

# 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 Hand (Gamut Point): “

**5. Check-in, measure and repeat until the issue is as low as it will go**

Maybe you aren’t aware what’s specifically wrong at first. If that’s the case, tapping can help you get clarity. For example, sometimes admitting “Even though I feel bad...” can be the best place to start.