

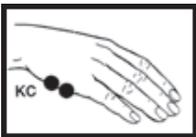


**Laurie Phillips**  
BigHeartCoaching.com  
651.225.0858  
Laurie@BigHeartCoaching.com

## Emotional Freedom Techniques (EFT) meridian tapping

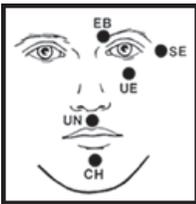
**STEP 1:** Choose a problem to work on. For example, a specific stressful situation.

**STEP 2:** Rate your physical discomfort or emotional anxiety on a scale of 0-10 (where 0 = no distress and 10 = highest level of distress) when you think about your problem right now.



**STEP 3:** Perform the Set-Up as follows:

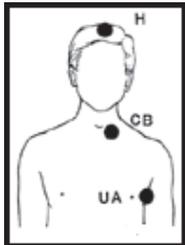
While tapping on the Karate Chop points (see diagram at left), name the problem you've chosen to work on followed by an affirmation. For example: "Even though I have anxiety about my stressful situation, I love and accept myself anyway." Tap and say this 3 times.



**STEP 4:** TAP the stress-relief points (see diagram at left.) As you tap on each point in sequence, state your Problem Phrase, such as, "anxiety about my stressful situation."

Diagram key:

EYEBROW (EB), SIDE OF EYE (SE), UNDER EYE (UE), UNDER NOSE (UN), CHIN (CH)  
COLLARBONE (CB). UNDERARM (UA), HEAD (H)



**STEP 5:** Repeat Step 4 but with a round of positive statements such as, "What if I felt slightly calmer about my situation?" or "I'm okay right this moment". Then take a deep breath and rate your discomfort level again. You can repeat Steps 4 and 5 until you're down to a lower number.

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Good resources on tapping: [TheTappingSolution.com](http://TheTappingSolution.com); YouTube videos by Carol Look, Julie Schiffman, Brad Yates, or Dr. Kim D'eraimo.



LAURIE PHILLIPS, founder of Big Heart Coaching in 1998, was a life coach for women feeling overwhelmed by their jobs, their health, or their relationships. She's led various workshops for institutions such as Mayo Medical School, Medtronic, St. Paul's Monastery, the Minnesota Jung Association, and Minneapolis Institute of Art. She currently runs Museum Sage, which blends life coaching with art exploration to help people find answers to life questions. Go to an art museum with a buddy and try the free app! *Museum Sage* is available from Apple and Google stores.