

EFT Tapping Points

EFT—Emotional Freedom Techniques – by THE WOODLANDS EFT TAPPERS, TX

EFT is a simple and effective form of meridian energy therapy. Some call it “**emotional acupuncture**” but without the needles. You may not have heard of it, and it looks weird. The good news is... it works!

We will be tapping with our fingertips on certain key power points on the body. While tapping, we will state a truth about how we feel along with a positive affirmation. If you are new to EFT, look at the chart below and follow along through each point.



We start by tapping on the **karate chop** point.

THE SETUP: This is where we can repeat the “setup statement” 3 times. It can take many forms, e.g.: 1. “Even though my breathing is constricted, I am fine, I accept myself.”, - 2. “Even though I cannot breathe properly, I deeply and completely love and forgive myself.” - 3. “Even though my breathing is shallow, anything is possible and miracles are happening now.”

THE SEQUENCE: On the other points, see below, just repeat “constricted breathing” once per point, while tapping about 7 times.

Note: Some schools of thought on EFT say to use the tips of all four fingers, but others say to use the pointer and middle finger (see what works best for you). Use the same pressure you would use if you were tapping on a table to make a drumming sound. Tap, tap, tap, tap, tap, tap, tap. If you have long fingernails, use the pads near the end of your fingers to tap.

Next, we move to the top of the head and then we'll work down the body, making the points easy to remember. (You can also start at the eyebrow and end with the top of the head; it doesn't matter)

Use the fingertips on one or both hands to tap the **top of the head**. Tap, tap, tap, tap, tap, tap, tap. Repeat the words “constricted breathing”.

The **eyebrow** points are located at the beginning of the eyebrow, nearest the center of the face. I use the index and middle fingers together, on both hands, to tap the two eyebrow points. Tap, tap, tap, tap, tap, tap, tap. Repeat the words “constricted breathing”.

The **side of the eye** points are located on the bone at the side of the eye. It's not so close to the eye that it feels like you're poking yourself, and not so far away that you are tapping at the temple. Using the index and middle fingers together, tap on both side of the eye points at the same time. Tap, tap, tap, tap, tap, tap, tap. Repeat the words “constricted breathing”.

The **under the eye** points are on the bone located under the eye about even with the pupils. Using the fingertips of the index and middle fingers, gently tap this spot under both eyes. Tap, tap, tap, tap, tap, tap. Repeat the words “constricted breathing”.

Now tap **under the nose** with the index and middle finger of one hand. The spot is roughly midway between the bottom of the nose and the top of the lip. Tap, tap, tap, tap, tap, tap, tap. Repeat the words “constricted breathing”.

The **chin** point is not really on the chin; it is mid-way between the bottom of the lower lip and the chin, in that indentation area. Tap, tap, tap, tap, tap, tap, tap. Repeat “constricted breathing”.

The **collarbone** spots are located about one inch down and over towards the outside of where a man would tie his tie. I use four fingers together on each hand to tap the collarbone spots. Tap, tap, tap, tap, tap, tap, tap. An alternative is to pat both spots at the same time with the flat of one hand, with about the same pressure as you would pat a baby's back to help it burp.

The **under the arm** point is located about 4 inches below the armpit. I lift my left arm and use the four fingers of my right hand to tap under my left arm. Tap, tap, tap, tap, tap, tap, tap. Repeat the words “constricted breathing”.

Now return to the **top of the head** to help make the round feel complete. Repeat “constricted breathing”.

(Gloria Arenson)

Now, breathe in. Is there any difference? If minor improvement, repeat procedure with different wording. Be more emphatic, (silently) shout & be upset, perform big theater, while doing all the points over & over. Try: “even if I never get rid of this, I forgive myself and everyone else who may have contributed to this problem!”

The above are the points in the short form of EFT that we routinely use. Gary Craig, the founder of EFT, uses this same short form in his EFT demonstrations and in the EFT video series.

Additional tip: You can end at any point. You can start at the eyebrow or top of the head. You can leave out points. Remember that the energy system is connected; each point you tap resonates throughout the system. I also encourage you to learn to use your intuition early in your use of EFT.

Websites: www.grouptapping.com (*The Woodlands EFT Tappers*) & www.emofree.com
Tapping diagram from Gloria Arenson, MFT, author of the book [Five Simple Steps to Emotional Healing](#).