

# WILLOW HYPNOSIS

## Emotional Freedom Technique Instructions

Full workbook instructions can be found at [www.thetappingsolution.com](http://www.thetappingsolution.com)

### Set Up

Identify the feeling, craving, habit or thought that you'd like to work on and give it a number from 1-10, with 10 being the most intense. Continue with the process until the number is a 1 or 2.

Repeat the following phrase throughout the process:

**Even though I have this (feeling, craving, habit, thought) I deeply and completely love and accept myself.**

### Tapping Process

Each point should be tapped firmly 7 times while repeating the set-up phrase. The set-up phrase can be shortened to "Even though I have this (feeling, craving, habit, thought) after the 4<sup>th</sup> or 5<sup>th</sup> tapping points.

1. Repeat 3 times with emphasis and sincerity while tapping the outside edge of both palms. (The karate chop point).



2. Tap the top center of your head
3. Tap inside corner of your eyebrows
4. Tap the outside corner of your eyebrows
5. Tap on the bone just below the eyes
6. Tap the directly below the tip of your nose
7. Tap the space between lower lip and chin
8. Tap inside of both collar bones
9. Tap about 2 inches below armpits with crossed arms
10. Tap the karate chop point to finish

