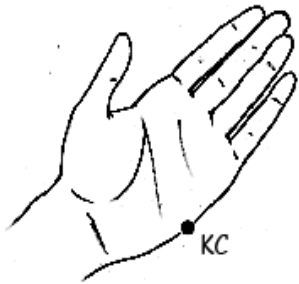


EFT (Emotional Freedom Techniques) Basic Instructions

- 1) Choose an issue or difficult emotion to work on.
- 2) How much does it bother you when you think about it right now? Rate your starting intensity on a scale of 0-10 (where 0=no distress and 10=highest level of discomfort.)
- 3) Perform **The Set-Up** 3 TIMES as follows:



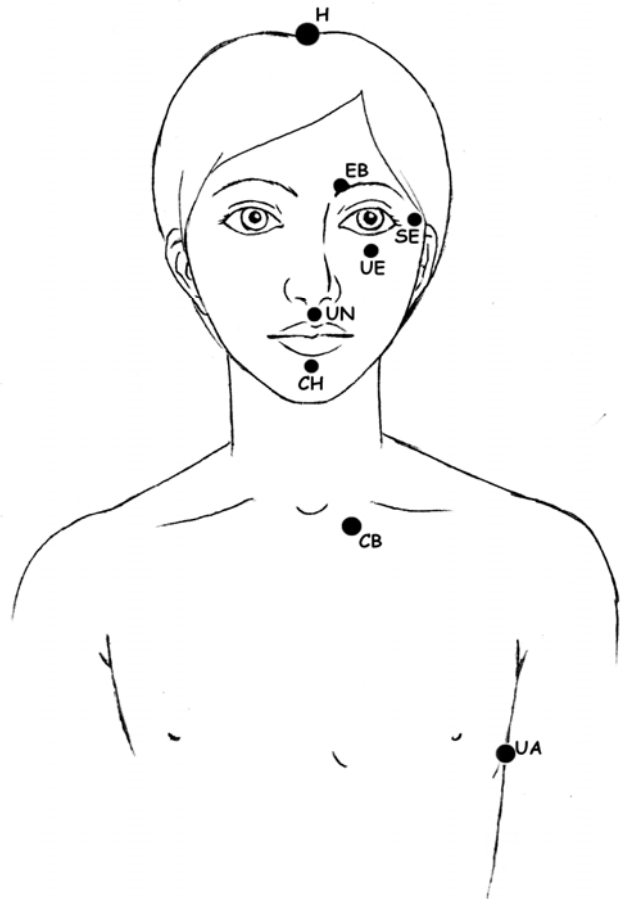
Use 2 or 3 fingers of one hand to tap on the **Karate Chop Point (KC)** along the side of the other hand between the pinky and the wrist. As you tap, name the physical or emotional issue you have chosen to work on, being as specific about how it feels as possible. Say the following:
"Even though I feel _____ or I have this _____ feeling, (fill in the blank) I deeply and completely accept myself" or "I accept who I am and how I feel."

- 4) **The Reminder Phrase:** Tap on each of the RELIEF POINTS shown 5-7 times while staying tuned in to your issue by repeating an abbreviated reminder of your feeling:
"This _____ feeling" Fill in the blank

EYEBROW (EB)
SIDE OF EYE (SE)
UNDER EYE (UE)
UNDER NOSE (UN)
CHIN(CH)
COLLAR BONE (CB)
UNDER ARM (UA)
TOP OF HEAD (H)

TAKE A DEEP BREATH

- 5) Rate your ending intensity:
Think about the same issue again, and rate how intense your feelings about it are now on a scale of 0-10 (with "10" being the highest intensity and "0" meaning it doesn't bother you at all.) If you still feel some intensity...(see other side)



6) Perform the Set-Up again with the following changes:

Modify the set-up statement in step (3) to reflect the fact that you have decreased some of the intensity of your feeling, but there is still more to work on. **"Even though I still have some of this _____ feeling, I deeply and completely accept myself."** or **"I accept who I am and how I feel."**

7) TAP the RELIEF POINTS again.

Go back to STEP # 4 and tap on all of the points.

Change the Reminder Phrase to, "The remaining _____ feeling."

TAKE A DEEP BREATH

8) Repeat Steps #5-#7 as needed

If you notice as you tap on a particular feeling that it is located somewhere in your body, you can tap like this:

Even though I have (or still have) this _____ feeling and I feel it in my _____ (name the body part) and it feels like _____ (describe the qualities like color, size, weight, temperature, texture, etc.)... I deeply and completely accept myself." or "I accept who I am and how I feel."