

### **Gentle EFT Tapping Protocol (Light Imagery)**

This is a gentle EFT (Emotional Freedom Techniques) tapping protocol. This approach uses mainly clear, calming language with light imagery to support emotional release while maintaining a safe and grounded experience.

#### **Preparation – Resourcing & Safety**

Before beginning, take a moment to feel your feet on the floor, take slow, steady breaths, and notice something in the room that feels safe or comforting. Begin only when you feel present.

#### **1. Setup Statements (Karate Chop Point)**

Repeat three times:

- Even though I feel this discomfort in my skin and body, I choose to be gentle with myself now.
- Even though I have been carrying these thoughts and feelings for a long time, I am open to feeling a little lighter.
- Even though it feels hard to let go, I am safe in this moment.

#### **2. First Round – Calming the Body**

- Eyebrow: This tension in my body
- Side of Eye: This discomfort in my skin
- Under Eye: My system feels tired
- Under Nose: These thoughts keep returning
- Chin: It feels heavy
- Collarbone: My body is doing its best
- Under Arm: I am here now
- Top of Head: I am safe in this moment

#### **3. Second Round – Acknowledging Without Overwhelm**

- Eyebrow: I've been holding onto this for a long time
- Side of Eye: It's been hard to release
- Under Eye: Sometimes I feel stuck
- Under Nose: These memories touch me even now
- Chin: And I still feel their weight
- Collarbone: I am open to small changes
- Under Arm: I can take this one step at a time
- Top of Head: I can allow some space for comfort

#### **4. Third Round – Gentle Self-Compassion**

- Eyebrow: I've been through so much
- Side of Eye: And I am still here
- Under Eye: I can soften my judgment of myself
- Under Nose: I can be kinder to myself
- Chin: I don't have to carry it all alone
- Collarbone: My body can begin to release
- Under Arm: I can make space for calm
- Top of Head: I am worthy of peace

#### **5. Closing Round – Present Safety & Integration**

- Eyebrow: I am here now
- Side of Eye: My body is breathing
- Under Eye: I feel the ground beneath me
- Under Nose: I can rest in this moment
- Chin: My skin can feel more at ease
- Collarbone: My digestion can soften
- Under Arm: I am safe now
- Top of Head: I choose to meet myself with kindness