



welcome to your
7 STEP GUIDE TO
EFT TAPPING

1.



'EFT Tapping in 7 Steps' -Introduction-



Welcome to this free resource, your How to do EFT Tapping Guide. My name is Jenny Clift. I am an EFT Tapping & Energy Coach, author of 2 books about tapping, and a professional violinist... and I'm excited to share this life-changing technique with you.

EFT (Emotional Freedom Techniques) is an incredibly useful tool for relieving stress and changing the mind-body-emotion negative response to difficult situations. It's something you have, literally at your fingertips, whenever you need!

By tapping on certain acupressure points (see the chart on page 3) while talking about your negative emotions, feelings & memories, and your thoughts and limiting beliefs, you are sending a message to your body, brain and nervous system, that you are safe (scientific studies have shown that the stress hormone cortisol decreases dramatically.)

The amygdala, the part of the brain that governs emotions, emotional behaviour and motivation, and which triggers the 'fight, flight or freeze' response, is calmed, allowing you to, literally, think and respond more clearly and resourcefully.

EFT Tapping is simple and easy to use. Whether you're following along with a YouTube video, working with an EFT coach or going it alone, trust me, you've got this!

See the next page for basic instructions so you feel confident with the process:



2.

'EFT Tapping in 7 Steps'

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COACHING

-Instructions-

1. Pick what you want to tap on. This could be:

- something that has just happened, which has triggered uncomfortable emotions in you
- a memory which is triggering you in some way
- another person
- a recurring thought or behavioral pattern ('I'm not good enough; *Procrastination*.)
- a physical issue
- anything else bothering you

2. Rate any or all of the following on a scale of 1-10

(1 = no emotion, 10 = very intense emotion):

- The memory (you can give it a short title if you like eg 'That Terrible Exam')
- Emotions (anger, sadness, frustration, fear, anxiety, embarrassment, etc.)
- Physical feelings (where you perceive this in your body)
- Your thoughts and beliefs about this issue, yourself etc
- What you saw, heard, smelt, felt

3. Tap on the side of the hand (see photo on page 3) using the following formula (known as the Set-Up Phrase):

Even though _____, I love and accept myself completely.

It can be using any of the above aspects. For example:

Even though I have this memory, 'That Terrible Exam'

or... Even though I feel so angry, etc

or... Even though I have this tension in my chest, etc.

or... Even though I'm not good enough,

or Even though they were so mean,

Repeat the Set-Up Phrase three times.

3.

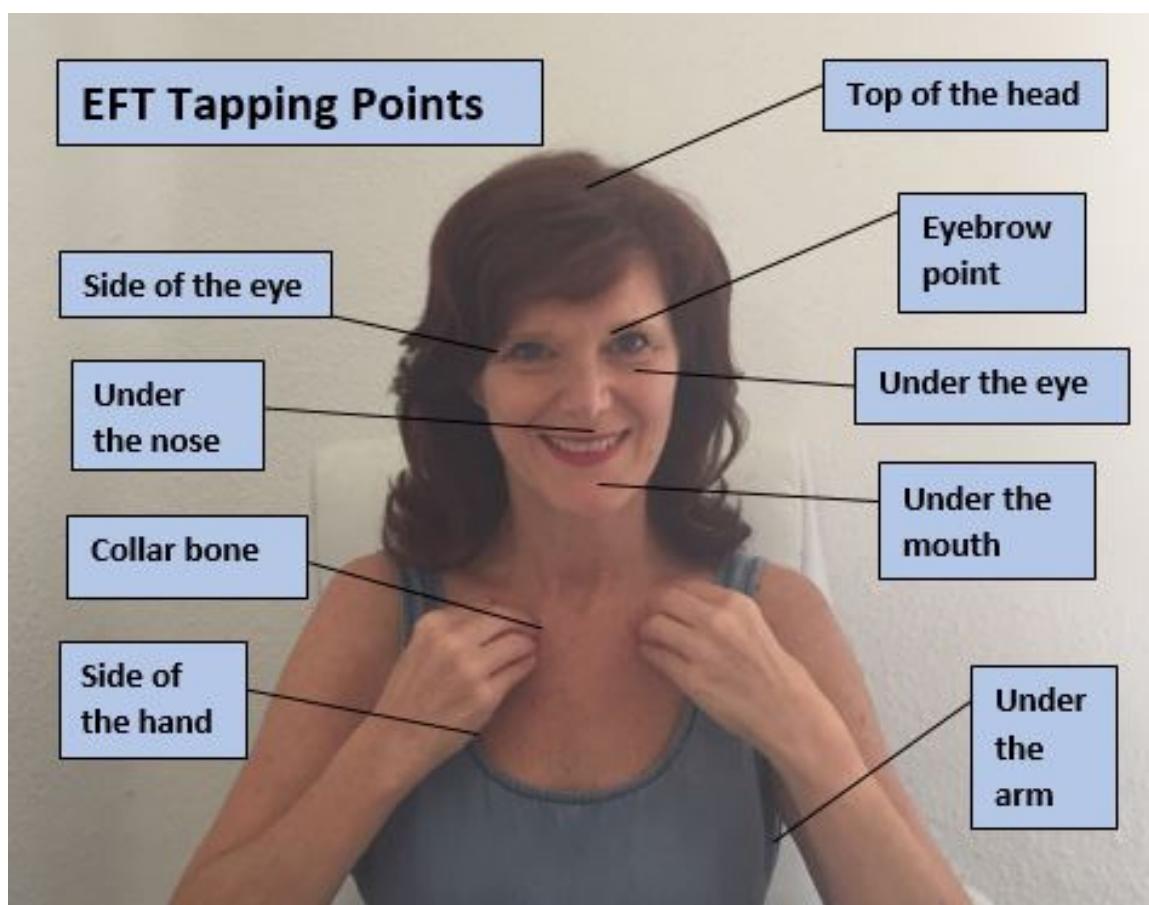


'EFT Tapping in 7 Steps' -Tapping Points-



4. Then tap round the points shown below, repeating a couple of words which help you to focus in on the issue (the Reminder Phrase).
E.g. *This anger; This tension in my chest etc*

The most common order of the points is: Eyebrow point; Side of the eye; Under the eye; Under the nose; Under the mouth; Collar bone; Under the arm; Top of the head



5. After a few rounds, rate your level again 1-10.

6. Continue tapping on the remaining feelings, or on a different aspect or the words and ideas and emotions that came into your head as you tapped.

4.



'EFT Tapping in 7 Steps'



-Final Instructions & Contact -

Pro-Tip: If you are very emotional you don't even need to say anything at all, just tap round the points.
Try to get down to a 2 or below.

7. Finally, reach out for help if necessary and check out the EFT Tapping resources for below.

You can CONTACT ME via Email at: jenny@jennyclift.com

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