

# EFT Tapping points

## Tips

- \* Use 2 fingers
- \* Stay longer on one point if it feels helpful
- \* It's OK to move from left to right
- \* Follow the phases that connect you to what you want to release/shift
- \* Rate the thought or emotion intensity 0 - 10 before and after
- \* Be kind to yourself - it is a forgiving and flexible technique.

