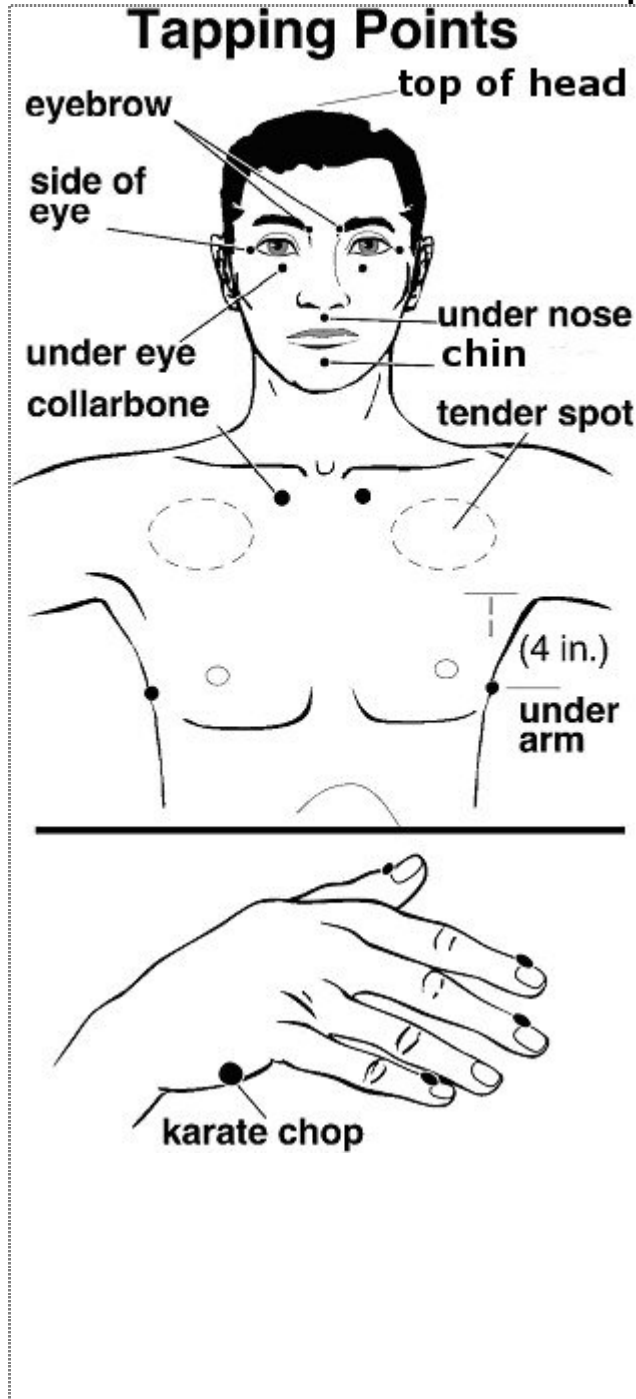


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Meridian Tapping Points



EFT, Emotional Freedom Technique, is a quick, painless way to reduce or eliminate anxiety and stress. It is based on acupuncture points that are stimulated simply by tapping on them while focusing on whatever is stressing you.

The technique works best when you focus on a very specific feeling, event, physical sensation/pain or memory that has a high level of physical or emotional intensity to it (rated on a scale of 0 – 10, low – high), while gently tapping about 7 times each on the points illustrated to the left. You can start by tapping on the “karate chop” point, while repeating your set up phrase 3 times aloud. Then go to the “top of the head” and tap on each subsequent point (approximately 7 taps on each point), while saying a “shorthand” version of your set up phrase.

The setup phrase usually takes the form of “Even though I have this _____, I deeply love and accept myself.”

Since stressful situations may have various aspects, you can tap on each of them until the distress is eliminated. For example, “Even though I have this fear of public speaking, I deeply and completely accept myself.” A secondary aspect of this may be, “Even though I think I have to be perfect, I deeply and completely love myself.”

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