INNER POWER
Mindset

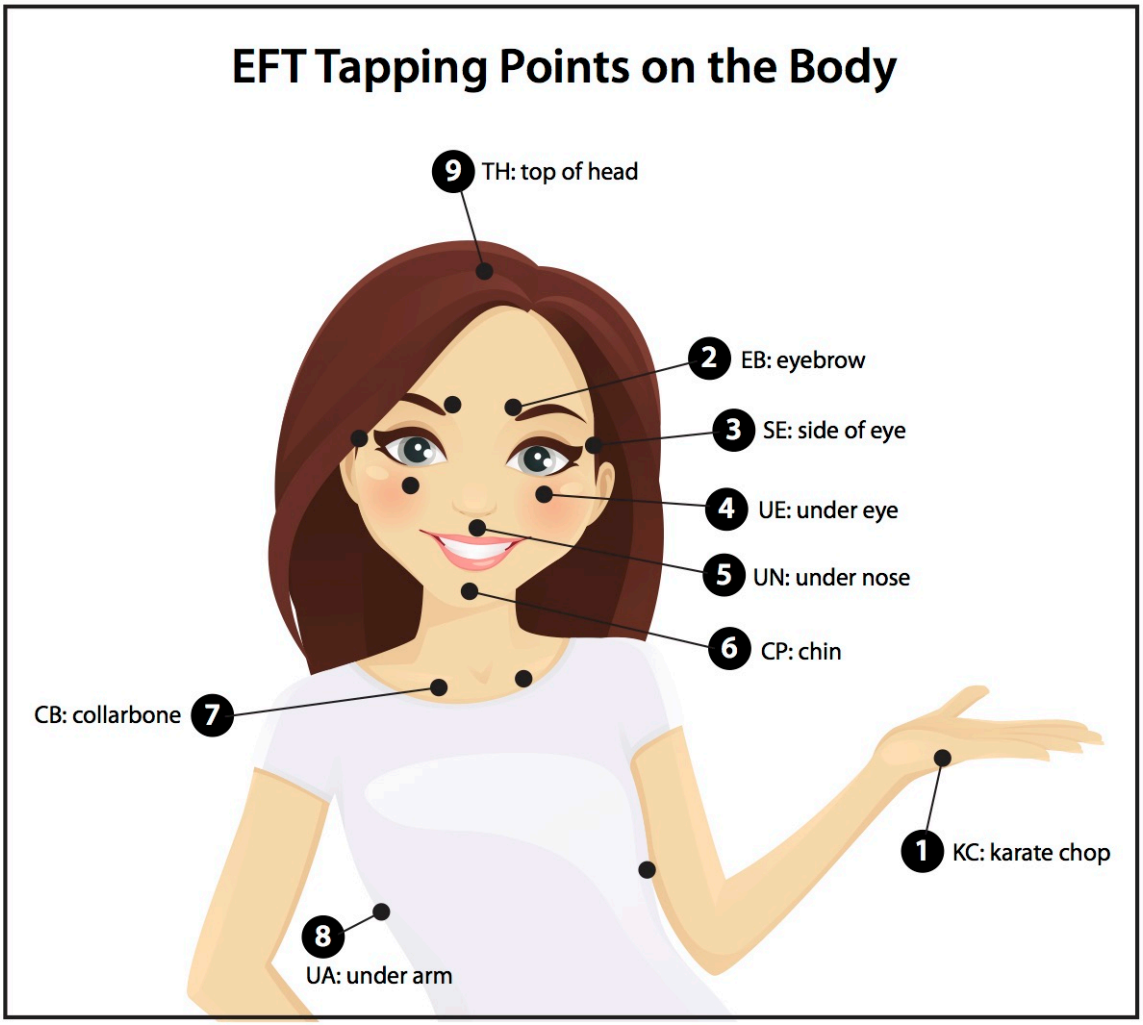
Meridian Tapping Instructions: Emotional Freedom Technique (EFT)

- Choose your "Most Pressing Issue" (MPI) and devise a reminder phrase
- Rate the intensity of your MPI on the 0-to-10 Subjective Units of Distress Scale (SUDS)
- Craft a setup statement (even though…I love and accept myself.
- Tap on the karate chop point while repeating your setup statement three times.
- Tap through the eight points in the EFT sequence while saying your reminder phrase out loud, and phrases related to that.
- Tap five to seven times at each point.
- Repeat until you can get SUDS level is down to 4 or below
- Then change set up phase to a choice statement (Even though…. I choose to see it a different way (choose to release shame, or have a more positive outcome)
- Do three rounds until you are down to a 1 or 2 and feel the release of the issue
- Once you're at a 2 SUDS level, you may do a few rounds of tapping in the good, like "I am lovable," or other uplifting phrases that relates to your previous tapping

Please note: Sometimes laughing or crying may come up during a session…and that's all good…for that signals a release of old stuck energy!

INNER POWER
Mindset

Illustration of Meridian Tapping Points
Emotional Freedom Technique (EFT)



© 2019 Vicki Atlas Israel and Inner Power Mindset