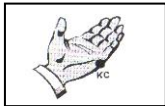


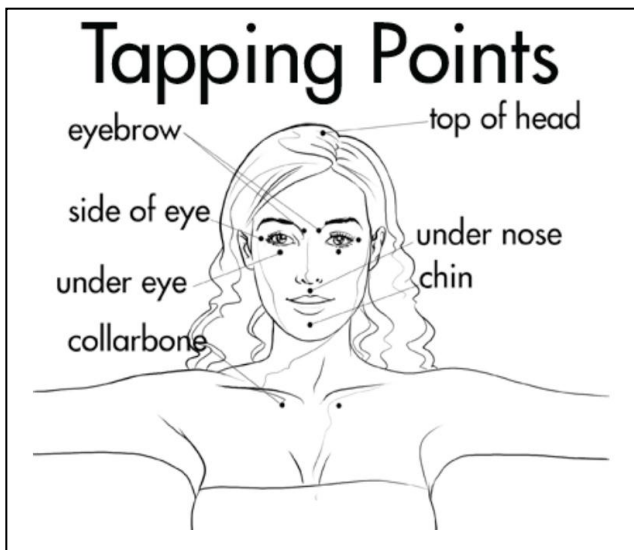
Emotional Freedom Techniques The Basics - Short Sheet

Tune into unresolved issue and rate the intensity from 0 - 10 (0 being no problem).

1. Speak the unresolved 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.



Begin tapping KC Karate chop point (between finger and wrist) with affirmation & issue.



Go to Crown of head (center top back of head) & tap on issue, speaking aloud. Then continue tapping on...
Inner corner of eyebrow
Side Eye (outside corner of eye)
Under eye
Under nose
Chin (under lip)
Collarbone (1" below & 1" outside of bump)
Under arm (4" below armpit)
Wrist - inside of arm (2" above wrist)
Wrist - outside of arm (2" above wrist)
Tap meridian points for two or three rounds, whichever feels right - the exact number of taps and the order of tapping are flexible. If you wish to do more complete rounds of tapping, you may also tap on...
Ankle - inside (on back half of leg - 3" above ankle)
Ankle - outside (on back half of leg - 3" above ankle)

Repeat the sequence of tapping on points listed. Focus again on the original issue - Have you any intensity remaining?

3. After about three tapping sequences, adjusting your phrasing to say: "Even though I have this remaining ____..." and/or "I am releasing this remaining ____..." You may benefit from releasing any remaining intensity, before moving on to new issues.

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

You can benefit by working with an EFT practitioner if you have distressing emotional issues.

EFT releases or reduces Stress, Cravings, Trauma, Pain, Depression, Past Issues, and more...

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