

The protocol directions I've written below are summarized from multiple sites and incorporate what I have found most helpful over the years. I believe EFT is in the public domain, and I hadn't known who originally created it but in my research to find a link to share here I came across Gary Craig's site. He identifies as the founder so I chose his site that includes his directions and a video to follow. The photo beneath the protocol was taken, however, from the website of Steve Wells, www.eftdownunder.com.

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EFT PROTOCOL

Identify the problem you'd like to work on and scale how upsetting it feels for you right now, "0" being not upsetting at all and "10" being extremely upsetting. Notice where you experience the issue in your body. EFT can be used for any kind of problem, from mood or relationship stress to health issues.

Next, say the sentence below out loud with your chosen problem filling in the blank. It doesn't matter what the problem is, just say the rest of the sentence as it is, even if it doesn't seem to make sense. Hit your hands together on the 'karate chop spot' (find the spot on the picture of the hand below) as you say the sentence out loud, and repeat it three times.

In spite of the problem I'm having with _____, I deeply and completely love, accept, and forgive myself.

Now tap firmly, using the three middle fingers of either hand, or both hands when appropriate, on the spots marked on the picture below, starting at the top of the head and moving downward. Use your index fingers to tap the thumbnail spots, then tap the finger spots with the thumb of each hand simultaneously.

Tap on each spot for the span of two to three full breaths. While tapping reflect on the chosen issue and simply notice any feelings, thoughts or body sensations that come up.

After the circuit of body and hand points are concluded rescale how upsetting the problem is feeling now. If it has not considerably dropped in one round do another round or two of tapping.

If you have practiced this at home and then want to use it in a public place such as at an airport or in a meeting it can be helpful to use a discrete modification of the protocol where you just use the hand points, either tapping or rubbing the spots.

Tapping Points Diagram

