EASY THOUGHT FIELD THERAPY (TFT)
FOR STRESS RELIEF
(Developed by Roger Callahan Thought Field Therapy
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Purpose: Rapid stress reduction

Use when:
• Feeling stressed, and/or experiencing other feelings along with your stress
• Feeling anxious, angry, emotionally upset or overwhelmed
• You can’t sleep

Common experiences:
• Feel more relaxed, balanced and in the Here and Now
• Feeling calmer and more centered
• Thoughts you focused on will no longer trigger an emotional reaction

Steps: (See next page for a diagram of the points to tap.)
1. Think about what is stressing you; notice any body sensations of stress as well.
2. Tap 5-10 times on each point. (Exception - on back of hand tap around 50X but
don’t count. You can tap on one side, both sides or alternate left-right, left-right).
3. Tap the little finger side of your hand on the Karate Chop Spot.
4. Tap on the inner edge of either eyebrow.
5. Tap under your eye on the boney socket in line with the pupil of the eye when
looking straight ahead.
6. Tap the side of the body, approximately 4” under your armpit (lateral to nipples
on men).
7. Tap just under the collarbone, and just outside the sternum (breast bone).
8. Tap tiny finger by bottom corner of nail bed (on side closest to the thumb).
9. Tap the flat area just outside the side of the eye.
10. Tap just under the collarbone, and just outside the sternum (breast bone).
11. Tap under nose.
12. Tap under lower lip.
13. Tap index finger by bottom corner of nail bed, on side facing thumb.
14. Tap under collarbone.
15. Tap middle finger by bottom corner of nailbed on side facing thumb.
16. Tap back of hand (Gamut Spot) between little finger knuckle and ring finger
knuckle and down about ¼” (towards the wrist) on back of hand in the groove
between the tendons of the 4th & 5th fingers about 50X (Approximately --- no
need to count!).
17. Tap under collarbone.
You can integrate your progress by tapping the back of the hand on the Gamut spot described above, while continuing to think about the stress, following the steps below. Be sure to keep your head still and straight while you tap, and do about 5 taps per position.

1. Keep your eyes open
2. Shut your eyes
3. Direct your eyes down to the lower right
4. Direct your eyes down to the lower left
5. Roll your eyes around in a large circle, like a clock
6. Roll your eyes around again, in the opposite direction
7. Hum a tune out loud for a few seconds
8. Count out loud, 1-5
9. Hum the tune again

After experiencing some relief, you can repeat the whole procedure one or two more times.

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