

EFT™ - Emotional Freedom Technique

Step 1. Awareness

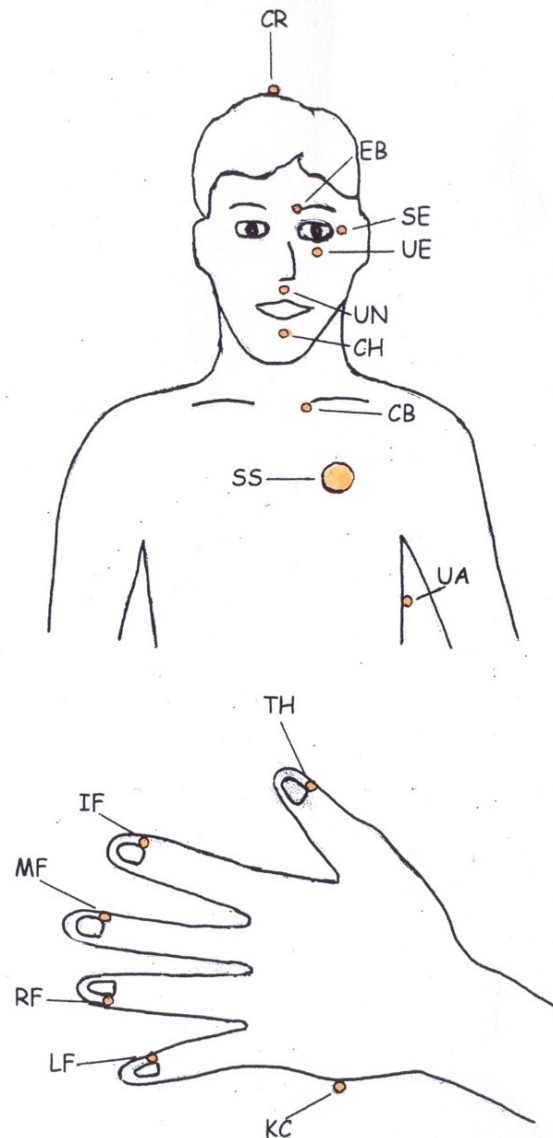
- Identify and name the problem/issue as specifically as possible.
- Rate the intensity of the problem/issue on the scale from 0 to 10.

Step 2. Balancing, or The Set-up

- Either, rub the Sore Spot (SS) in a circular fashion,
- or, tap the Karate Chop (KC) point,
- whilst saying the following affirmation 3 times: "Even though [*describe the problem here*], I deeply and completely accept myself" (or some other statement of self-acceptance).

Step 3. Clearing, or The Sequence

- Tap about 7 times on each acupressure point (see the diagram), using 2 fingers.
- At each point, say a short Reminder Phrase: "This [*problem*]..."



Main acupressure points used in EFT:

CR - crown (optional)	UA - under arm (bra strap level)
EB - beginning of eyebrow	TH - thumb (outer edge of nail)
SE - side of the eye	IF - index finger
UE - under the eye	MF - middle finger
UN - under the nose	RF - ring finger (opposite side)
CH - dip in the chin	LF - little finger
CB - end of the collarbone	KC - karate chop point
SS - Sore Spot (only used for Balancing/Set-up)	

Step 4. Evaluation

Focus on the problem again, notice any changes and rate how intense it is now. If the intensity only reduced a little, repeat, changing the Set-up affirmation to reflect the current intensity, e.g. "Even though I still have some of this [*problem*], I deeply and completely accept myself"; and change the Reminder Phrase to "Remaining [*problem*]".

Troubleshooting

If you are not getting good results from the above procedure, try one or a few of the following:

- Drink plenty of water.
- Repeat the procedure a few times.
- Take a break, move around & try again.
- Be more specific in identifying the issue.
- Look for different aspects of the problem and work on each separately.
- Learn more - download Gary Craig's free EFT manual from www.emofree.com.
- Get help from an experienced EFT Practitioner.