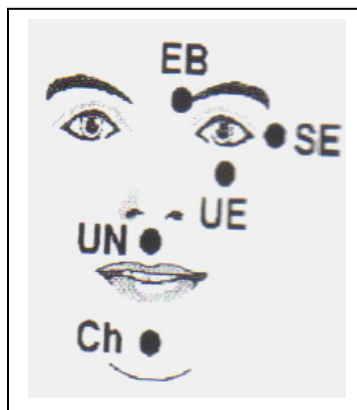


Emotional Freedom Techniques

The Basics - Short Sheet

Tune into problem and rate the intensity
From 0 - 10 (0 being no problem).

1. Speak the issue and affirmation together, three times:
"Even though I have this _____,
I still deeply and completely love and accept myself".
2. Tap gently 4 to 7 times on each of the following meridian points, while repeating the release/refocus phrase aloud.



Crown of head, inner eyebrow, outside of eye, under eye, under nose, chin, under collarbone (2" below and outside), under arm (4" below armpit), inside wrist (2" above wrist), outside wrist (2" above wrist), above inside ankle (back inside of leg 3" above ankle), above outside ankle (back outside of leg 3" above ankle).

Repeat the sequence of tapping on points listed, then focus on the original issue - Have you any intensity remaining?

3. After three or more complete tapping sequences, adjusting your phrasing to say: "Even though I have this remaining ____..." and "I am releasing *this remaining* ____..." if there is any intensity left to measure at all, before moving on to new issues.

Always change the wording to reflect your honest, accurate current view of the issue.

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