

## **Emotional Freedom Technique (EFT) Tapping Guide** *Regulate Emotions and Calm Your Nervous System Naturally*

**What is EFT?** EFT (Emotional Freedom Technique), often called "tapping," is a simple and effective self-regulation tool that combines gentle tapping on acupressure points with verbal affirmations. EFT helps calm the nervous system, reduce emotional distress, and release stored tension by sending calming signals to the brain's amygdala—the center for fear and emotional reactivity.

Studies suggest EFT may reduce anxiety, lower cortisol levels, improve mood, and even ease physical pain. It is widely used in trauma recovery, stress management, and emotional healing.

---

## **How to Use EFT Tapping: Step-by-Step**

### **1. Identify the Issue (1 min)**

Choose a specific emotion, physical symptom, or stressful memory you're feeling right now (e.g., anxiety about a meeting, tension in your chest, overwhelm).

**Name it clearly:** "I'm feeling anxious about my workload."

### **2. Rate the Intensity (30 sec)**

On a scale from 0 (no distress) to 10 (maximum distress), rate how strong the issue feels right now.

### **3. Setup Statement (1 min)**

While tapping on the **karate chop point** (side of your hand), repeat 3x:

"Even though I feel [insert issue], I deeply and completely accept myself."

Example:

"Even though I feel overwhelmed and tight in my chest, I deeply and completely accept myself."

### **4. Tap Through the Points (3–5 min)**

Use 2–3 fingers to gently tap each point below 5–7 times. While tapping, speak aloud short phrases describing your emotion or situation.

**Tapping Points:** 1. **Eyebrow** – Inner edge of the eyebrow 2. **Side of Eye** – Outside edge of eye socket 3. **Under Eye** – On cheekbone 4. **Under Nose** – Between nose and upper lip 5. **Chin** – Midpoint between lower lip and chin 6. **Collarbone** – Just below the hard bone, about 1 inch down and out 7. **Under Arm** – About 4 inches below the armpit 8. **Top of Head** – Center of the scalp

**Example Phrases:** - "This tightness in my chest." - "So much pressure and tension." - "I don't feel in control."  
- "It feels like too much."

Repeat 2–3 rounds.

### **5. Reassess Intensity (1 min)**

After a few rounds, pause and rate your intensity again (0–10). Has it decreased?

You can repeat the process using new phrases if needed, or close with a positive affirmation.

### **6. Close with Calm (1 min)**

Take a deep breath. Say aloud:

"I'm safe in this moment. I'm open to peace."

---

### **✨ Tips for Success:**

- Use EFT daily or as needed during emotional spikes.
- Be specific: Target one emotion or issue per round.
- It's okay if emotions come up—this is a sign of release.

With regular practice, EFT becomes a powerful tool to help you feel grounded, present, and emotionally free.