



IN TOUCH IN LIFE, LLC

118-A Arbor Ln, Eden, NC 27288 • 336-623-9138 • www.intouchinlife.com • teresalea@intouchinlife.com

EFT Tapping At Home Guide

TAPPING SEQUENCE AND CHART

SETUP PHRASE

(do this while rubbing sore spot or tapping on karate chop point)

Even though I am feeling ___(name feeling such as frustrated, angry, sad etc.)___, I deeply and completely love and accept myself. (repeat two times)

Even though I feel ___(emotion)___, I deeply and completely love and forgive myself.

ROUND ONE:

Tap 5–7 times on each point on the chart at right, using the setup phrase at each tapping point: eyebrow point; side of eye; under eye; under nose; under lip (chin point); collarbone; under arm; wrist points; top of head. Remember to take a deep breath after finishing a round of these tapping points.

*Some people like to use a **wrist point** which is very simple.* You just hold the insides of your wrists facing each other and clap them together like you were making applause. This can be before or after you tap top of head. The order is not important. We have a sequence to help you remember them all and not forget a point.

In between, check in, see where you are—go on to as many rounds as needed.

ROUND TWO:

Tap 5–7 times on each point at right, saying a loud or in your head the reminder phrase: eyebrow point; side of eye; under eye; under nose; under lip (chin point); collarbone; under arm; wrist points; top of head.

Now, tune in and ask yourself “**How do I feel now when I say, whatever is your reminder phrase.** Have you gone down on the scale of 1-10? If you have gone down on the scale but not to zero then tap more rounds until you get yourself down to zero.

If you are unable to get to zero, more than likely there are other issues at hand, and you may want to talk to Teresa **about a one on one session.** Here is where her skill comes in to achieve results. Let us know how we can help you.

Remember it is not about being right or wrong because that does not put you in a *vibration of receiving and healing*. If you find yourself going there mentally I invite you to watch my videos and start **doing EFT on a daily basis** so you can build your skill and gain clarity.

Here is what I do if my mind goes to “I must not be doing it right!”

- **“Even though I am feeling frustrated because I want results now, I give myself the space to know it will come to me and this is a learning process.”**

Then just **tap this phrase** on your **points**, take a **deep breath** and take a **drink of water** when you finish a round. Do this until you are able to bring yourself to ***a calm state again***.

Be gentle with yourself and know I am here to help. Feel free to contact and share with us your questions. This allows us to give you posts and articles that help you where you are at right now.

Remember EFT is very effective over the phone: call for a free consultation and let's tap into wellness in your life! Teresa Lea teresalea@intouchinlife.com 336-623-9138.