

# EFT TAPPING ROUTINE


## #1

1. Rate your level of distress from 0-10

2. Form your “Set Up” Statement:

“Even though I \_\_\_\_\_,  
I deeply and completely accept myself”

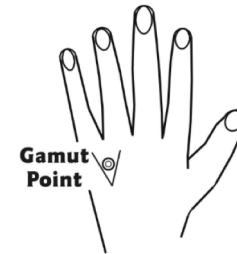
- be very specific
- ex: “feel too scattered to complete this project” or “feel frustrated that I can’t fall asleep”

3. Now say this statement **three times** while tapping on the outside of either hand (“karate chop” point) 



## #3

Tap the Gamut Point & repeat short phrase



Optional: Perform 9 actions while tapping the Gamut Point continuously:

- 1) Eyes closed
- 2) Eyes open
- 3) Eyes hard down right (head steady)
- 4) Eyes hard down left (head steady)
- 5) Roll eyes slowly in large peripheral circle
- 6) Roll eyes in opposite direction
- 7) Hum 5 seconds of a song (Zippity Do Da)
- 8) Count from 1 to 5
- 9) Hum 5 seconds of a song again

## #2

Shorten your phrase to just the specific thought or feeling:

Example – “This inability to focus” or  
“Feeling scattered”

Say this shortened phrase once at each of the remaining 7 points. Tap each point about seven times.



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