

How to do EFT

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Learning the **EFT technique** is really easy. First take a look at all the different points and practice them a bit. Be sure to read through all the instructions before you begin your own work on something.



KARATE CHOP POINT

Practice tapping on the Karate Chop point, while saying: “Even though I have this problem, I accept myself”. (Do it 3 times)

NEXT, LOOK AT THE TREATMENT POINTS:



TOP OF HEAD

EYE BROW POINT
SIDE OF EYE POINT
UNDER EYE POINT

UNDER NOSE POINT
UNDER MOUTH POINT (AKA
CHIN POINT)

COLLARBONE POINT



WRIST POINTS

TAP ACROSS YOUR WRIST, FLIP HAND OVER AND TAP THE OTHER SIDE OF WRIST.

LOOK AT THE PICTURES OF THE POINTS AND PRACTICE TAPPING EACH POINT, WHILE SAYING "THIS PROBLEM".

- 1) TAP on the TOP OF HEAD point, and say "this problem".
- 2) TAP on the EYEBROW point, and say "this problem".
- 3) TAP on the SIDE OF EYE point, and say "this problem".
- 4) TAP on the UNDER EYE point, and say "this problem".
- 5) TAP on the UNDER NOSE point, and say "this problem".
- 6) TAP on the UNDER MOUTH point, and say "this problem".
- 7) TAP on the COLLARBONE point, and say "this problem".
- 8) TAP on the WRIST POINTS, and say "this problem".

Next, read through the rest of these instructions and you'll be ready to go!

Choose a feeling or problem you want to work on: **emotions** such as anger, sadness, worry, guilt, fear, etc, or **physical discomfort** such as headaches, backaches, muscle aches, or any other pain/discomfort. Make a mental note of your feeling/problem or better still, write it down. Be as specific as possible!

Assess the severity of this problem from 0 to 10, where 0 is no problem at all and 10 is the worst it could possibly be. Make a mental note of this number or write it down.

Then, begin the process as described above and substitute your description of what you want to clear where it reads: "this problem".

PRACTICE using **Sadness** as an example:

- 1) Begin tapping on the KARATE CHOP point and say: "Even though I have this **sadness about...**, I deeply and completely accept myself."
- 2) Then, tap 6-7 times on each point, beginning with top of head and say "**this sadness**" or "sadness about...". Continue tapping on each point, always saying "**this sadness**" or "sadness about..." on each point.

After going through the complete routine, re-assess the intensity of your sadness. If it is not down to a zero, assess the new number for it and repeat the entire tapping routine, saying, "Even though I **still have some of this sadness**, I deeply and completely accept myself." Then, at each tapping point, say "**remaining sadness**." Repeat this exercise until you have reduced the sadness to as low a number as possible or eliminated the sad feeling completely.

If you have tapped several rounds and your number just won't go down, your focus may be too general. Think about how to make your description more specific. It may be helpful to write down the words you want to use.

Feel free to email me (jayne@jaynemorgankidd.com) with questions or comments.

Good Luck and Happy Tapping! Jayne