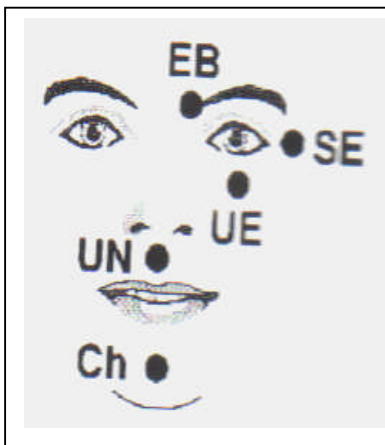


Emotional Freedom Technique

The Basics - Short Sheet

Tune in to the issue to be released, and rate its intensity from 0 - 10 (0 being no problem).

1. Speak the issue to release and the affirmation together (x3)
"Even though I have this _____,
I deeply and completely accept myself".
2. Tap 4 to 7 times on each of the following energy points, while repeating the specific release/focus phrase for your issue.



Tap on crown of head, beginning of eyebrow, outer side of eye, under eye, under nose, chin, under collarbones (2" below and outside collarbones), 2" above inside wrist, 2" above outside wrist, 3" above ankle on the inside back of leg, 3" above ankle on the outside back of the leg. (Optional point - 4" below armpits.)

3. Tap down each side one or two rounds, then check the original issue - have you any intensity remaining? Repeat sequence, adjusting your wording to remain specific, to clear issues.

Note - Adjust the issue to release and affirmation focus phrases to say:
Even though I have this remaining _____,
whenever tapping subsequent rounds, if more tapping is required.

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