

STELLAR LIVING

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Emotional Freedom Technique (EFT) Guidelines

1. Focus on a stressful issue.
2. Rank your stress level from 0 (min) to 10 (max).
3. Tap karate chop point and say 3 times:
“Even though I have this [stressful issue], I fully and completely accept myself.”
4. Tap acupoints below while repeating reminder phrases like
“This [issue] is making me miserable.”
5. Rank stress level again.
6. Repeat steps 4 & 5 until stress level is 2 or lower.

EFT Acupoints

