

# Create a More Successful Life One Tap at a Time with EFT - Your Ultimate Guide to Emotional Freedom Technique

EFT, or Emotional Freedom Technique, is a powerful self-help technique that can help you release negative emotions and limiting beliefs, and tap into your full potential. It's based on the idea that our emotions are stored in our body, and that by tapping on specific acupuncture points, we can release these emotions and the beliefs that are associated with them.

EFT is a safe and effective technique that can be used to address a wide range of issues, including:

- Anxiety
- Depression
- Stress
- Trauma
- Phobias
- Addictions
- Pain
- Weight loss
- Relationship problems
- Career problems

Performing EFT is simple. Follow these steps:



## Tapping Scripts For Success: Create A More

**Successful Life One Tap At A Time With EFT** by Emily Watson

★★★★☆ 4.5 out of 5

Language	: English
File size	: 1310 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 254 pages
Lending	: Enabled



1. **Identify the issue you want to address.** What is bothering you? What are you afraid of? What is holding you back?
2. **Rate the intensity of your emotions on a scale of 0 to 10, with 0 being no intensity and 10 being the most intense.**
3. **Create a setup statement.** This statement should include the issue you want to address, as well as a positive affirmation. For example, "Even though I'm afraid of public speaking, I deeply and completely accept myself."
4. **Tap on the karate chop point.** This point is located on the side of your hand, between your pinky and ring finger. Tap on this point while repeating your setup statement three times.
5. **Tap on the eyebrow point.** This point is located at the inner edge of your eyebrow. Tap on this point while repeating your setup statement

three times.

6. **Tap on the side of the eye point.** This point is located on the outer edge of your eye. Tap on this point while repeating your setup statement three times.
7. **Tap on the under the eye point.** This point is located just below your eye. Tap on this point while repeating your setup statement three times.
8. **Tap on the under the nose point.** This point is located just below your nose. Tap on this point while repeating your setup statement three times.
9. **Tap on the chin point.** This point is located on the tip of your chin. Tap on this point while repeating your setup statement three times.
10. **Tap on the collarbone point.** This point is located at the base of your neck, just above your collarbone. Tap on this point while repeating your setup statement three times.
11. **Tap on the under the arm point.** This point is located just below your armpit. Tap on this point while repeating your setup statement three times.
12. **Tap on the top of the head point.** This point is located at the crown of your head. Tap on this point while repeating your setup statement three times.

Repeat steps 4-12 until the intensity of your emotions has decreased to 0 or 1.

Affirmations are positive statements that you repeat to yourself to help change your beliefs and create a more positive mindset. When creating affirmations, it's important to make them:

- **Specific.** What do you want to achieve?
- **Positive.** Affirmations should be stated in the positive, not the negative.
- **Present tense.** Affirmations should be stated as if they are already true.
- **Personal.** Affirmations should be relevant to you and your life.

Some examples of affirmations that you can use with EFT include:

- I am confident and capable.
- I am worthy of love and success.
- I am healthy and happy.
- I am living my dreams.
- I am creating a more successful life.

EFT can be used to address a wide range of issues. Here are some specific examples of how you can use EFT to improve your life:

- **Anxiety:** EFT can help to reduce anxiety by releasing the negative emotions and beliefs that are associated with it.
- **Depression:** EFT can help to alleviate depression by boosting your mood and improving your self-esteem.

- **Stress:** EFT can help to reduce stress by calming your mind and body.
- **Trauma:** EFT can help to release the trauma that is stored in your body, and promote healing.
- **Phobias:** EFT can help to overcome phobias by gradually exposing you to the thing that you fear, while helping you to stay calm and relaxed.
- **Addictions:** EFT can help to break addictions by reducing cravings and helping you to change your beliefs about yourself and your addiction.
- **Pain:** EFT can help to relieve pain by releasing the tension and inflammation that is associated with it.
- **Weight loss:** EFT can help to promote weight loss by reducing cravings and helping you to change your beliefs about food and your body.
- **Relationship problems:** EFT can help to improve relationships by releasing the negative emotions and beliefs that are associated with them.
- **Career problems:** EFT can help to improve your career by boosting your confidence, reducing stress, and helping you to find your ideal job.

EFT is a powerful self-help technique that can help you to create a more successful life. It's safe, effective, and easy to learn. If you're ready to make a change in your life, EFT is a great place to start.

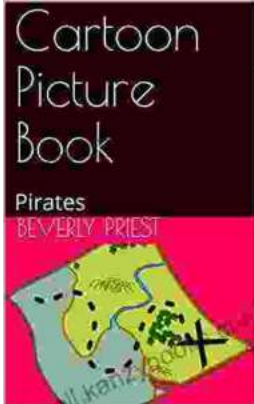


## Tapping Scripts For Success: Create A More Successful Life One Tap At A Time With EFT

 by Emily Watson

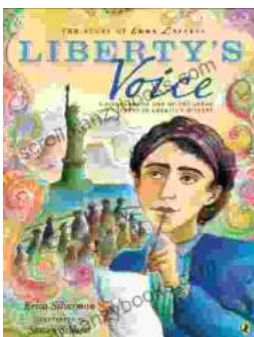
★★★★☆ 4.5 out of 5

Language : English  
File size : 1310 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 254 pages  
Lending : Enabled



## Cartoon Picture Book Pirates by Erica Silverman

Ahoy, Matey! Set Sail for Adventure with Cartoon Picture Book Pirates Prepare to hoist the sails and embark on an unforgettable adventure with the beloved children's book,...



## Biography of One of the Great Poets in American History

Prologue: The Birth of a Literary Icon In a quaint town nestled amidst rolling hills and murmuring rivers, nestled the humble beginnings of a literary...

