

Emotional Freedom Techniques (EFT)

The Basic Recipe:

1. Determine the emotional distress level on a scale of 0 to 10, where 10 is maximum intensity and 0 is no intensity: 10, 9, 8, 7, 6, 5, 4, 3, 2, 1, 0

2. The Setup: Is the Karate Chop point on the side of the hand (large dot on hand diagram below) Repeat this statement three times, while continuously tapping the the Karate Chop point. "Even though I have _____ (name the problem), I deeply & completely love & accept myself."

3. The Tapping Sequence: Starting at the the eyebrows and moving down the body. Tap about 7 times on each of the energy points in these 2 diagrams, while repeating a brief phrase that reminds you of the problem. "_____" name the problem. Ending on the little finger. ***Always skip the ring finger, which is the heart meridian.**

4. Determine your distress level again on a scale of 0 to 10 again. If it's still high, say: "Even though I have some remaining _____ (problem), I deeply & completely love & accept myself."

5. Repeat from Step 1 till your distress level is as close to 0 as possible.



Setup Point: Karate Chop point on the side of the hand.

#9 Edge of cuticle of thumb & fingers. Skipping ring finger and ending on pinky finger.

#2 Edge of eye brow

#3 Side of eye

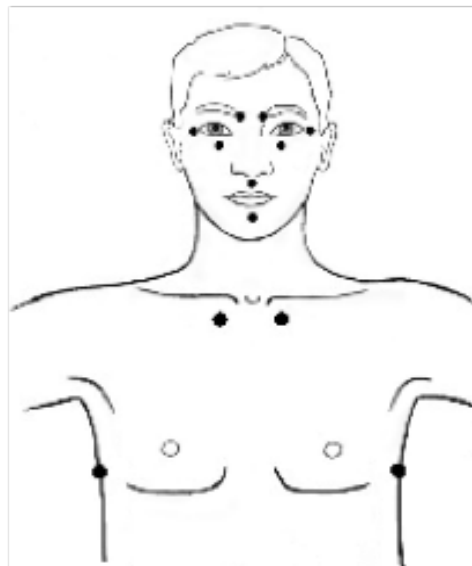
#4 Under eye

#5 Under nose

#6 Chin

#7 Collar bone

#8 Under arm on side upper rib



6. Finish by tapping in the positive statements "I now allow & accept _____ (Positive desire) _____."