



## EFT (tapping) basic instructions for tap and breath and tapping points

1. Connect to the emotion that bothers you, ever so slightly
2. Start tapping, approx 15 times, firmly but gently – on the points in the picture
3. While tapping be aware of your breathing in and out of your nose – just breath normally
4. When completed 1 round take two deep breaths – short in and long out
5. Repeat the tapping procedure as described below
6. Finish with take two deep breaths – short in and long out
7. Relax and breathe normally and take a moment to notice your mind and body – is it the same or different.
8. You can repeat as many times as you like.

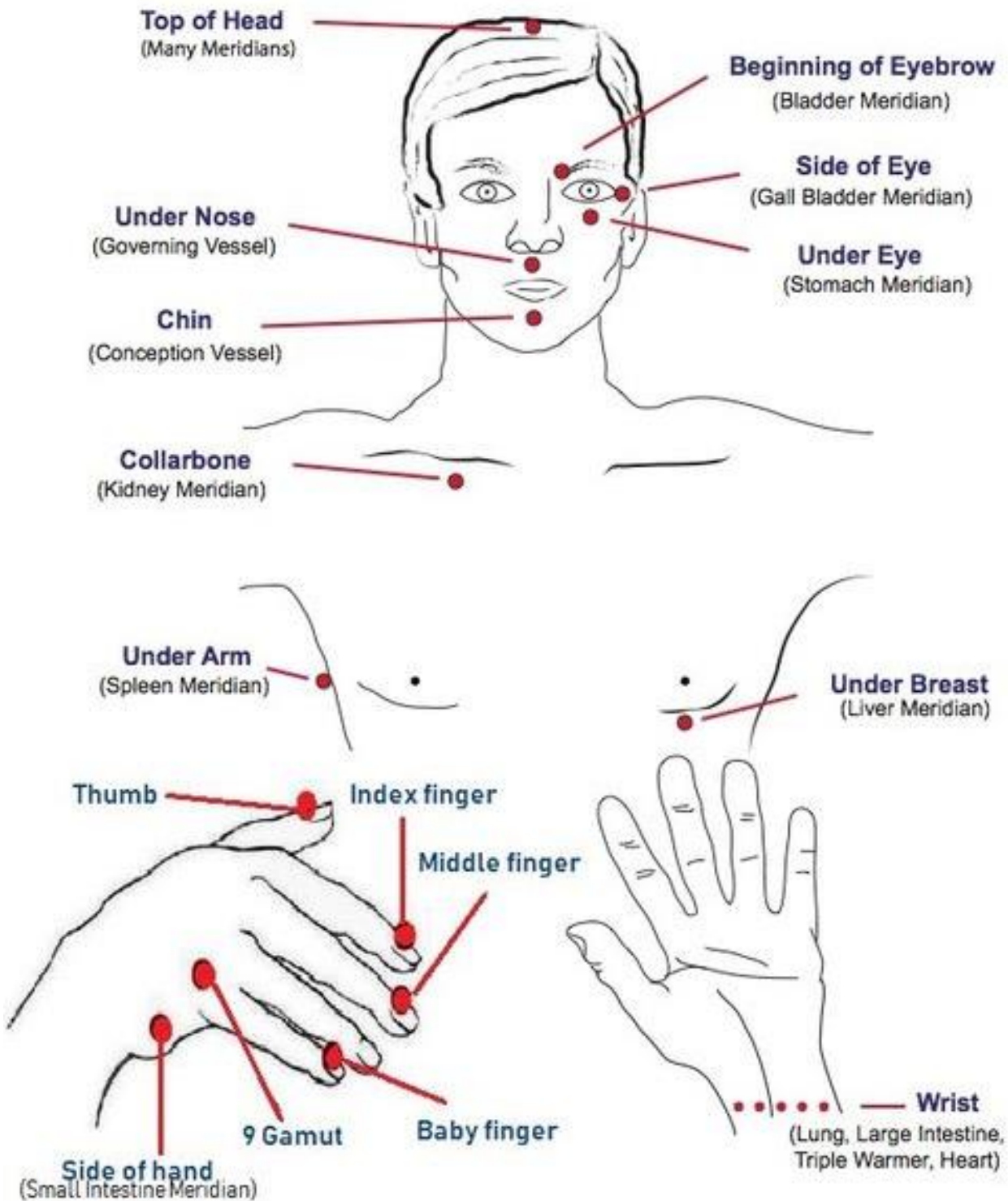
### Tapping Points

1. Side of the hand
2. Top of the head
3. Beginning of the eyebrow
4. Outside the eye on the bone
5. Under the eye
6. Under the nose
7. Under the mouth
8. Under the collarbone and on the whole chest, like drumming
9. Under the arm, on the side of the chest
10. Under the breast, on the end of the ribs
11. The inside tip of the little finger
12. The inside tip of the ring finger
13. The inside tip of the middle finger
14. The inside tip of the index finger
15. The outside tip of the thumb
16. Under the collarbone and on the whole chest, like drumming

Take two deep breaths and repeat from start at least one more time or until calm



## EFT Tapping Points



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