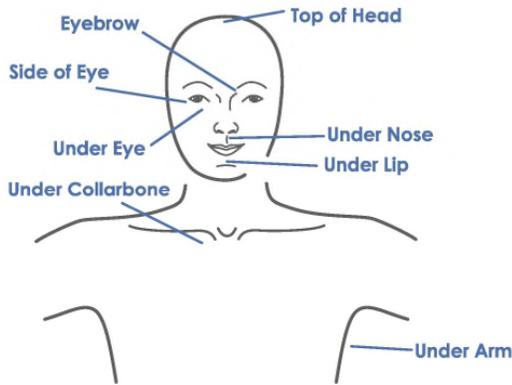


How To Tap



Create a tapping phrase: "Even though I (name problem or issue), I accept myself."

Say the tapping phrase twice while tapping on the "karate chop" point on the side of the hand, an inch below the base of the little finger.

Using two fingers, tap 5–7 times on each point above, using a short phrase from your set-up statement. Tap in this order:

- eyebrow point
- side of eye
- under eye
- under nose
- under lip (chin point)
- Collarbone
- under arm
- top of head

Repeat rounds until you notice a positive shift in thinking, mood and/or physical relaxation.

Please use these techniques responsibly. As with any body-based stress relief technique, consider your own personal history and health status when using it and take a common-sense approach to your wellbeing. If you have questions or concerns, seek out a qualified EFT practitioner.



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About Ange:

I am an EFT International-certified and accredited EFT Advanced Practitioner. I have personally used mind-body wellness techniques for 40 years, and since 2010, I work with clients to facilitate positive life changes.

Tapping is not a replacement for medical care, mental health care or prescribed medications. It is a personal wellness practice and should be used in conjunction with regular healthcare and self-care.



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And Resilience

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Emotional Freedom Techniques (Tapping) for Relaxation and Stress Relief

What do people report when using EFT?

- Relaxation
- Increased calmness
- Relief from stressful feelings and thoughts
- Better mood regulation
- Emotional resilience
- Improved thinking, memory, problem-solving
- Better sleep
- More energy



Emotional Freedom Techniques, or EFT, is an acupoint tapping method which assists people in freeing up their mind and body to relax, relieve stress, improve cognition and achieve wellbeing.

EFT is based on Thought Field Therapy, a modality recognized as evidence based by SAMHSA, the Substance Abuse and Mental Health Services Administration of the Department of Health and Human Services.

EFT, also called “tapping”, is a body-based relaxation technique that can be used by anyone, including children. The graph below shows increases in relaxation achieved by seven groups of adults after experiencing an Introduction to EFT presentation.

