

# How To Do EFT/Tapping on Your Own!

1. Write down your issue (memory or event you are upset about, or a thought or a feeling)
2. Rate how upsetting this memory is or how true the belief or feeling feels.
3. On the Karate chop point, state the problem. *Even though I have this memory\_\_\_\_\_or I feel\_\_\_\_\_, I deeply and completely accept myself (say it one or two times)*
4. Tap on the rest of the points. You can say whatever you want to say. Imagine you are talking to someone, You are just saying your feelings and thoughts. Tap until you feel complete.
5. Take a breath!
6. Ask yourself: *What is coming up now?* It can be a feeling, thought, image or body sensation
7. What ever is coming up, tap on that.
8. Take a breath!
9. Rate how upsetting the original statement feels
10. Ask yourself again: *What is coming up now?* It can be a feeling, thought, image or body sensation
11. If your rating has gone down in points and you feel some relief, you can add in positive tapping statements. If not, continue tapping on the next thing that is coming up,
12. To get to the positive, ask yourself: *What is another way to see this situation that will make me feel better or bring me peace? Or, How can I choose to see this differently?*
13. Tap in the positive reframe and then Rate how upsetting your original statement feels again