

EFT TAPPING

Emotional Freedom Technique

Tap gently with your fingertips on each point while saying a positive affirmation or what you're feeling.

- 1 TOP OF HEAD (TH)
- 2 EYEBROW (EB)
- 3 SIDE OF EYE (SE)
- 4 UNDER EYE (UE)
- 5 UNDER NOSE (UN)
- 6 CHIN (CH)
- 7 COLLARBONE (CB)
- 8 UNDER ARM (UA)

✂️ SETUP (KARATE CHOP POINT)

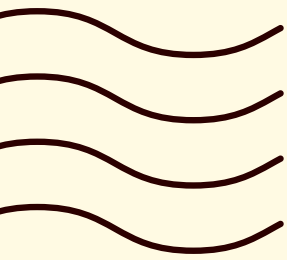
Tap the side of your hand while repeating your affirmation.



Emotional Freedom Techniques (EFT)

A simple, effective tool for emotional balance and stress relief

Benefits of EFT



01.

Rapid stress and anxiety reduction. EFT calms the nervous system quickly, providing near-immediate relief from overwhelming emotions and daily stress.

02.

Improves emotional resilience and mood. Regular EFT practice helps regulate emotions, build inner stability, and foster a more positive outlook.

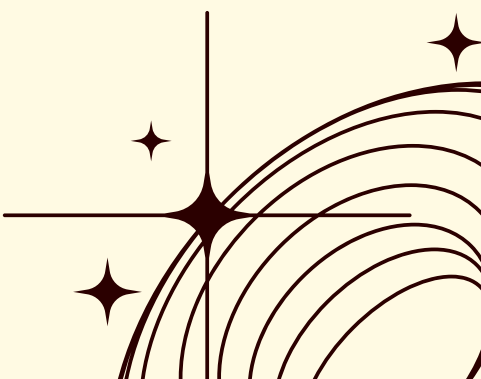


03.

Enhances physical wellbeing by reducing muscle tension, headaches, and stress-related symptoms — helping the body feel lighter and more at ease.

04.

Easy to learn and use anytime, anywhere — no equipment needed. Also supports recovery from trauma and deeply rooted negative emotions.



Proven Results with EFT

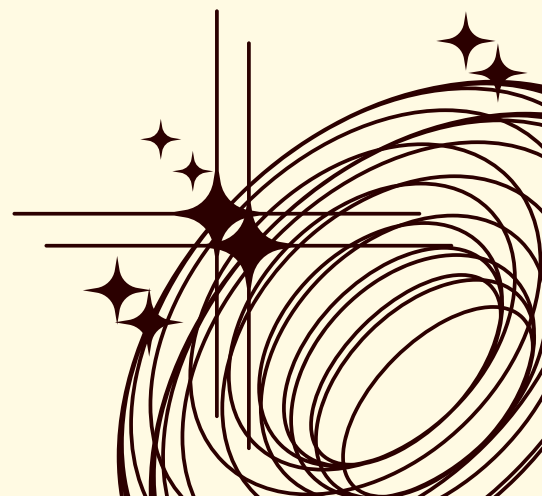
What People Experience

Significant relief from anxiety, stress, and emotional pain
Better sleep, reduced physical tension, and improved mood
Personal transformation — try EFT for your own emotional freedom



EFT (Emotional Freedom Techniques) combines gentle tapping with positive affirmations to help release stress, heal emotions, and restore balance.

- ♥ It's simple.
- ♥ It's empowering.
- ♥ It's for you.



EFT TAPPING POINTS

Simple. Effective. Empowering.

EFT (Emotional Freedom Techniques) uses gentle tapping on specific acupressure points to help release stress, reduce emotional intensity, and restore balance to your mind and body.

1 TOP OF HEAD

On the crown of your head.

2 EYEBROW

On the inner edge of your eyebrow.

3 SIDE OF EYE

On the bone on the outside of your eye.

4 UNDER EYE

On the bone directly under your eye.

5 UNDER NOSE

Between your nose and upper lip.

6 CHIN

On the crease of your chin.

7 COLLARBONE

Just below your collarbone, about 1 inch (2-3 cm) from the center.

8 UNDER ARM

On the side of your body, about 4 inches (10 cm) below your armpit.

9 KARATE CHOP

On the soft side of your hand between the wrist and the base of your pinky.

HOW TO TAP



Use the pads of your fingers to gently tap each point.



Tap about 5-7 times on each point.



Take a deep breath and stay present with how you feel.



You can tap on one side or both sides of the body.

THE SETUP STATEMENT

Before you begin, acknowledge what you're feeling.

“Even though I feel _____
I deeply and completely accept myself.”



TIPS

- Be consistent and patient with yourself.
- It's normal to feel your emotions shift as you tap.
- Drink water and take deep breaths.
- You can tap anytime, anywhere!

Your mind and body have an incredible ability to heal.
With EFT tapping, you hold the key.

Tap. Breathe. Release. Restore.



REDUCE STRESS
& ANXIETY



EMOTIONAL
BALANCE



GREATER CALM
& WELL-BEING

breath believe & begin