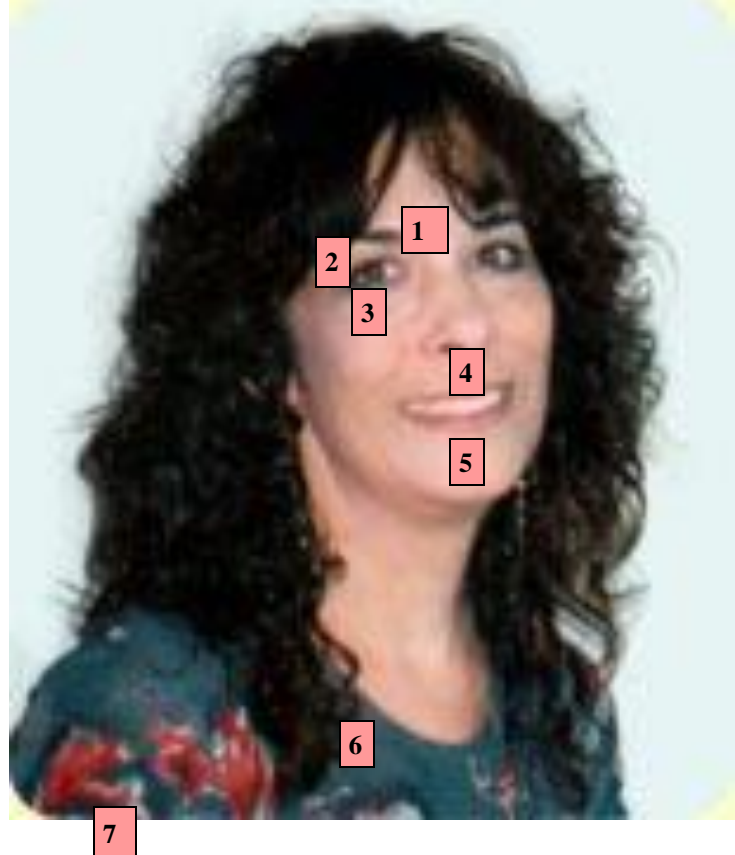


EFT Tapping Points

1. Inside edge of eyebrow
2. Corner of eye (on bone)
3. Under eye (on bone)
4. Under nose
5. Under mouth
6. Collarbone (1 in. down and 1 in. over from Collarbone)
7. Under arm (about 4 in. down from armpit)



EFT Protocol

Step 1: Name the problem (This.....) (ex. "this anger," "this desire to binge on cookies")

Step 2: Note the starting level of distress on 0-10 scale (Called SUD level)

Step 3: Setup: While tapping the karate chop spot, repeat three times, "Even though I have this, I deeply and completely love and accept myself."

Step 4: Using two fingers, rapidly tap about 7 times on each of the points, each time repeating out loud "this"

Step 5: If the Take another SUD reading.

Step 6: Repeat Steps 4 and 5, but this time you repeat, "this remaining"

EMDR/EFT Protocol (for processing memories, uncovering underlying issues)

Steps 1-4 remain the same, except instead of tapping on a single point, you tap alternately on both sides (on points 1,2,3,and 6).

Step 5: Stop and focus inside. Notice any thoughts, feelings, memories, body sensations

Step 6: Based on what arises, you may choose to tap on any of the thoughts, feelings, memories or body sensations, or you may continue tapping on the original issue.