



Karate chop point

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.

The 8 Tapping points

1. Start of eyebrow
2. Side of Eye (on bone)
3. Directly under eye (on bone)
4. Directly under nose
5. Directly under lips (called chin point)
6. One inch under collarbone (often called the sore spot)
7. Under arm (directly in line with the nipple or on top bra strap if female)
8. Dead centre of head – this is the last point, not the first

Note – You can use any hand and any side of the face/body



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