



# 7 STEPS OF EFT

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1. Identify the issue or goal
2. Get a measure for It
3. Start EFT Tapping on the side of the hand
4. Tap on the upper body points
5. Close sequence
6. Relax
7. Test



# 1. Identify Goal or Issue

- What do you want?
- What issue do you want to solve?
- How does it make you feel?

## 2. Get a measure for it

- On a scale of 1 to 10, what number would you give it?
- Where 10 is uncomfortable and 1 is not uncomfortable at all





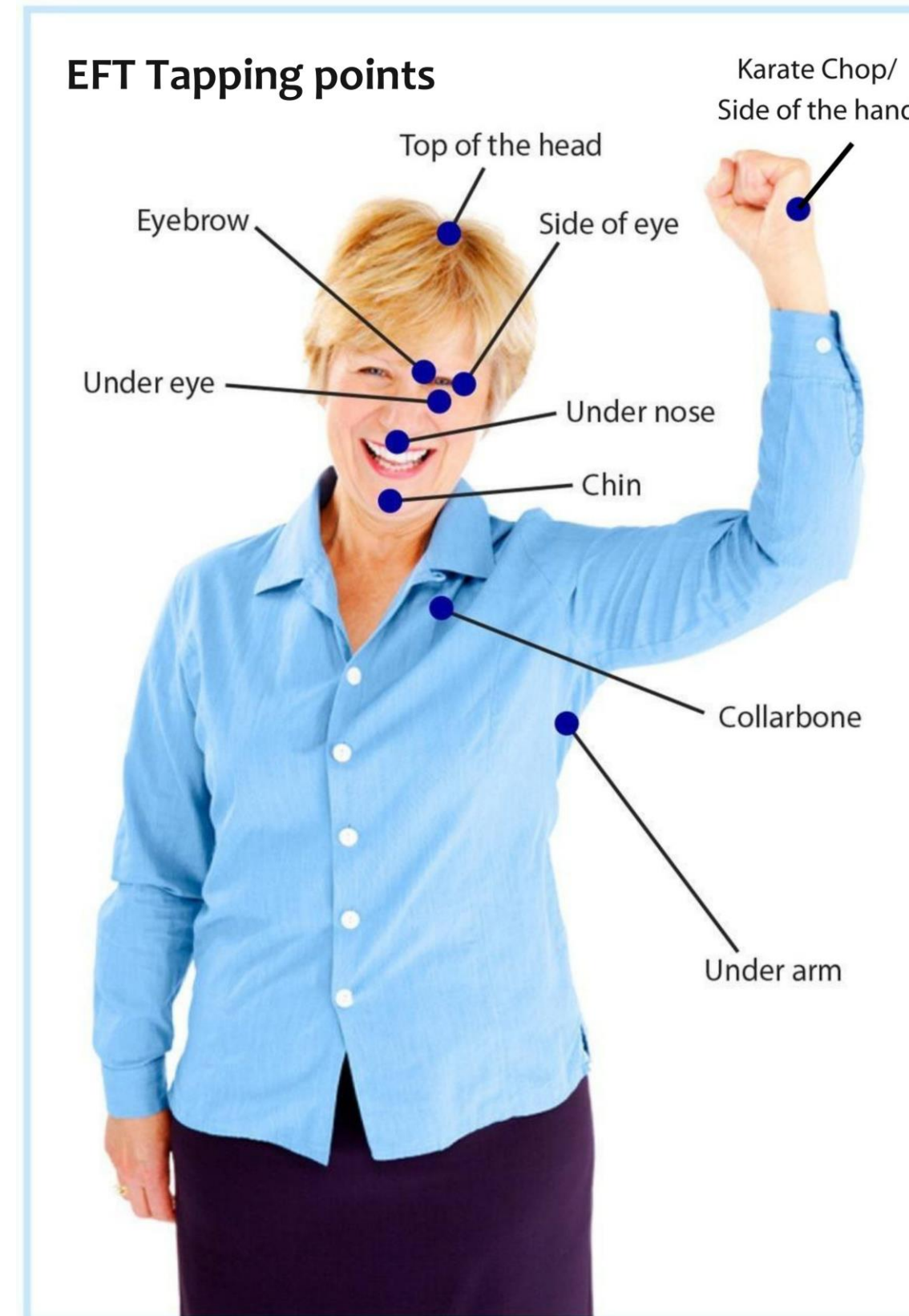
## 3. Start Tapping

*“Even though I have [THIS PROBLEM], I deeply and completely love and accept myself.”*

Repeat 3 times.

## 4. Tapping Points

- Then, tap on the upper body and finger points
- While saying the words from the problem out loud





## 5. Close

- Come back to the side of the hand also known as the Karate Chop point and say the starting phrase out loud again.
- *“Even though I have [THIS PROBLEM], I deeply and completely love and accept myself.”*

## 6. Relax

- Breathe
- Take a sip of water
- Reflect on how you are feeling



# 7. Testing

- How are you feeling?
- What happened?
- Say, "*That's great!*" if the response is:
  - Worse
  - Same
  - Better

