

EFT ON A PAGE

THE PRIMARY STATEMENT "The cause of all negative emotions is a disruption in the body's energy system." _

EFT: A BRIEF EXPLANATION Memorize The Basic Recipe. Use it on any emotional or physical problem by customizing it to your needs with an appropriate Setup affirmation and Reminder Phrase. Be persistent until all aspects of the problem have been resolved. Use it on everything!!

THE BASIC RECIPE (Set a level of discomfort from 0-10 before starting)

1. The Setup...Repeat 3 times this affirmation:

Say "Even though I have this [anger, frustration, fear, etc. – replace with your own emotion for which you are doing this EFT], I deeply and completely accept myself." while continuously tapping either:

Karate Chop point on either hand (for specific issues)

or rubbing one of the

Sore Spots (for intense and/or generalized issues).

2. The Sequence...Tap about 5-7 times with two fingers on each of the following energy points found on the attached diagram while repeating the Reminder Phrase at each point.

1 2 3 4 5 6 7 8 9 10 11 12 13
EB, SE, UE, UN, CH, CB, UA, TH, IF, MF, LF, KC, TOH

3. Re-evaluate a level of discomfort again from 0-10. If your level of discomfort went down but not yet at a zero continue repeating the next rounds of EFT. The goal it is to bring it down to a zero.

Note: In subsequent rounds The Setup affirmation and the Reminder Phrase are adjusted to reflect that you are addressing "this remaining"... [problem] etc.

Legend:

1 - EB - Eye Brow	6 - CB - Collar Bone	11 - LF - Little Finger
2 - SE - Side of Eye	7 - UA - Under Arm	12 - KC - Karate Chop
3 - UE - Under Eye	8 - TH - Thumb	13 - TOH - Top of Head
4 - UN - Under Nose	9 - IF - Index Finger	
5 - CH - Chin	10 - MF - Middle Finger	

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