

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.

