

## *Wellness At Your Fingertips®*

### **Basic Recipe for EFT Tapping**

**Tap or rub on either side of the body with either hand. You can also use both hands on both sides.**

**Rate your issue** on a scale of 0 – 10, with 10 being the most intense.

**Side of the Hand point** on the outside of your hand.

**Even though I have this (anxiety, fear, pain, “issue”, etc.)... I deeply and completely accept myself.** (Repeat 3 times.)

While saying a **“reminder phrase”** like ‘headache’, ‘fear of flying’, ‘upset stomach’, etc., tap on the following points with 2 – 3 fingers:

**Top of the Head** – crown of the head

**Beginning of the Eyebrow** – where eyebrow starts near nose

**Side of the Eye** – ¼” from the outside corner of the eye

**Under the Eye** – below the pupil on top of orbital bone

**Under the Nose** – between the nose and upper lip

**Chin** – indentation between lower lip and chin

**Collarbone** – indentation right under collarbone

**Under the Breast** – on the top of large bone (rib) under the breast

**Under the Arm** – on side of body, 4” down from the armpit

**Wrists** – tap the bottom of one wrist against the top of the other wrist

**Take a deep breath**

**Rate your issue again.** If you still have the “issue”, start with “even though I **STILL** have this headache, pain, etc.,” then tap through the sequence again using the “reminder phrase”. No need to tap the Side of the Hand point while doing this 2<sup>nd</sup> round of tapping. Continue tapping until intensity substantially decreases.

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