

# EFT for PAIN

## HOW TO CLEAR PAIN IN FOUR EASY STEPS

1

### AWARENESS

What is the specific pain?  
Get really detailed and specific  
(i.e. "pounding pain behind my eyes", "stabbing pain in my lower back"...).  
Give it an intensity number on a scale of 0-10 (10 = most intense)

2

### Balancing

While tapping on your karate chop point (1), say three times:  
"Even though I have this \_\_\_\_ (i.e. pounding pain behind my eyes)...  
I truly and completely love and accept myself"

3

### Clearing

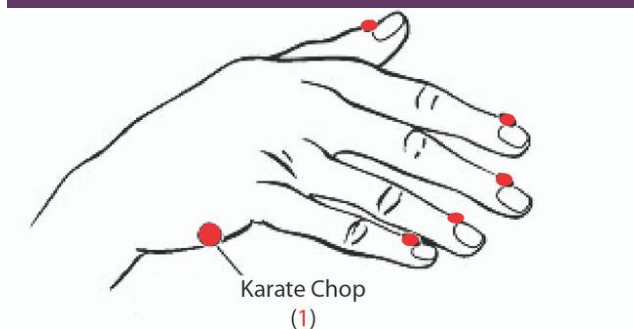
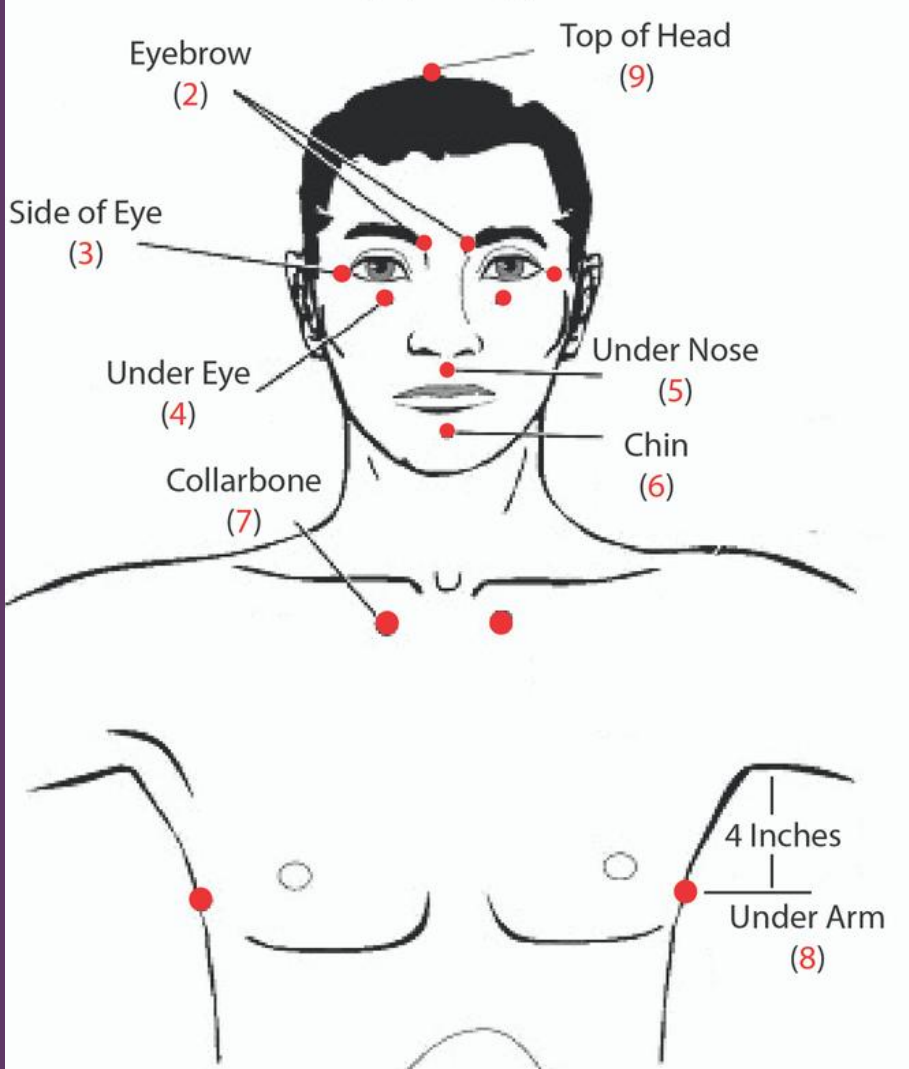
Tap on the 8 tapping points - starting with eyebrow point (2) and ending with the top of your head (9) - according to the sequence below while saying a reminder phrase at each point (i.e. "this pounding pain...")  
Repeat this step for 2-3 rounds

4

### Repeat

NOW - close your eyes and take a deep, cleansing breath. Tune into the pain as you did in step 1. Is the intensity lower? Did anything change? Did the pain change in quality or quantity, or move to a different place? Repeat steps 1-3 on the remaining specific pain until totally clear.

## EFT Tapping Points



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- Use two fingers of your dominant hand (i.e. right hand for righties) to tap on the points. You may use both hands for bilateral points (2,3,4, & 7). You may use all your fingers for points 7 & 9.
- Tap around 7-8 times on each point.
- Tap at a rate of about 4 taps per second.
- Tap with a pressure hard enough that you feel it, but it shouldn't hurt.
- Remember: This process is very forgiving. These are guidelines, you do not have to follow this exactly - as long as you are stimulating the points, it is working.