



An EFT Tapping Script for Working on Your Own

1. Choose a problem on which to focus.

What is the issue, problem or challenge that is dominating your emotional or mental space right now? What is bothering you most, in this moment?

2. In a moment of silence, let yourself completely sense whatever feelings arise as you think about the problem. Then, rate your anxiety or discomfort level on a scale of 0-10 (0 = no distress or pain and 10 = highest level of emotional and/or physical discomfort).

3. Decide on the set-up statement. Think of a brief and accurate way to sum up the issue, and then form a statement that acknowledges the problem, but also affirms that you accept and love yourself.

. Here are a few examples of a set-up statement:

1. Even though I feel so angry when xxx, I deeply love and accept myself.
2. Even though I have pain in my xxx, that's just what I'm noticing right now.
3. Even though I get so nervous when xxx, that's just where I am right now.

4. You will repeat this set up statement three times while tapping the side of your hand closest to your pinky finger.

5. Begin tapping 5 – 7 times on each of the eight tapping points, repeating the issue that is bothering you.

1. Eyebrow (beginning of the eyebrow)
2. Side Of Eye (at the outside edge of the eye)
3. Under Eye (under the center of the eye)
4. Under Nose (in the center between the nose and mouth)
5. Chin (between the lower lip and the chin)
6. Collarbone (just under the collarbone)
7. Underarm (for women, it is at the bra line under the armpit)
8. Top of the head.

6. After a couple of rounds, stop and take a moment to connect with yourself.

7. Rate the intensity of the issue again. If it is a 0 or 1, you can move on to another issue. If the intensity is a 2 or higher, continue tapping until the intensity is down.