

Basic EFT - The three things to focus on when tapping by yourself are:

1. How bad is the feeling - What's the measurement out of 10?
2. What is the emotion you are feeling?
3. Where do you feel it in your body?

Do one or two rounds of tapping, then take a rating out of 10 again.

If the rating is 3 or higher, continue with further rounds of tapping until it is 3 or less.

Sometimes when we shift one emotion, another pops in to replace it, for example we may clear anxious feelings, and then anger pops up. If this is the case, continue tapping on the new emotion in the same way until it also clears.