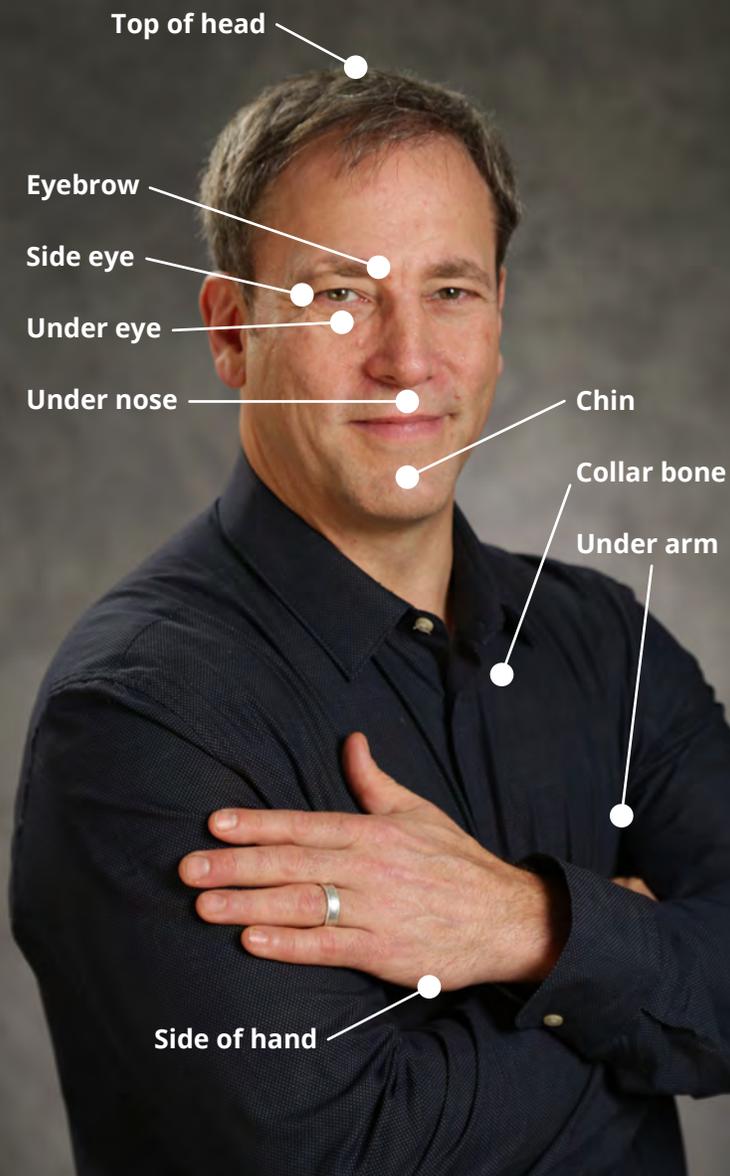


EFT Tapping Points



Dr. Craig's "EFT Tapping Directions"

STEP 1: Be as SPECIFIC as possible by choosing a specific "time that" something is currently or has bothered you (i.e. a memory). If it is a physical discomfort / pain, note what the physical sensation is and be specific to just one region at a time.

STEP 2: Identify as best you can, the EMOTION you are feeling about what is disturbing you (i.e. anger, sadness, guilt, etc.)

STEP 3: Gauge how INTENSE the emotion is right now for you, from 0-10, ten being the most intense.

STEP 4: Try to find where in your body you most feel/sense that emotion is.

STEP 5: Tap on the "side of hand" point while stating aloud "Even though I feel this ____ (emotion regarding the situation or physical discomfort), I deeply and completely accept myself." Repeat this statement 3 times. (Note: if the Acceptance Statement does not ring true, you might try; "Even though I feel this ____, I accept that this is what I am feeling right now.")

STEP 6: Tap gently on each point 5-7x at a comfortable pace, repeating the "Reminder Phrase" aloud: "This ____ (emotion) in my ____ (body feeling location)" OR just, "This____(the emotion you feel)."

STEP 7: Re-check your 0-10 intensity scale. Repeat as necessary to reduce intensity. Re-adjust your Set-up Statement and Reminder Phrase as necessary when you notice that either your emotion or body location of sensation has changed.

Craig Weiner, D.C.

EFT Master Trainer/Practitioner

For more information on the diverse uses of EFT, private EFT sessions, a calendar for live workshops / trainings and the scientific published research on EFT, go to www.EFTtappingtraining.com

As of January 2021, scientific journals have now published 66 randomized controlled trials and over 50 pre-post outcome studies documenting the effectiveness of meridian (predominantly EFT) tapping therapies. A recent replication study on stress biochemistry published in an APA (American Psychological Association) journal documented a 43% decrease in cortisol (stress hormone) levels after 60 minutes of EFT. (Stapleton et al 2020)

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