

## ***EFT: Emotional acupuncture without the needles!***

### **EFT Points**

1. Top of Head
2. Eyebrow
3. Side of Eye
4. Under Eye
5. Under Nose
6. Above Chin
7. Collarbone
8. Under Arm



### **EFT Basic Recipe**

1. Identify specific feeling or issue.
2. Write down, on 0 -10 scale, how intensely issue bothers you now.
3. Tap “karate chop” point saying  
“Even though, I have this [issue,] I deeply and completely accept myself.”
4. Tap each EFT point 7X, then repeat process until intensity lessens.
5. Reassess intensity. If needed, get more specific or focus on smaller aspect of issue.
6. Repeat until intensity is 0.

***EFT: Quick, free, effective, great for self-calming.  
The ultimate self-help tool!***

***Remember: For results that are terrific, it’s best to be specific!***