

EFT QUICK START GUIDE

BEGINNER TAPPING TIPS

GETTING STARTED



Before we go through the tapping steps, here are a few helpful things to know. These will make tapping easier and more effective.

YOU CAN TAP ON EITHER SIDE OF YOUR BODY (OR BOTH)

Tapping points are on both sides of your body. You can tap on the left, right, or both sides at the same time—whatever feels good. You can also switch sides if you want.



TAP GENTLY BUT FIRMLY

Tap like you're lightly drumming your fingers on a table or checking if a fruit is ripe. It shouldn't hurt, just feel nice and comfortable. Remember, there is no right or wrong.



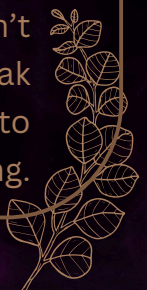
USE A FEW FINGERS OR YOUR WHOLE HAND

Use what feels right for each point. On your face, you might just want to use two fingers. On your hand or chest, you can use more fingers or even your whole hand.



TRUST YOURSELF

While tapping, say what's really on your mind. Don't worry about saying the "right" thing—just speak honestly. And trust your body to tell you how long to keep tapping.



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BEGINNER TAPPING TIPS CONT...

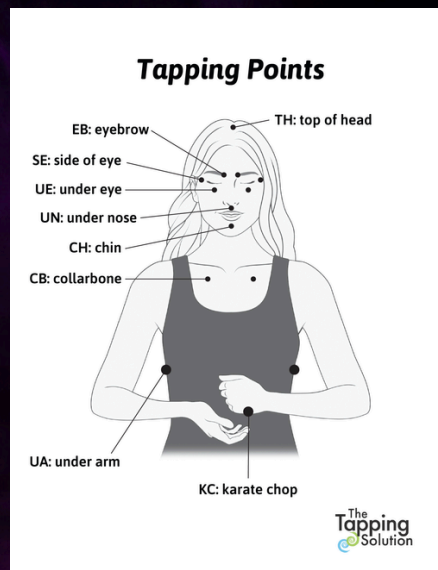
IT DOESN'T HAVE TO BE PERFECT



You don't need to remember every step or do it exactly right. Tapping still works even if you make mistakes. Just try your best and keep going!

BREATHE OFTEN

Take slow, deep breaths as you tap. This helps calm your body and clear your mind. Try taking a deep breath before you start, and again after each round.



You've got this!

Tapping is a gentle, powerful tool, and the more you practice, the more natural it will feel. Don't stress about getting it perfect.

Just show up, be honest with yourself, and let your body do the rest. You're already doing amazing by being here and giving this a try.

- Lisa ☐

