

NEW TO EFT TAPPING? HERE'S WHAT YOU NEED TO KNOW

EFT (Emotional Freedom Techniques), also known as tapping, is a simple yet powerful self-regulation tool that helps calm the nervous system, process emotions, and rewire old thought patterns.

It combines elements of:

- Somatic stimulation (light tapping on acupuncture points)
- Cognitive reframing (speaking out loud about what you're feeling)
- Exposure therapy (naming the challenge while calming the body)

HOW IT WORKS

When you're stressed, overwhelmed, or triggered, your body enters a fight, flight, or freeze response. Even when there's no immediate danger, your body reacts as if there is.

EFT helps *disrupt* that stress signal by tapping on specific meridian points (used in Traditional Chinese Medicine) while acknowledging what you're feeling.

This sends calming signals to the brain - especially the amygdala (the fear center) - and helps:

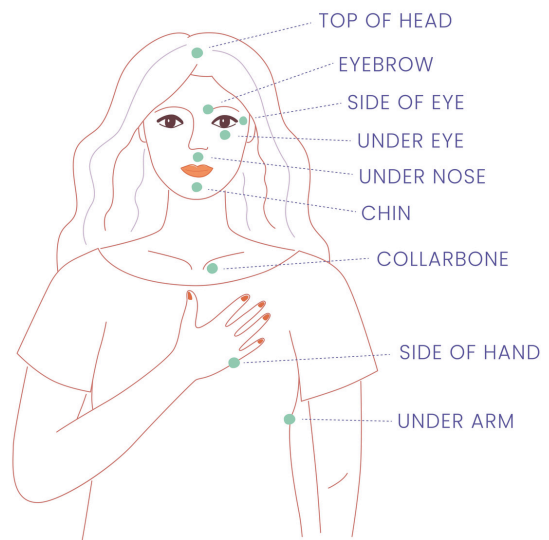
- Reduce cortisol (the stress hormone)
- Create emotional safety
- Rewire old beliefs or stories

Research has shown that EFT tapping can:

- Lower anxiety and stress
- Improve emotional regulation
- Support trauma processing
- Reduce physical symptoms like pain and fatigue

HOW TO DO IT

1. Tune into what's going on.
2. What are you feeling? What thoughts are coming up? You don't need to fix it - just name it honestly. It's often helpful to decide on a scale of 1-10 how intensely you're feeling the feeling (10 being most intense). And then write this number down because it's easy to forget once you're feeling better!
3. Start with the setup statement.
4. Begin by tapping the side of the hand (karate chop point) and saying a version of:
5. "Even though I feel ____, I deeply and completely accept myself."
6. While speaking out loud (or following along with the video), gently tap 5–7 times on each of the following points:
 - Top of the head
 - Eyebrow
 - Side of the eye
 - Under the eye
 - Under the nose
 - Chin
 - Collarbone
 - Under the arm
7. Follow the script or make it your own.
8. Don't worry about saying the "right" thing. It's safe to just repeat what you hear or use your own words. This is your nervous system reset. It's more about the combo of physical tapping on the points with the feelings you have, more than the actual words.
9. After a round, pause and take a breath. How do you feel now? Lighter? Calmer? If you still feel charged, you can repeat another round.



HOW TO DO IT

- There's no wrong way to do EFT. Trust that whatever comes up is welcome.
- It's okay to cry, yawn, sigh, or even feel resistant. That's your body processing! It's GOOD when this happens!
- Try to keep breathing naturally as you go.
- If anything feels intense, you can stop and return to it later - or just tap silently.