

Tapping for Self-Care

EFT (Emotional Freedom Techniques) can help us regulate our nervous systems when we need it most. Tapping for just a few minutes a day can help us calm down when we're having difficulty and, over time, build our capacity to meet life's challenges more easily.



Tapping works best when we are *willing to have* something uncomfortable instead of fighting it, ignoring it or pushing it away.

1. Notice what feels bad and put some words to it. Be as specific as you can and keep it short. For example: "Frustrated because I can't fall asleep," or "I'm angry about _____."

2. Measure the charge or intensity of those words between 0 and 10:

"I'm angry about _____, and it's an 8"

3. Start tapping on the side of your hand and say:

"Even though I'm angry about _____, and it's an 8, I deeply and completely accept myself."
Repeat this phrase 3 times.

4. Tap a few times on each point while speaking your issue:

Top of Head: *"Angry about _____"*

Eyebrow: "

Side of Eye: "

Under Eye: "

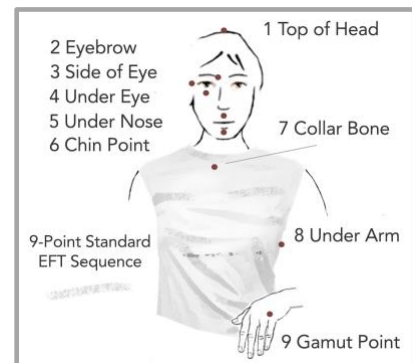
Under Nose: "

Chin: "

Collarbone: "

Under Arm: "

Top of the Hand (Gamut Point): "



5. Measure again. What feels different? Repeat the steps one more time or until the intensity is *as low as it will go*. If more specific words arise, tap with those. EFT can help us feel better, but it can also bring clarity on what's really bothering us.

Maybe we aren't aware what's specifically wrong at first. Sometimes admitting "Even though I feel bad..." is the best place to start.