

Tap Into Your Own Power
to Shift, Heal and Thrive
with Dr Jenn Drake



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EFT Tapping for Stress-Relief & Emotional Balance

What is EFT Tapping?

Emotional Freedom Technique (EFT), also referred to as tapping, is an alternative acupressure therapy treatment used to restore balance to your disrupted energy systems due to physical pain and emotional distress.



How does EFT Tapping Work?

EFT focuses on the meridian points — or energy hot spots — to restore balance to your body's energy. Based on Chinese medicine, meridians pathways that energy flows through the body. EFT uses fingertip tapping to stimulate the meridian points through, reducing the stress or negative emotion you feel from your issue, ultimately restoring balance to your disrupted energy.

EFT Tapping in 5 Steps

1. Identify the Issue

First identify the issue causing you stress, fear or discomfort. This will be your focal point while you're tapping.

Focusing on only one problem at a time is purported to enhance your outcome. If you have more than one issue or fear, you can repeat this sequence to address it and reduce or eliminate the intensity of your negative feeling.

2. Test the Initial Intensity

You need to set a benchmark level of intensity. The intensity level is rated on a scale from 0 to 10, with 10 being the worst or most difficult. The scale assesses the emotional or physical pain and discomfort you feel from your focal issue.

Establishing a benchmark helps you monitor your progress after performing a complete EFT sequence. If your initial intensity was 10 prior to tapping and ended at 5, you'd have accomplished a 50 percent improvement level.

3. The Setup

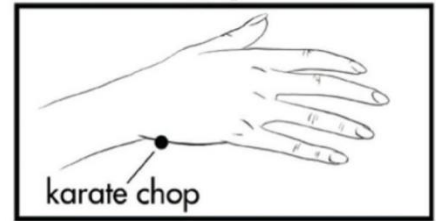
Prior to tapping, you need to establish a phrase that explains what you're trying to address. It must focus on two main goals: **1. Acknowledging the Issue & 2. Accepting Yourself Despite the Issue**

The Setup Phrase is: "Even though I have this [issue], I deeply and completely love, honor and accept myself."



4. Tapping Sequence

Begin by Tapping the Karate Chop Point While Simultaneously Reciting Your Setup Phrase Three Times.



A. Acknowledging the Issue Phase

While tapping the ascending points, either out loud or silently to yourself, recite an **issue reminder phrase** to maintain focus on your issue.

If your setup phrase is, “Even though I’m feeling stress about my work, I deeply and completely accept myself,” your issue reminder phrase can be, “This stress I feel about my work.” Recite this phrase at each tapping point.

Tap each following point about seven times, moving down the body in this ascending order:

1. Eyebrow
2. Side of the Eye
3. Under the Eye
4. Under the Nose
5. Chin
6. Under the Collarbone
7. Under the Arm Pit
8. Top of The Head



Repeat this Sequence 2 More Times

B. Programming the Solution Phase

After completing 3 sequences to relieve the problems, we’ll now complete 3 sequences to acknowledge the solutions. Create a new **solution reminder phrase**:

If your setup phrase is, “Even though I’m feeling stress about my work, I deeply and completely accept myself,” your **solution reminder phrase** can be, “I can feel good about the work that I do” Recite this phrase at each tapping point. Complete the solution sequence three times.

5. Test the Final Intensity

At the end of your third sequence, rate your intensity level on a scale from 0 to 10. Compare your results with your initial intensity level. If you haven’t reached close to zero say to yourself: “Even though I have some remaining (issue) I deeply and completely love, honor and accept myself.” Acknowledge your progress no matter how small. Tap another sequence or another topic if you desire.

Additional Resources: For assistance constructing your reminder phrases, you can download our Issue/Solutions handout from our website at: www.DrJennDrake.com/EFT