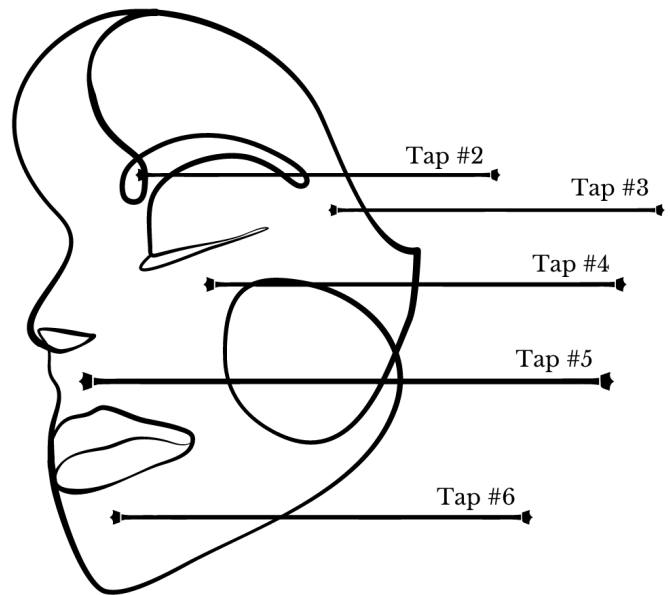


EXERCISE 24

Emotional Freedom Technique (EFT) Tapping

The total list of tapping points are:

- 1) The heel of your hand
- 2) Your inner eyebrow
- 3) Your temple
- 4) The place where your under eye meets your cheekbone
- 5) The skin between your nose and your lip
- 6) The skin between your chin and your lip
- 7) Your collarbone
- 8) Your lowest rib at your side
- 9) The top of your head



- Step 1:** Identify any negative or charged sensations in your body as you recall your worries or stressors. Begin by tapping the heel of your hand with your opposite hand. Name out loud your worries or stressors, without censoring, reframing, or revising your word choice.
- Step 2:** Move down the list of tapping points as you express your emotions out loud. Allow your worries or thoughts to come to you as you tap.
- Step 3:** Complete three or more cycles of tapping as you move down the tapping points on your body. Notice any shifts in the negative sensations that were present at the beginning of the exercise. Notice which tapping spots you found most comforting or liked best. Repeat your tapping cycle as needed for the desired positive shift in sensations and emotions.