

## How to Tap

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### Before you tap

1. Wash your hands thoroughly
2. Find a quiet place where you can express yourself freely
3. Agree to take full responsibility for your own emotional health and wellbeing



### Next, acknowledge what's wrong and measure the intensity

4. Put a few words to what feels bad right now – any uncomfortable feeling, thought or body sensation you may be experiencing. For example, *I feel overwhelmed...*
5. Measure the emotional intensity of these words on a scale of 0 (lowest) to 10 (highest)...

### Tap and speak the Setup

6. To do the Setup, gently tap on the Side of Hand (**SOH**, formerly called the **Karate Chop**), while speaking aloud, and repeating three times:

*Even though I feel overwhelmed, I deeply and completely accept myself...*



### Tap and speak the Sequence w/ the Reminder Phrase

7. Next, gently tap each point in the Sequence (below) while speaking the *same* word or phrase you acknowledged earlier. This is called a Reminder Phrase:



**TOH** (Top of Head): *overwhelmed*

**EB** (Eyebrow Point): *overwhelmed*

**SE** (Side of Eye): *overwhelmed*



**UE** (Under Eye): *overwhelmed*  
**UN** (Under Nose): *overwhelmed*  
**Chin** (Chin Point): *overwhelmed*



**CB** (Collarbone/K27): *overwhelmed*  
**UA** (Under Arm): *overwhelmed*

Finally, tap the **SOH** again or any other additional point like the **Gamut Point** (pictured, above), **Liver Point**, **Finger Points**, **Wrists** or **Thymus** (not pictured) while saying *overwhelmed*

Congratulations! You've completed one *round* of tapping. Take a deep breath and close your eyes for a moment. How intense is *overwhelmed* now? Give the intensity a new number between 0 (low) and 10 (high)...

Repeat one or two more times...

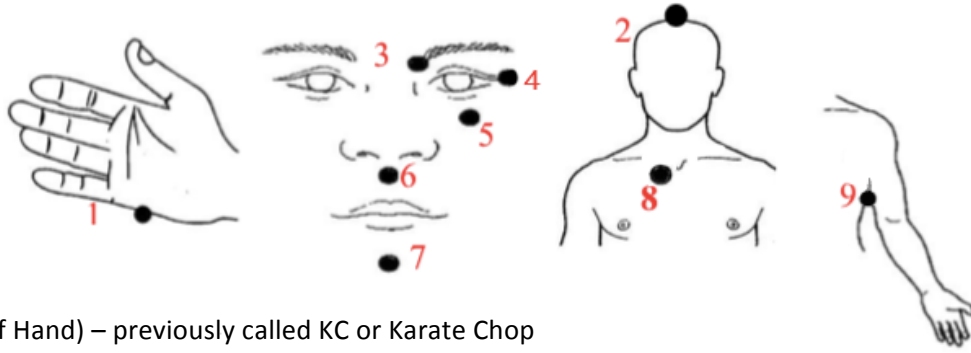
8. Tap and speak several full rounds of the Setup and Sequence, until the emotional intensity on your issue is *as low as it will go*. If your intensity should increase at any time, tap without words on each point until the intensity subsides. Once you've finished several rounds, measure your issue (e.g. *overwhelmed*) one last time from 0-10. Notice what may feel different. What may be possible now?

Learn more

For more tapping resources, including information on EFT (Emotional Freedom Techniques) tapping training and practice, visit [EFTinternational.org](http://EFTinternational.org), where you can download a comprehensive Free Introductory Tapping Manual. For video tutorials and tap-along videos, subscribe to our EFT International channel on YouTube.

# EFT Tapping Points Chart

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- 1 **SOH** (Side of Hand) – previously called KC or Karate Chop
- 2 **TOH** (Top of Head) – crown of the head
- 3 **EB** (Eyebrow Point) – beginning of eyebrow, at nose edge
- 4 **SE** (Side of Eye) – on bone edge
- 5 **UE** (Under Eye) – on bone edge
- 6 **UN** (Under the Nose)
- 7 **CH** (Chin Point) – between the lower lip and the chin
- 8 **CB** (Collarbone or K27) – slightly underneath the bone
- 9 **UA** (Under the Arm) – upper side of torso, middle of bra strap

## Additional points

- **The Gamut Point** is on the back of the hand, between and just behind the knuckles of the ring finger and little finger
- **The Finger Points** are on the side of the thumb, index, middle and little fingers at the base of the nail (start from your wrist on the thumb side of your hand; go up the side of the thumb to the base of your nail, then use the same side for each of the other fingers)

## Review – How to tap using Standard EFT

- Wash your hands thoroughly
- Find a quiet place where you can express yourself freely for a few minutes
- Agree to take full responsibility for your use of EFT, and for your emotional wellbeing
- Name the negative issue – put a few words to what’s wrong (e.g. *I feel overwhelmed*)
- Measure the intensity of this feeling, thought or body sensation from 0-10 (e.g. *I feel overwhelmed, 8*)
- Gently tap and speak the Setup (**SOH**), repeating 3x: “*Even though I feel overwhelmed, I deeply and completely accept myself*”
- Gently tap each point in the Sequence starting with the **TOH**, speaking your Reminder Phase of *overwhelmed* on each point
- After this *round* of tapping, stop and breathe, measure *I feel overwhelmed* again, and repeat the whole EFT Setup and Sequence for one or two more rounds until the intensity is *as low as it will go*. If another feeling, thought or body sensation comes up that is stronger, tap on that. If your emotional intensity is quite high, tap silently on each point until it subsides
- To learn more, download a free introductory tapping manual at <https://eftinternational.org>