

The EFT process at a glance

1. Define the issue, the emotion, the stress.
2. Rate the intensity on a scale of 0 to 10.
3. Tap gently and continuously on the side of the hand and say: "Even though I am stressed about [issue, emotion, stress], I deeply and completely love and accept myself." Repeat three times.
4. Tap several times on each of the following points repeating every time: "I feel [emotion]."
 - Point next to your nose at tip of the eyebrow
 - Point at the side of your eye
 - Point under your eye
 - Point under your nose
 - Point in the cleft between your mouth and chin
 - Point on your collarbone on both sides of the sternum
 - Point under your arm
 - Point on top of your head
5. Take a deep breath.
6. Rate the intensity again.
7. Drink plenty of water.

