

## A Basic Recipe for EFT Tapping

**The Setup**—While tapping your Karate Chop (KC) points together, repeat this statement:

“Even though \_\_\_\_\_,  
I’m still a great kid!”

**The Sequence**—Using both hands, tap on each of the following happy energy points while repeating the Reminder Phrase at each point. (Reminder Phrase is the underlined portion from above.)

**HR, CR, EB, SE, UE, UN, CH, CB, UA, KC, HR**

- **HR**—heart
- **CR**—crown or top of your head
- **EB**—eyebrows
- **SE**—side of your eyes
- **UE**—under eyes
- **UN**—under nose
- **CH**—chin
- **CB**—collarbone
- **UA**—under arms (cross hands over chest to tap under each arm)
- **KC**—karate chop
- **HR**—heart

**NOTE:** In subsequent rounds **The Setup** statement and the **Reminder Phrase** are adjusted to reflect the fact that you are addressing the **remaining** problem/issue. This can be easily done by simply adding the word ‘**still**’ into **The Setup** statement and the word ‘**remaining**’ to the front of the **Reminder Phrase**.

**FYI:** If you have limited mobility of your hands, arms, neck, or shoulders, modify **The Sequence** or only tap with one hand on those tapping points. Do what is the most comfortable for you.

