm getting at?**

*It's not so much what you say ...*

...as what you're thinking and feeling.

Because tapping the meridian points will work to move the energy that's related to what you're tuned into, not just what you're saying.

I advise my clients to **make a list** of all their thoughts and emotions about their current issue, then tap on the list.

And it REALLY helps to get as petty and childish and whiny as you feel when tapping your first few rounds. That enables those childish and petty thoughts and emotions to get up and out.

After each one or several rounds of tapping, stop and take a deep breath. Tune in again and notice how you're thinking and feeling about your issue.

### **You may experience any of several things:**

**Nothing changed** - Do more tapping, with more emotion and stronger intention. Or, maybe you're not tapping on the REAL issue. Look a little deeper for the seed of the issue.

**You feel worse** - By tapping and tuning in, you have probably tapped into a greater welling of emotion than you realized was there. This is actually a good sign. Keep tapping.

**You feel a different emotion** - When you started tapping, you may have felt hurt. After tapping a couple of rounds on your hurt thoughts and feelings, anger or guilt may arise. This is also a good sign. You have uncovered additional layers to the issue. Tap on the new issue.

**A memory arises** - Often, during tapping, you'll remember an event from your life that is related to your present-day issue. When this happens, take a little side-trip and tap on the memory. The easiest way to do this is to simply tap while telling the story of the memory and including what you thought and how you felt. Then return to your present-day issue.

**You feel better** - Great! Tap until you are a zero in intensity.

---

# Recap of the EFT Steps

EFT from Start to Finish

---

## **Re-Cap of the EFT Steps**

1. Tune in to your issue.
2. Assess your level of intensity, 1-10.
3. Set-Up (tap the karate chop while saying the set-up affirmation 3 times).
4. Tap several rounds on the points.
5. Pause now and then for a deep breath and to re-assess.
6. If memories or new emotions come up, tap on them.
7. Do a new Set-Up every five rounds, or when you begin a new topic.
8. Keep repeating the process until you feel good.

---

# The Growing Up Method

From Immature and Out-of-Control to Mature, Free and Wise

---

## **From Whining to Winning**

Next, I explain the basic tapping technique I've created, called the Growing Up Method.

I give gratitude to Carol Look, Lindsay Kenny and Patricia Carrington, EFT Masters, for inspiration for many parts of this. I've combined parts of some techniques I learned from them, with my own creativity and experience, and created a new method.

I call it the Growing Up Method, because it takes you from a petty and childish emotional state to an empowered state of resourcefulness, responsibility and wisdom.

## **The Growing Up Method**

First, as with all EFT, you begin with Tuning In, taking an Assessment and doing the Set Up. After that, you're ready for tapping. Begin with Dumping your negative feelings.

### **Step One: Dumping**

When you first tune in to a strong emotional issue...

...you may hear things a two, five, 10 or 15-year old might think and feel.

Dumping is the ideal place to start, when you're in that immature place.

In other words, for the first phase and rounds of your EFT tapping, allow yourself be petty and childish.

**Dump, vent, rant, whine, complain, moan, gripe.**

Let all the negative out.

Don't worry about accentuating or increasing the positive –

**- you are doing a psychological cleanse.**

Up and out with those petty thoughts and emotions.

**If you ignore the crummy thoughts** and feelings, try to deny or repress them, they will prevent you from fully resolving the issue. You'll have an inner conflict, even if you're not consciously aware of it.

**After a few rounds of Dumping, you'll feel a lot better.**

But often not quite good enough to state a totally positive affirmation. If you do, before all of you is on board, you'll get a mental rebuttal and a physical objection (in the form of restriction, tightness, contraction, pain).

The objecting parts of your body and mind will sabotage your positive intentions.

With the Growing Up EFT method, you gradually move to a totally positive space and prevent self-sabotage.

### **How Many Rounds?**

Although one round of Dumping may do it, I suggest you do at least three rounds in the Dumping phase. You want to get all your whining and complaining out, so all of you is OK with moving to a more positive state.

### **Dumping EFT Affirmations**

We'll continue the example of feeling overwhelmed. You're first round of tapping might go like this:

***Eyebrow:*** *I'm so overwhelmed.*

***Side of Eye:*** *I've got so much to do.*

***Under Eye:*** *There's so much going on in my life.*

***Under Nose:*** *I can't do it all.*

***Chin:*** *It's too much.*

**Collarbone:** *I just can't handle everything that's going on.*

**Under Arm:** *I feel stressed and anxious.*

**Top of Head:** *I'm so overwhelmed.*

Tap one or several rounds in the Dumping phase. As you do this, if you are really tuned into your various thoughts and feelings about your issue, you will feel lighter and more free, as you tap.

**Take a deep breath and tune in again. Take your assessment.**

When you're feeling somewhat better, down from where you started to (or from an 8, 9 or 10) to somewhere between 4 and 7, move to Dreaming.

**Step Two: Dreaming**

Dreaming is the way we **sneak the change we want by the conscious and unconscious gatekeepers** that don't want us to change.

We are introducing the possibility of **letting go of the stuck place**, without raising so many objections.

In the dreaming phase, we start our EFT affirmations with the words,

*"Wouldn't it be nice if..."*

*"Wouldn't it be great if...",* or

*"What if..."*

In our overwhelm example, this might be your Dreaming tapping round:

**Eyebrow:** *What if I could slow down a little?*

**Side of Eye:** *What if I could acknowledge that I don't have to do everything right now?*

**Under Eye:** *What if I could just focus on one task at a time?*

**Under Nose:** *Wouldn't it be nice if I could relax, knowing I can't get it all done in a day?*

**Chin:** *Wouldn't it be nice if I could feel more confidence in myself?*

**Collarbone:** *Wouldn't it be nice if I could trust that it will all work out?*

**Under Arm:** *What if I could focus on just the most important thing first?*

**Top of Head:** *What if I could let go of everything else?*

You can do one, or several rounds in this Dreaming phase.

As always, before moving to the next phase, take a deep breath, tune in and get a number to assess where you are now.

Then, when you feel quite positive (at a 3 or lower), move to the final phase, Deciding.

### **Step Three: Deciding**

This will be your final round or two. Its intent is to bring you to a fully **positive and empowered state**, with your desired result.

You begin your EFT affirmations in this Deciding part of the process with the phrases,

*"I have decided..." and*

*"I choose..."*

To continue our example of tapping on feeling overwhelmed, this final round would go like this:

**Eyebrow:** *I have decided I actually can handle everything I want and need to do.*

**Side of Eye:** *I have decided to focus on just one task at a time.*

**Under Eye:** *I have decided to feel confident about my abilities.*

**Under Nose:** *I choose to relax and do one thing at a time.*

**Chin:** *I choose to trust my judgment.*

**Collarbone:** *I choose to know that it will all work out fine.*

***Under Arm:*** *I choose to remember I'm good at prioritizing.*

***Top of Head:*** *I have decided to feel calm and confident.*

If, in any stage of this process, a new disturbing emotion or memory arises, take a little side-trip by returning to Dumping to clear it. Use the whole Growing Up process on that new emotion or memory. Then return to the place you left off in the process.

---

# EFT Tapping Tips

## Frequently Asked Questions About EFT

---

### **Silently or Out Loud**

EFT tapping works both silently or aloud.

#### **The key element is FOCUS!**

If you can stay wholly focused on the subject of your tapping, doing EFT silently will work equally well as aloud. If you find your concentration lagging, then you need to do it aloud.

And if you're not making progress as fast as you think you could be, doing EFT aloud, with increased focus and emphasis, can often make a big difference in results.

### **What Makes EFT Work?**

The two key elements that make EFT work are:

- **being tuned in** to the thoughts and emotions of your issue and
- **tapping on the meridian points.**

What happens when you do that, is that change and movement is restored to a state in which you previously had no choice. Your reaction happened to you.

Without the power of EFT, whenever a certain trigger occurred (someone said something, you got into a certain situation, a memory popped up), that same old pattern would be activated. And you'd replay your habitual reaction.

You had no choice – you were like a puppet.

After successful EFT, you find you have more perspective. Feel more resourceful. Feel peace, understanding, wisdom. You have a choice!

### **Now You've Got All the Tools to Begin Crafting a Better Life**

You've got everything you need now to begin doing EFT. Wondering how to get started?

Here are a few suggestions:

**Use EFT for...**

- Cravings
- Emotional Upsets
- Repetitive thoughts
- Haunting Memories
- Procrastination
- Overwhelm
- Pain
- Insomnia
- Goal-Setting

**Good Times to Do EFT...**

- When you wake up - before getting out of bed
- In the bathroom - toilet, tub, shower
- Walking, hiking
- On aerobic equipment like a treadmill or stationary bicycle
- Waiting - stop lights, traffic jam, etc.
- Before sleep
- Middle of the night - when you can't sleep

- Whenever you're triggered
- When your brain gets foggy or you lose concentration
- When you're drowsy and need to stay alert (driving, working)

### **How to Get Started...**

Just jump right in. Use EFT immediately. You have everything you need to get started now.

You may also want to sign up for a group of sessions with an EFT professional. That can make a huge difference in you feeling confident in your ability to "do it right" (even though it's pretty hard to do it wrong).

It can also be great to get an EFT buddy.

Meet weekly, on the phone or in person and swap doing EFT for each other - as if you're both practitioners.

That will speed your progress greatly.

### **When to Get Professional Help**

**1. Trauma:** There are times when it's actually **not a good idea to do EFT by yourself**. Those include working on highly charged issues like trauma of death, abuse, horror and violence. EFT works wonderfully on those issues, but it requires sensitivity, skill and experience to avoid re-traumatizing.

Also, doing EFT yourself on your most vulnerable issues is like performing a root canal on yourself. Very difficult to see what you're doing and maintain distance and perspective.

**2. You Want Change Now!:** Another reason to get professional help is to **greatly speed up your progress**. Your sessions with the

professional will make a big impact - and be sure to ask for homework to be doing between sessions.

**3. Untangling Those Illusive Roots:** You may also **need help getting at the roots** of your distress. It can take some detective work to find and clear all the original causes of today's issues.

**4. You Want to Get Good Fast:** Like me, you may just feel like you need more instruction to be really good at doing EFT. Working with an EFT practitioner can greatly boost your skill and confidence - and help you awaken and heal. This is critical if you want to become an EFT practitioner yourself.

### **Ask Me for Help - I'm Glad to Give It**

I am so willing and happy to answer any questions you have about doing EFT. Please contact me, via [EFTTappingTechniques.com](http://EFTTappingTechniques.com) or at my email address below, and I'll be happy to help in any way I can.

To Your Transformation!

***Natalie Hill***

## Tapping Points

**Karate Chop Point:** Tap the fleshy outside part of one hand the the fingers of the other hand.



**1. Eyebrow:** Tap with one-three fingers at the starting point of the eyebrows.



**2. Side of Eye:** Tap with several fingers, gently on the temple and bony orbit on the outer edge of the eye.



**3. Under Eye:** Tap with two or three fingers on the bony ridge just under the eye – gently!



**4. Under Nose:** Tap right in the center point between the nose and mouth. Use the pressure of your middle finger.



**5. Chin:** Tap right in the center, at the indentation of your chin. The middle finger pressure is what counts.



**6. Collarbone:** Tap firmly, with three fingers, on either side of the sternum and just below the collarbone. You can alternatively use one hand – the thumb on one side of the sternum, your fingers on the other.



**7. Under Arm:** Tap or slap firmly, with several fingers or your whole hand. Tap along your shirt seam-line, anywhere from the armpit to the bottom of the ribs. If one place hurts, tap there.



**8. Top of Head:** Tap with all five fingers of one hand, in a circular motion, to cover the many meridians crossing over the head.



---

## EFT Tapping Chart

