EFT Practice Guide for Educators

The picture below indicates the EFT acupressure tapping points on the body.

EB = Eye Brow
SE = Side of Eye
UE = Under Eye
UN = Under Nose
C = Chin
CB = Collar Bone
UA = Under Arm
R = Rib
TH = Top of Head

KC = Karate Chop Point

Check your intensity meter: 0-10. Remember the number. Then, while tapping on your karate chop (This is where your hand would hit a board while doing a karate chop), say the following:

Even though I _(insert a **specific** problem)_____,
I still love and accept myself (or I'm ok, I'm a good person, etc.)
3 x's
Reminder statement: Say whatever the word was that you put into the blank spot above, and tap **about 7 times** on each spot. Check to see if the intensity has lowered. Repeat until you feel calmer.

This paper only gives you a very basic idea of how to tap.