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## EFT (Emotional Freedom Techniques) Tapping Chart

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EFT or Meridian Tapping is an energy psychology tool and a clinically proven method based on making cognitive shifts through the exposure of negative emotions, paired with the ancient Chinese practice of acupressure, thus linking emotion and physiology. In a relatively short amount of time, it effectively releases fears, phobias, anxiety and stress by using your fingers to "tap" lightly on a few specific acupoints, while at the same time, addressing the emotional distress.

Clinical studies have found that EFT reduces the brain wave frequencies associated with stress that produce the stress hormone cortisol and promotes healthy balances of neurotransmitters such as serotonin, dopamine, oxytocin and endorphins, or the "relaxation & happiness" hormones.

EFT has a "basic recipe" that can be followed. First there is the "setup statement," which has two parts. One is a statement of the problem and the second is the acceptance of conditions as they are. Starting with the "karate chop" point on the side of the hand, one would say while tapping, for example: "Even though I have this problem, I deeply and completely accept myself." The third ingredient is continuing to expose the negative emotion coupled with tapping on points used in acupuncture and acupressure, resulting in either neutralizing the distressed emotion or turning it around into a more positive one. Illustrated on this page are the acupoints used in the short version of EFT.

