**EMOTIONA FREEDOM TECHNIQUE (EFT): Tapping**

Close your eyes and focus on the fear, anxiety, emotion, or belief you wish to change or decrease.

Determine on a scale of 1 to 10, 10 being highest, how intense the feeling or belief is.

**Begin tapping sequence**

Start by tapping the “karate chop” spot on the heel of your hand 10 times, firmly enough to feel it but do not bruise or physically harm the area.

* As you tap this spot, repeat aloud the belief, physical pain, or trauma you are dealing with as you focus on the emotion that arises. Do this three times.
* Follow your statement of belief or trauma with the [affirmation](https://www.jackcanfield.com/blog/practice-daily-affirmations/) “I love and accept myself.”
* For example: *“Even though I believe I do not deserve to be happy, I love and accept myself. Or, Even though I believe I am not successful, I love and accept myself.”*

Now begin the tapping sequence below while continuing to focus on the belief, trauma, or source of anxiety. *You can tap the eyebrow, under the eye, collarbone, and under the arm spots on either side of your body.*

Tap 5 to 7 times firmly at each point, with a statement that keeps you focused on the emotion.

* Top of the Head: *“My fear of asking for a raise.”*
* Eyebrow: *“My fear of asking for a raise.”*
* Outside of Eye: *“I’m afraid he’ll say no, and I’ll be embarrassed.”*
* Under the Eye: *“My fear that I’ll be embarrassed.”*
* Under the Nose: *“My fear of not being in control.”*
* Chin: *“I’ll be mortified if he says no.”*
* Collarbone: *“I’m afraid to ask for a raise.”*
* Under the Arm: *“I’ll be so embarrassed.”*

Repeat the sequence while repeating your phrase until you feel the intensity has dropped to a 1 or 0.

Diagram, schematic

Description automatically generated