

Emotional Freedom Technique (EFT) Instructions

Tapping certain acupressure points along your meridian pathways will move stuck, blocked energy. Use this technique to clear unwanted behaviors, feelings, thoughts, physical pain, cravings, and anything else that is disruptive to your life! To learn more about EFT please visit Gary Craig's website at: www.emofree.com.

1. Choose the specific issue or problem for treatment
2. Determine SUD's (subject units of distress) rating on a scale of 0 to 10. (0=no distress, 10=highest distress)
3. Perform set-up to treat psychological reversal:

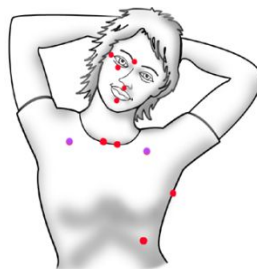
Set-up: While tapping the karate chop point on the side of either hand, repeat the following statement out loud 3 times: ***"Even though I have this (STATE THE PROBLEM), I deeply and completely love and accept myself and my feelings."***



4. Tap gently the following points using one or two fingers while repeating the **"reminder phrase"** and various statements dealing with the problem. Reminder phrase is:
"I am releasing (whatever the problem is); I am letting it go now."

For example if you are feeling "sad or depressed" start by saying: ***"Even though I am feeling sad and depressed, I deeply love and accept myself and how I am feeling."*** While tapping the points below continue saying statements like: ***"I am releasing these sad and depressed feelings, I am letting them go."*** Keep tapping (5-6 times per point), making random statements about your sadness and depression, while throwing in the reminder phrase.

- 1) Inside of eyebrows
- 2) Sides of eyes
- 3) Under eyes
- 4) Under nose
- 5) Chin



- 6) Collarbone
- 7) Under arm
- 8) Top of Head

5. **Forgiveness.** Clench the right hand into a fist and rub clockwise over your heart repeating the forgiveness statement: ***"I forgive myself for this (PROBLEM) I am doing the best I know how."*** ***"I forgive (SO AND SO) for their part of (PROBLEM), they are doing the best they know how."***
6. Assess SUD's rating. It should have decreased. If it has increased you may be focusing on the wrong problem.
7. Notice what other ASPECTS OF THE PROBLEM came up. Reassess SUD's level and repeat the treatment steps.
8. Perform set-up while tapping karate chop spot, repeating the revised statement: ***"Even though I STILL have SOME of this PROBLEM, I deeply and completely accept myself and my feelings."***
9. Notice if any other ASPECTS have come up and change to that and keep repeating the treatment steps.
10. When you have brought the SUD's level down and you are beginning to feel better, tap on the above points in step 4 repeating positive affirmations. For example if you were clearing sadness and depression, you could use statements like the following while tapping on each point 5-6 times. Visit www.louisehay.com to learn more about affirmations.

- Self-compassion is a vitamin that feeds me
- I am capable and worthy of peace of mind
- This sadness is now gone
- Today I express gratitude for all that I have
- In this moment, all is well and I am safe
- I express and receive the joy of life
- I am now choosing to think positive thoughts
- I now choose to love and accept myself
- Today I speak words of support to myself
- It is totally normal to be happy
- My burdens are light-like feathers in the wind
- I am more content with myself each day
- I am at ease with the changes in my life
- Life is good, life is easy, my life is an abundance of wonderful blessings
- Well-being is my natural state
- I am turning negative energy into positive energy
- I give myself permission to be happy now
- I lovingly release the past. I am free
- I find joy in each moment
- Every day is a positive learning experience for me
- I am willing to see life in a new and different way