

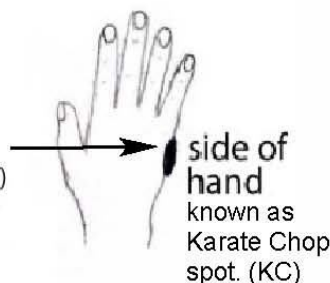
EFT

(Emotional Freedom Techniques)

PROCEDURE & WORKSHEET

This technique is not dangerous. It's like rebooting you computer. Even if you don't need to, it won't hurt anything, but it often fixed things where nothing else will.

- BASIC PROCEDURE**
1. Rate you emotional intensity level on a scale from 0 - 10 on your issues.
 2. Say the Set Up Statement 3 times while tapping on side of hand point: "Even though (your issues) I deeply and completely accept myself."
 3. Tap on the other points 5 - 10 times, starting at the top of your head, while focusing on your issue and repeat until you notice a shift.
 4. Rate your intensity level and note any changes.
 5. Repeat until your issue is down to 0 or 1.



Symetrical spots (2,3,4,7,8,9 and KC) have a mirror spot on the other side of the center of the body. It is only necessary to tap on one of each. You can tap on both if both hands are free.

FOR _____

While tapping side of hand (KC) say the following 3 times for the issue:

Even though _____ (the issue : example "have a headache") **I deeply and completely accept myself...**

Then tap 7 times on each spot from the top of the head downward, returning to the top of the head again for the last spot. At each spot say _____ (the issue: example: "this headache")_ as a reminder phrase to keep you attention on the issue.

If condition is not completely gone, change affirmation statement to:

Even though I have some remaining _____ (the issue) , **I still deeply and completely accept myself.** then tap approx. 7 times on each spot while saying:

"remaining _____ (whatever the issue is)"

Specific Affirmations for follow-ups to above symptom:

After various amounts of relief, it is common for negative emotionally related events to pop up into you conscious mind. This can often appear and be several separate issues. When they do arise, they are different aspects of the original issue. Handle each one as they come up, phrase your setup statement and tap them out. The more you can deal with specific events, the more effective this method will be.

Here is an example below:

Start with #1 above: For #2 use a setup phrase like this: Even though (*what ever the issue is*) *I deeply and completely accept myself.*

Example: Even though my father scolded me severely about spilling milk when I was only 3, I deeply and completely accept myself.

Then the "reminder phrase while tapping, in this case, would be: "father scolded me"

Note: Be as specific about issues as you can for more effectiveness. Be persistent and you will be successful.