



*Emotional Freedom Techniques*

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## Emotional Freedom Technique (EFT) Tapping Points



### The sequence

Even Though I \_\_\_\_\_,

I deeply and completely love and accept myself.

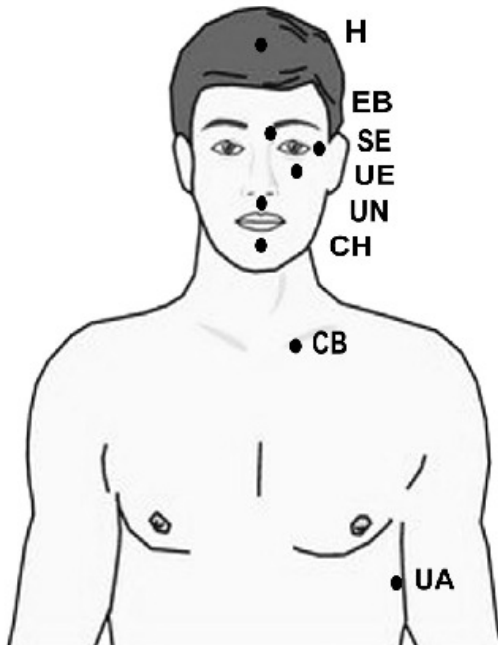
*Repeat three times on KC*

Karate Chop

Examples:

Even though I crave Chocolate,

I deeply and completely love and accept myself.



*Tap on the following points repeating the  
underline words*

(this Craving, this sadness)

H Top of Head

EB Eye Brow

SE Side of Eye

UE Under Eye

UN Under Nose

CH Chin

CB Collar Bone

UA Under Arm

*Repeat sequence as many times as needed.*