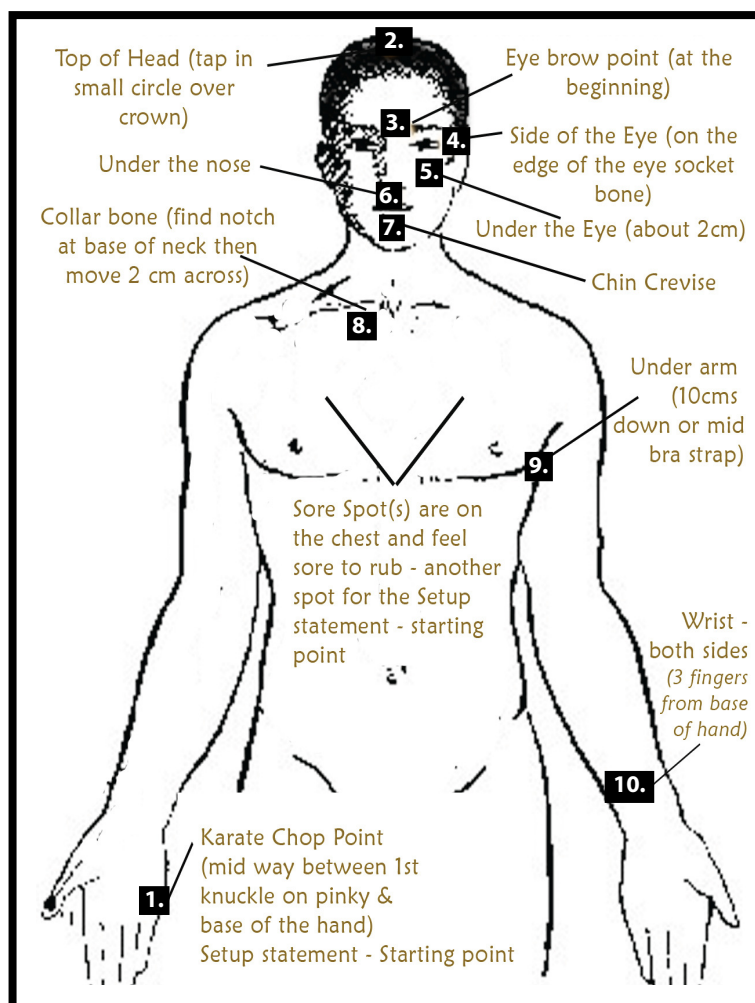


Emotional Freedom Techniques

A QUICK REFERENCE FOR DAILY TAPPING!

1. Establish a starting number (0=no issue 10=the worst it could be).
2. Determine a setup phrase which is based on the issue/belief plus the affirmation. "Even though I have this _____<insert issue>, I deeply and completely accept myself anyway."
3. Say the setup phrase 3 times out loud whilst tapping (2 fingers) on your karate chop point (nbr 1 in the diagram).
4. Then move onto the rest of the tapping points repeating the issue - "this _____<insert emotion/pain>" whilst tapping 7 to 10 times at each point.
5. If it's a really strong emotion or physical pain, repeat the rounds 2 - 3 times saying the reminder phrase at each point until you feel some relief.



6. Take a breath in and out. Check your level again - is it getting worse or better?

Better - Keep tapping until it is either a zero or you have gotten it to as low a number as possible. While EFT is self empowering, it is sometimes wisdom to consult a professional EFT practitioner as a guide for moving through complex issues

Worse or no change - If you are focusing on an issue that is too general or not focusing on the issue clearly, the intensity may get worse or not change. Try describing the issue/pain in descriptive/metaphoric terms - for example "even though I have this black crushing headache" or "even though I feel like I'm drowning in my sadness". If it continues not to improve, please consult with an EFT professional. There is a great possibility that a skilled EFT professional can help you to reduce or totally release this issue.

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