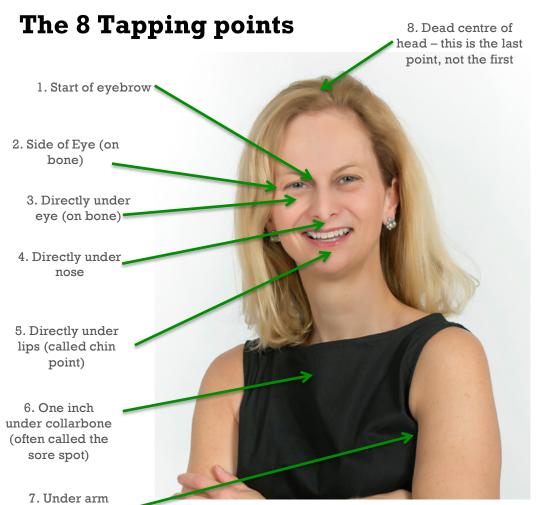


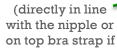
Tapping - The 5 Steps

- 1. Acknowledge there is something to change and rate distress/discomfort out of 10 (10=most distress, 0=no distress).
- 2. State problem in setup statement while tapping on karate chop point (3 times).
- 3. Tap through all 8 EFT points while saying a short reminder phrase.
- 4. Take a breath and re-rate your distress out of 10.
- 5. Tap again until rating is 0.

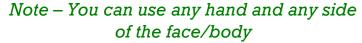
EFT

EFT (Emotional Freedom Techniques) is a brief novel intervention combining elements of exposure and cognitive therapy, and somatic stimulation. It is often referred to as 'Tapping' as it uses a two finger tapping process with a cognitive acceptance statement.





female)





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