



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).