

# Tapping for Self-Care

EFT (Emotional Freedom Techniques) can help us calm our stress responses and self-regulate when we need it most. Tapping in safe and effective ways can not only help us *feel better* when we're having difficulty, but also *build our capacity* over time to more effortlessly handle life's ups and downs.

Tapping helps when we are willing (or *willing to be willing*) to feel something uncomfortable. Sometimes this means tapping on body sensations like "constricted breathing", or even using positive language, like "I'm ok". Other times we might want to acknowledge a specific discomfort while simultaneously staying out of the details. For example: *Even though a part of me feels frustrated about what happens when I try to sleep, this is where I'm at.* In this example, we're not trying to tackle insomnia or even get to the details of what might be affecting our sleep. Instead, we acknowledge and allow something difficult so that it is free to evolve – and we can feel better...



Angel taps, Jersey City, 2013

**Describe** what feels bad, and measure the intensity 0-10:

*A part of me feels \_\_\_\_\_ about \_\_\_\_\_. It's a 0-10.*

**Tap the Setup and Repeat 3x** (Side of Hand Point):

**Side of Hand:** *Even though a part of me feels \_\_\_\_\_ about \_\_\_\_\_, this is where I'm at...*

**Tap the Sequence** (starting at the Top of the Head):

**Top of Head:** *A part of me feels \_\_\_\_\_ about \_\_\_\_\_...*

**Eyebrow:** “

**Side of Eye:** “

**Under Eye:** “

**Under Nose:** “

**Chin:** “

**Collarbone:** “

**Under Arm:** “

**Gamut Point:** “

**Measure** again. **Repeat** the process (also called a 'round of tapping') once more, or until the intensity is as low as it will go.

You can always change the words slightly, but stay with the ones you choose for at least two rounds. Avoid getting overly specific: A few simple words naming *what's wrong* can work quite well. Remember to also keep the supporting/balancing language neutral (e.g. *Even though I am so angry about what happened, I acknowledge where I'm at right now or I'm ok or this is just where I'm at*). Download a full Tapping Points Chart at <https://tinyurl.com/free-eft-tapping-points-chart>