

## EFT tapping set up

EFT/Tapping can be used for any unpleasant/stressful feelings or memories.

1. Identify the problem you want to focus on. For this example, we'll use anxiety. It can be a general feeling of anxiety, or it can be a specific situation or issue that causes you to feel anxious. Really look at the problem or situation: how do you feel about it right now?
2. Rate the intensity level of your anxiety, with zero being the lowest level of anxiety and ten being the highest. You might want to write this down.
3. Compose your set up statement according to the template below. Your set up statement should acknowledge the problem you want to deal with, and then follow it with an accepting statement about yourself as a person.  
  
*"Even though XYZ, I deeply and completely accept myself."*  
  
*Examples:*  
*"Even though I feel this anxiety, I deeply and completely accept myself."*  
*"Even though I panic when I think about this date, I deeply and completely accept myself."*
4. Say your set-up statement out loud three times while tapping the KC point (see tapping sequence below).
5. Tap 5-7 times on each of the points in the order shown below while repeating a shorter reminder statement:

*"This anxiety."*

*"The panic about my date."*

6. Check in again and rate your level of anxiety. Continue tapping until you rate it lower than 5, preferably 2, or it is completely gone. You can keep going with the same set up statement, or change the statement as you move along, depending on what feels better to you and what comes up.

You should use a firm but gentle pressure when tapping; it should not hurt. Use all four fingers for the larger points on the top of the head, the collarbone and under the arm. Use two fingers, index and middle, for the more sensitive areas in your face. Tap with your fingertips, not your fingernails.