

# Tapping for Self-Care

EFT (Emotional Freedom Techniques) can help us calm our stress responses and self-regulate when we need it most. Tapping for just a few minutes a day can help us *feel better* when we're having difficulty and also *build our capacity* over time to more effortlessly handle life's ups and downs.

Tapping works best when we are willing (or willing to be willing) to have something uncomfortable and put a few **specific words** to that awareness. To tap effectively, I recommend noticing **what feels bad** and putting some words to that. Be as specific as you can. For example: *I feel frustrated because I can't fall asleep.*



Angel taps, Jersey City, 2013

Next, so you can measure your progress, rate the intensity of the feeling (0-10). For example: *I feel frustrated because I can't fall asleep. It's an 8.*

Give it a try for yourself:

## 1. Describe what feels bad, and measure the intensity 0-10:

*I feel \_\_\_\_\_ It's a 0-10.*

## 2. Tap the Setup and Repeat 3x (Side of Hand Point):

**Side of Hand:** *Even though I feel \_\_\_\_\_, I deeply and completely accept myself*

## 3. Tap the Sequence (starting Top of the Head) using a Reminder Phrase:

**Top of Head:** *I feel \_\_\_\_\_*

**Eyebrow:** “

**Side of Eye:** “

**Under Eye:** “

**Under Nose:** “

**Chin:** “

**Collarbone:** “

**Under Arm:** “

**Gamut Point:** “

## 4. 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**. If more specific words arise, try those in the next round. Sometimes we aren't aware what's specifically wrong at first, and saying “Even though I feel *bad*...” is the best place to start.

To learn the tapping points or explore EFT further, download a full Tapping Points Chart or Free Manual via EFT International: <https://eftinternational.org/wp-content/uploads/Free-EFT-Tapping-Points-Chart.pdf>