**E.F.T. - Emotional Freedom Technique, (Tapping)**

Identify The Issue - lack of COMFORT, (emotional of physical).

Evaluate the extent of the issue, on a scale of 0 to 10, (10 represents maximum intensity and 0 represents the MOST COMFORTABLE you have ever been in your life!!). Take a moment to think about that MOST COMFORTABLE time!

**SEQUENCE**

Begin by locating your "Sore Spot, nerve bundle", (left side of your chest, just above your heart), with intention, begin "Tapping", with your middle and index fingers and say the following... 3 times;

"Even though I have this; (discomfort or whatever the issue may be), (name it to tame it), I deeply and completely accept myself."

While saying; "This, (discomfort or whatever the issue may be), BEGIN a series of, approximately 7-10 intentional taps each from the list and related diagrams below.

**EB= Beginning of Eye Brow**  
**SE= Side of Eye**  
**UE= Under Eye**  
**UN= Under Nose**  
**CH= Chin**  
**CB=Beginning of the Collar Bone**  
**UA=Under the Arm**  

**TH=THumb**  
**IF=Index Finger**  
**MF=Middle Finger**  
**BF=Baby Finger**  
**KC=Karate Chop**

**Gamut Point**, (between the small and ring finger knuckle on either hand, see chart)- Tap on this point while doing the following exercises below;

1. Eyes closed
2. Eyes open
3. Eyes looking hard down to the RIGHT, (while holding your head straight)
4. Eyes hard down to the LEFT, (while holding your head straight)
5. Roll eyes in a circle to the, clockwise to the RIGHT, (as though your nose was at the center of the clock)
6. Roll eyes in a circle to the, counter clockwise to the RIGHT, (as though your nose was at the center of the clock)
7. HUM 2 seconds of the HAPPY BIRTHDAY SONG
8. Count rapidly from 1 to 5
9. HUM 2 seconds of the HAPPY BIRTHDAY song
10. Re-Evaluate the extent of the issue, on a scale of 0 to 10, (10 represents maximum intensity and 0 represents the MOST COMFORTABLE you have ever been in your life!!). If issue is not at your MAXIMUM COMFORT LEVEL, REPEAT SEQUENCE, and RE-Evaluate your COMFORT until you are at or near your MAXIMUM COMFORT level. Subsequent repeat statement may be;

"Even though I STILL have this; (discomfort or whatever the issue may be), (name it to tame it), I deeply and completely accept myself."

This procedure is considered only, " Emotional FIRST AID", and is NOT to be deemed or considered definitive Behavioral Health care. If you are in crisis or having a medical or psychological emergency, DIAL 911 FOR HELP!

**If you require explanation, of this process you may contact the following;**

Ed Rupert MA CCHT  
First Responder Trauma Counselors / 911 Overwatch.org