

## Basic Tapping Protocol

### Overview

Below are the five basic steps you will be following.

1. Identify an issue that is causing you physical or emotional distress.
2. Focus on your issue and assess the intensity of your distress.
3. Craft and then vocalize a statement that accurately describes how you are feeling, adding an affirmation of positive self-regard.
4. Tap on nine specific points while remaining focused on your issue.
5. Reassess the level of distress after a round of tapping, and repeat the tapping sequence if necessary.

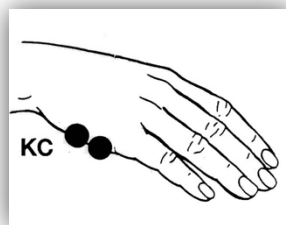
Let's examine the details of this procedure.

### EFT Step-by-Step

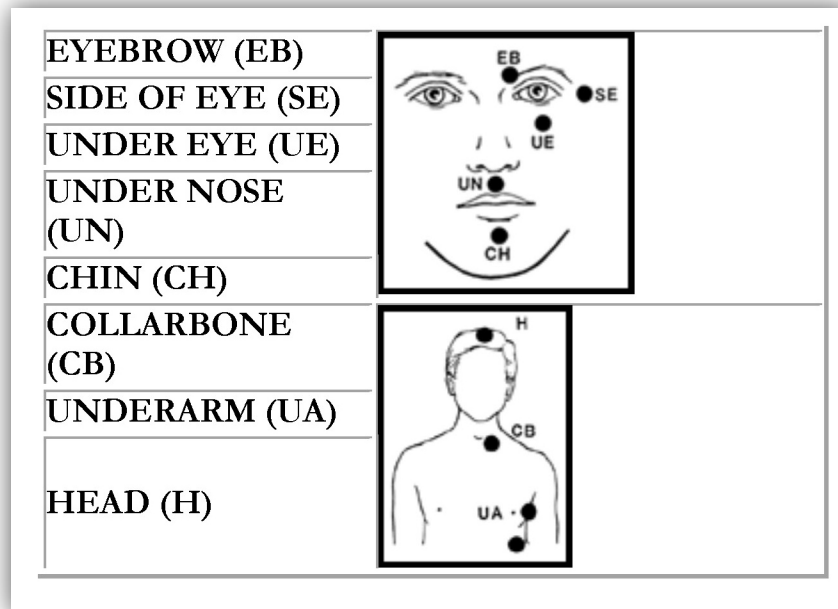
Tune into a specific problem or issue you wish to treat.

Rate the intensity of your distress on a scale of zero to ten. This scale is known as *SUD*, or Subjective Units of Distress.

Tap the *Karate Chop Point (KC)* of either hand 10 to 15 times while saying "*Even though I have this problem, I deeply and completely accept myself.*" Repeat this two more times. This is called the Set-Up:



Tap each of the following points 10 to 15 times, while repeating the Reminder Phrase, "this problem": *Eyebrow (EB), Side of Eye (SE), Under Eye (UE), Under Nose (UN), Chin (CH), Collar Bone (CB), Underarm (UA), and Top of Head (H).*



Take a deep breath. Rate the SUD level again. If your SUD level is zero to two, you may stop. If it is two or higher, repeat the revised Set-Up Phrase, *"Even though I still have some of this problem, I deeply and completely accept myself."*

Tap all the points again, repeating the revised Reminder Phrase, "This remaining problem."

Reassess the SUD level and repeat if necessary.

## EFT POINTS

**Karate Chop Point (KC):** In the middle of the fleshy part on the outside of the hand, between the top of the wrist bone and the base of the baby finger

**Eyebrow (EB):** At the beginning of the eyebrow, just above and to one side of the nose

**Side of Eye (SE):** On the bone bordering the outside corner of the eye

**Under Eye (UE):** On the bone under the eye, about an inch below the pupil

**Under Nose (UN):** On the small area between the bottom of the nose and the top of the upper lip

**Chin (CH):** Midway between the point of the chin and the lower lip

**Collarbone (CB):** The junction between the sternum (breastbone), collarbone, and first rib. Place your forefinger on the U-shaped notch at the top of the breastbone. Move down toward the naval about an inch and then go to the right or left one inch

**Underarm (UA):** On the side of the body, at a point even with the nipple (for men), or in the middle of the bra strap (for women)

**Top of Head (H):** On the top and center of the head. Tap in a circular motion around the crown of the head.

*TLC WELLNESS*  
*Terry L Currier*  
*[www.terrylcurrier.com](http://www.terrylcurrier.com)*  
*[terrylcurrier@gmail.com](mailto:terrylcurrier@gmail.com)*