



TH = Top of Head

EB = Inside Eye Brow

SE = Side of Eye

UE = Under Eye

UN = Under Nose

Ch = Chin

CB = Collar Bone

SS = Sore Spot

UA = Under Arm

KC = Karate Chop

## **EMOTIONAL FREEDOM TECHNIQUE BASICS**

**Step 1 - Name Your Discomfort.** Give your discomfort a name (fear of dying, anxiety about my mother's illness, inability to lose weight, pounding headache, obsessive compulsiveness, craving for sweets, fear of spiders, etc.). This will be your Reminder Phrase. Rate your discomfort on a scale from 0-10 so that you can monitor your progress on each issue.

**Step 2 -The Set-Up.** Tap on the Karate Chop (KC) point or rub on the Sore Spot (SS) while you repeat your affirmation three times:

"Even though I have this \_\_\_\_\_(fill in the blank with your Reminder Phrase from above) I deeply and completely love and accept myself".

**Step 3 - The Sequence.** Tap about 7-10 times on each of the following energy points, while repeating your Reminder Phrase at each point - Top of the Head, Eyebrow, Side of the Eye, Under Eye, Under Nose, Chin, Collarbone, Under Arm, Karate Chop.

Step 4 - Close your eyes and take a deep, cleansing breath. Assess your discomfort level.

**Step 5 - Repeat steps 2 and 3** until significant relief is gained, preferably bringing the discomfort down to near zero. In these subsequent rounds, you can address the remaining problem by stating "this *remaining* "(fill in with your Reminder Phrase).

**Step 6 - Tap in Positive Energies.** As you tap on each of the energy points, repeat "tapping in joy (TH), peace (EB), acceptance (SE), forgiveness (UE), love (UN), faith (CH), prosperity (CB), patience (UA), and gratitude (KC).

EFT has yielded remarkable results for relieving emotional and physical distress for a wide variety of issues. EFT appears to have promising mental and physical health benefits but has yet to be fully researched by the Western academic, medical, and psychological communities. Because it is a relatively new healing approach and the extent of its effectiveness, as well as its risks and benefits are not fully known. It is possible that emotional or physical sensations or additional unresolved memories may surface which could be perceived as negative side effects. Emotional material may continue to surface after using EFT, indicating other issues may need to be addressed. Previously vivid or traumatic memories may fade which could adversely impact your ability to provide detailed legal testimony regarding a traumatic incident. By learning and/or practicing EFT, on your own and/or with assistance from a practitioner, you agree to assume and accept full responsibility for any and all risks associated using EFT and to hold harmless and release from liability EXCEL with Karen Donaldson, L.L.C., and any and all agents, owners, employees, or associates. The information in this handout represents only the very basic principles of EFT. Many other tapping points and energy-releasing strategies exist. Please consult an EFT practitioner for more information on how to use EFT. EFT is a very flexible improvement tool that can be used on most any issue! For more information, and inspiring stories, go to www.excelweightloss.com. Copyright 2009, EXCEL with Karen Donaldson, LLC. May not be duplicated, in any form, without written permission.