

# EFT™ TAPPING PROCEDURE (The Basic Recipe)

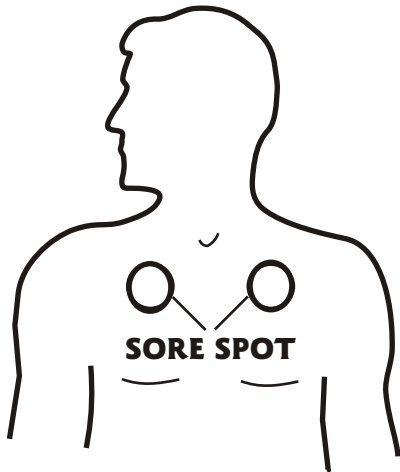
## #1...The Setup

1) Repeat 3X

*Even though I have this \_\_\_\_\_ (problem) \_  
I deeply & completely accept myself.*

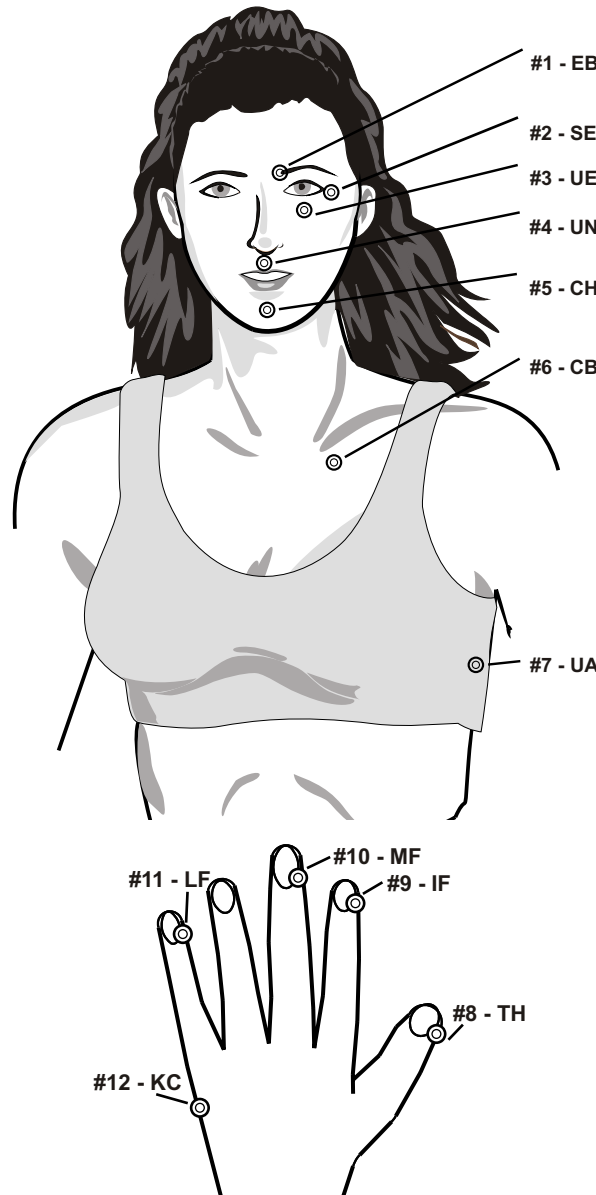
2) While continuously rubbing the “Sore Spot” or tapping the “Karate Chop” point.

### The Sore Spot/ Karate Chop Point

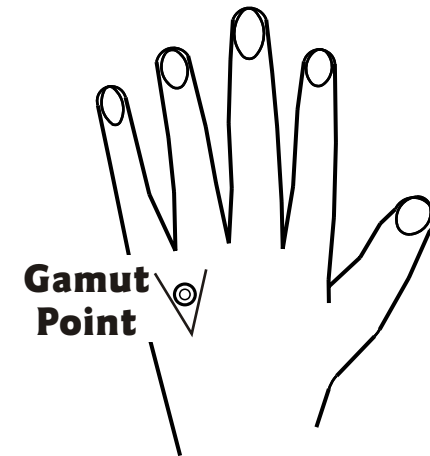


## #2...The Sequence

Tap about 5X on each point



## #3...The 9 Gamut



Perform 9 actions while tapping the GAMUT POINT continuously:

- 1) Eyes closed
- 2) Eyes open
- 3) Eyes hard down right (head steady)
- 4) Eyes hard down left (head steady)
- 5) Roll eyes in a circle
- 6) Roll eyes in opposite direction
- 7) Hum 5 seconds of song (Happy Birthday)
- 8) Count from 1 to 5
- 9) Hum 5 seconds of a song again.

## #4...Repeat (#2) The Sequence

NOTE: In subsequent rounds of tapping, change the setup language to “*Even though I STILL have SOME OF this problem...*” and use “*REMAINING problem*” as a reminder phrase.