

## EFT Tapping Protocol

EFT helps when you're feeling anxious, depressed, and have cravings. It combines CBT with acupuncture and usually gives powerful results.

Here's how to use EFT:

- Locate the feeling of discomfort in your body
- Rate it on a scale of discomfort from 1-10 with 1 being calm and 10 feeling very distressed
- Tap the KC point (#1 on the chart) and say out loud three times, "I love and accept myself even though I feel this way."
- Start at the EB point (#2 on the chart) and tap saying out loud, "I have this feeling."
- Move through points 2-9 saying, "I have this feeling," while continuing to tap. Move to the next point either after 20 or so taps or when you feel ready.
- Start again at the EB point this time saying out loud whatever comes to mind.
- Move through point 2-9 saying out loud whatever comes to mind. When you get to the TH point (#9 on the chart) feel the original feeling. If the number is above a 3 do another round of tapping from #2-#9 and check in with the feeling until it is below a 3.

