



EFT TAPPING POINTS

Quick Reference Guide for DIY Tapping

Anna Ridley

EFT TAPPING

A NOTE FROM ANNA:

Hey, thanks for being interested in EFT! If you want to connect, stay up to date with what I'm up to and see useful tapping videos, follow me on Instagram: [@annaridley.uk](https://www.instagram.com/annaridley.uk)

Or, find me:

Facebook: [Anna Ridley EFT Tapping](https://www.facebook.com/AnnaRidleyEFTTapping)
Website: [annaridley.co.uk](https://www.annaridley.co.uk)

Let's get tapping!

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EFT TAPPING



First things first:

WHAT IS EFT?

Emotional Freedom Technique, also known as 'Tapping' = an Energy Psychology therapy tool. It's a body-mind self help method.

It involves tapping gently with your fingertips on acupressure points on the face, hands and upper body while focusing on uncomfortable feelings, thoughts, emotions, or body sensations.

It gets astonishing results, often fast. It's an evidence based method, with lots of scientific articles behind it.

EFT can help with everything, from anxiety to sports performance (= surfing!).

Another way to think of EFT is like an emotional or psychological version of Acupuncture, but without the needles. We use finger pressure instead.

It's simple, it's accessible to everyone, and it works!

THE TAPPING POINTS:

Side of Hand
Eyebrow
Side of Eye
Under Eye
Under Nose
Chin
Collar Bone
Under Arm
Top of Head

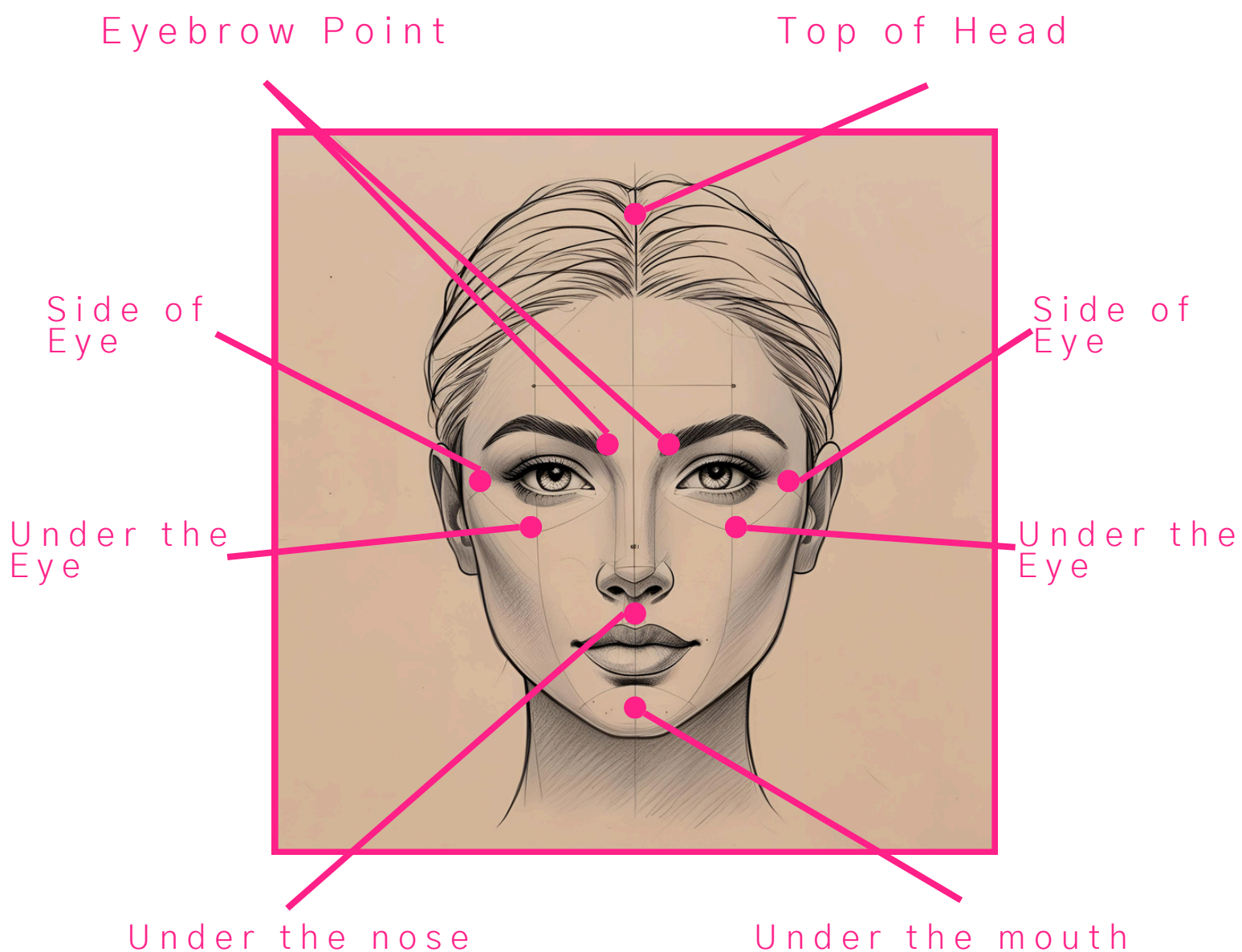
These are the main tapping points we use in a basic tapping sequence, see the diagram below

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Basic Tapping Sequence:

THE TAPPING POINTS:



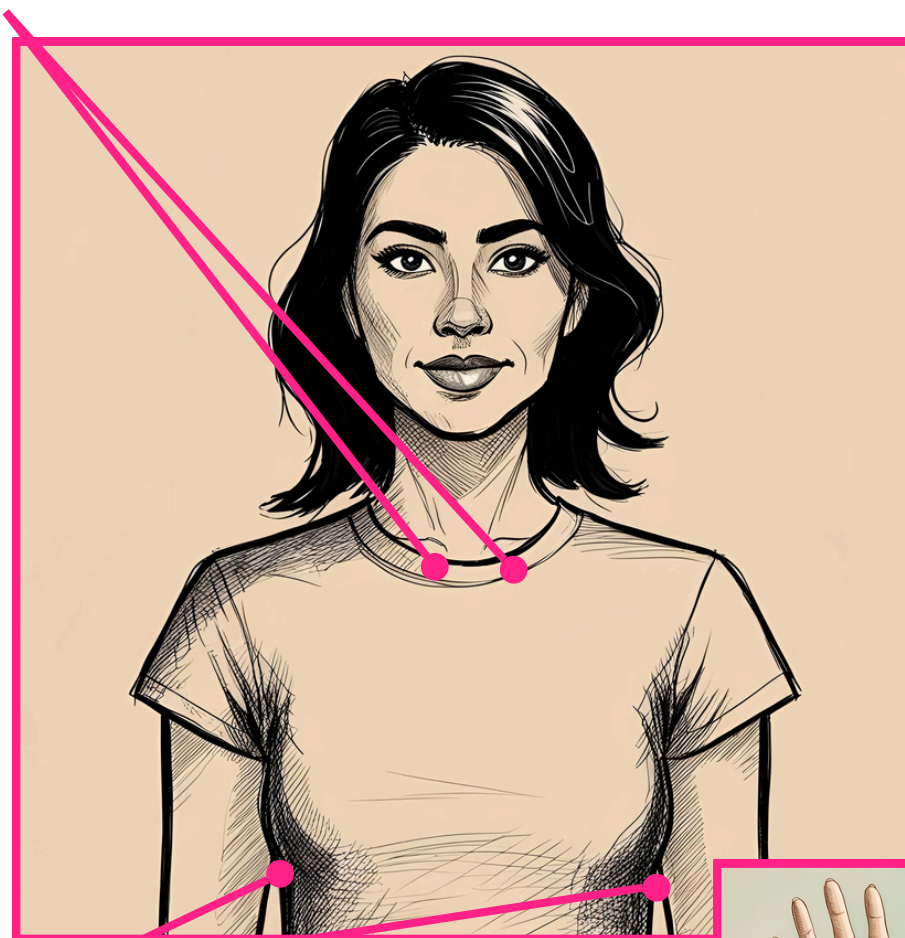
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Basic Tapping Sequence:

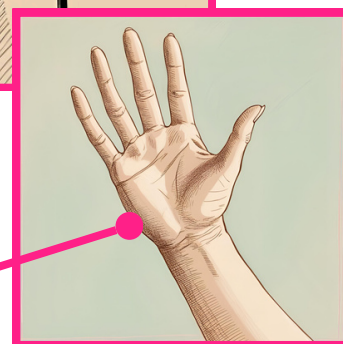
THE TAPPING POINTS:

Collarbone Point



Under the arm

Side of the hand



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Let's get tapping!

I hope this short guide was helpful in reminding you of the tapping points.

Stay tuned on socials for a more in-depth tapping guide coming soon.

Love, Anna x

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