

## SUGGESTIONS FOR TAPPING (EFT) IRRATIONAL THOUGHTS

Rate the Intensity of **irrational thoughts** on Scale of 0 to 10 (10 being worst)

Start by tapping on side of hand (**karate chop**) and start each **statement** with:  
**Even though ...**

<p style="text-align: center;"><b>Statement</b> (tapping side of hand) repeat the following <u>3 times</u></p> <p><b>Even though</b> I have these irrational thoughts ... I can let those thoughts go ... Watch them fading away ... They're not who I am ... I'm in control ... ... and I love and accept myself.</p> <p>Then move to next column →</p>	<p>Say the words (<b>irrational thoughts</b>) once only while using 2 fingers of each hand and tapping on each of the points listed below...</p> <p><b>2 fingers of each hand</b> Beginning of each eyebrow Outer corners of eye sockets Under eyes</p> <p><b>Then with right hand only ...</b> Under nose On chin Collar bone (<b>both hands this time</b>)</p> <p><b>Using one hand</b> Under arm</p>
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Then, tapping on **crown of head**, say the following once ...

**Even though** I have these irrational thoughts ...  
I can let those thoughts go ...  
Watch them fading away ...  
They're not who I am ...  
I'm in control ...  
... and I love and accept myself.

At the end of full round of tapping - rate level of **these irrational thoughts** again on scale 0 - 10 to see if it's come down – if not, repeat. Try and get to zero.

NB: You can use the above examples for any issue by simply adjusting the wording accordingly.