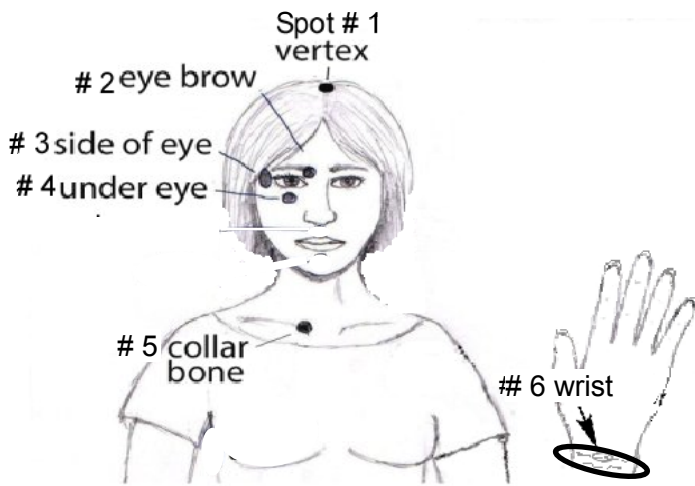


EFT

(Emotional Freedom Techniques)

PROCEDURE & WORKSHEET

This technique is not dangerous. It's like re-booting you computer. Even if you don't need to, it won't hurt anything, but it often fixed things where nothing else will. This could be called a form of acupuncture where no needles are used.



- BASIC PROCEDURE
- ▶ 1. Rate the emotional intensity level on a scale from 0 - 10 on your issues.
 - ② 2. Say the **Set Up Statement** 3 times while tapping on points 1-5 "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. After tapping on #5, squeeze the wrist twice at #6, take a deep breath and as you exhale, say "PEACE."
 - ▶ 5. Rate your intensity level and note any changes.
 6. Repeat until your issue is down to 0 or 1.

FOR _____

While tapping on the various points say the following **Set up Statement** 3 times for the issue:

Even though I _____ (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 _____ (the issue: example: "this headache")_ as a reminder phrase to keep you attention on the issue.

and alternate spots by saying "I release and let it go"

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:

"this 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 teacher told me a lie about my test that upset me very much**, I deeply and completely accept myself.

Then the "reminder phrase while tapping, in this case, would be: "teacher lied"

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

If you cannot identify the problem or the negative feeling. Just call it "this feeling," if your having it, you know what it is.