



Hawke's Bay, New Zealand

E: support@iwc.co.nz

EFT Tapping

1. Identify the issue, belief, emotion, action, event or sensation (this will form the 'problem' in your setup statement):

2. Rate the issue on a scale of 0-10 (10 being highly charged): _____

3. Tapping on the 'karate Chop Point', repeat the setup statement 3 times:

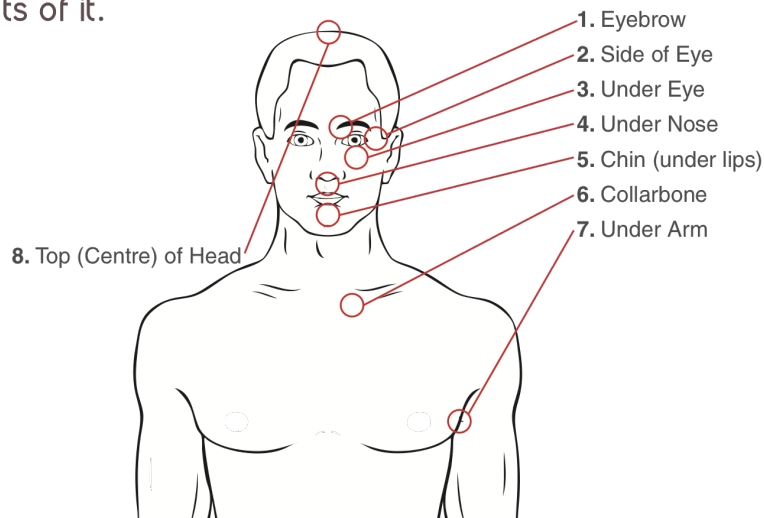
The Setup - Tap the Karate Chop Point

Tapping on the Karate chop point, repeat the setup statement 3 times

Here is a list of possible self-acceptance statements:

- Even though I have this problem, I completely accept myself
- Even though I have this problem, I love and accept myself
- Even though I have this problem, I accept this about myself and am open to changing it
- Even though I have this problem, I am taking steps to change this

4. Tap through each tapping point using 'reminder phrases' to help you focus on the issue or aspects of it.



5. Take a breath and re-rate the issue after each 'round' of tapping.

ROUND 1 ___ 2 ___ 3 ___ 4 ___ 5 ___ 6 ___ 7 ___ 8 ___

YOU GENERALLY STOP TAPPING WHEN YOU GET TO A ZERO OR CLOSE TO ZERO

www.iwc.co.nz



Hawke's Bay, New Zealand

E: support@iwc.co.nz

EFT Tapping - page 2

Think of your issue as like a puzzle. Every issue has many aspects, and elements, all of which are useful to explore as part of your EFT tapping scripts, particularly if you get 'stuck' and can't seem to shift down a level. Use the diagram to help you identify and tap for every aspect of any emerging issues, so you can get them to a zero.

