

2. TH = Top of the Head



- 3. IE = Inside of the Eyebrow
- 4. OE = Outside of the Eye
- 5. UE = Under the Eye
- 6. UN = Under the Nose
- 7. UL = Under the Lower Lip
- 8. CB = Under the Collar Bone
- 9. UA = 4" below the Arm Pit

1. KP = Karate Chop Point

The Basic EFT Tapping Script:

- Tune into the feeling you have about a specific issue or memory
Example: "This embarrassment about my current income." Or:
"This shame that I am not making more phone calls"
- Then create a shortcut name from this.
Example: This Income embarrassment// This shame about not calling
- Rate the intensity of this feeling on a scale of 0 (= gone) to 10 (= extreme)

The EFT Tapping Procedure:

- Tap with 2 fingers on the *Karate Chop Point* (1.) on the side of your hand, and repeat 3 times:
*Even though I feel so (insert your feeling) about (insert the issue),
I deeply and completely accept myself*

Then tap the points in sequence, starting on the Top of the Head (2.) repeating the short phrase:

TH: This income embarrassment
IE: This income embarrassment
OE: This income embarrassment
UE: This income embarrassment
UN: This income embarrassment
UL: This income embarrassment
CB: This income embarrassment
UA: This income embarrassment

Rate the intensity again. Did it change? Did another aspect come up?
You might need more than one round of tapping to completely release the initial feeling.
Then address other aspects, thoughts, memories and feelings in the same way.

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