

Before using EFT's Meridian Tapping, I agree to be responsible for myself and my use of EFT/Tapping.

## ***EFT – Easy “Step by Step” Tapping Instructions***

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1. Focus on an Issue you'd like to change which has an emotional (or negative belief intensity) “charge” for you. Choose a short “reminder phrase” (3 – 7 words) to Tap on.
2. Rate the emotional “charge” or negative truth intensity of the issue on a 1-10 scale. (1= very low, 10 = highest)
3. Tap the Karate Chop point through 3 repetitions of the Issue's reminder phrase, followed by a self-acceptance phrase. (Eg. Even though \_\_\_\_\_, I now choose to love and accept myself.)
4. Tap while speaking honestly and directly about the Issue/ Situation and its impact on, or meaning to you.
5. While Tapping repeat aloud the main story details that are important to you, or which remain unresolved for you.  
What was/ IS “wrong” (unfair, frustrating, etc.) about the issue?
6. Tap while describing how you wish the issue could have been resolved.... even if you know that outcome will never happen. Acknowledge emotions raised anger/loss/disappointment, etc.
7. State your end Goal clearly, and address any limiting beliefs.  
(Eg. In spite of any part of me that might think I cannot accomplish this, or have been told that this goal isn't possible for me... I still desire \_\_\_\_\_, or my intention is still to \_\_\_\_\_.)
8. Stop Tapping. Take a full breath in, then release it completely.
9. Refocus on the reminder phrase of the original issue. Is there a 1-10 intensity remaining? If so, Tap again, on what remains.
10. Aim for zero intensity. Focus on “what remains” about the original issue. **Ask yourself: “What about this issue is not yet fully resolved for me?”**  
(Whatever remains ‘wrong’ to you about the situation or has not yet been addressed is what holds the remaining intensity.)