

# EFT - Emotional Freedom Techniques

With appreciation to EFT founder Gary Craig. While my version of EFT is firmly grounded in the EFT core process, my slight modification uses extra hand points. Please see [www.EFTfree.net](http://www.EFTfree.net) for a free manual and more information about EFT.

**Preparation:** Identify the issue you want to work on and observe how it feels to you. Be very specific. What do you feel most intensely? How do you feel this in your body? You can rate the feeling on an intensity scale of 0-10.

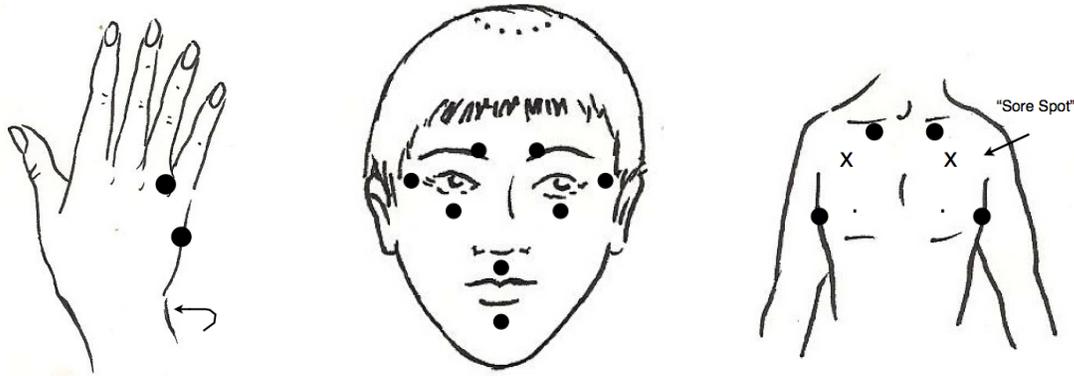
1. **THE SETUP:** While continuously tapping the Karate Chop point (side of hand - see diagram), say the **Setup Phrase** three times: "**Even though I have this [state the feeling], I deeply and completely accept myself**"  
\* See bottom of page for an alternative to the Karate Chop point. The Sore Spot can also be used for the Setup.
2. **THE SEQUENCE:** Tap at least 7-10 times on the following points. It is fine to tap very gently. As you tap each point, say, "**this [feeling]**" [but not the "even though" part]. For example: "this anger", "this craving", "feeling so sad". You are tuning in to the problem by repeating it as you tap. This is the **Reminder Phrase**.

## Tapping points:

- 1) Beginning of eyebrow
- 2) Side of eye
- 3) Under eye
- 4) Under nose
- 5) Chin spot
- 6) Collarbone (just under)
- 7) Under arm (about 4" down)
- 8) Top of head (crown area - tap lightly in a circle, like raindrops on your head)

STOP HERE for the basic short version; for the LONGER VERSION, include these HAND POINTS

Extra points: 9) Karate Chop (again) 10) Inside wrist (tap lightly across area) 11) Top of hand (see diagram)



3. **BREATHING, OBSERVING, REASSESSING:** Close your eyes and take a deep breath in... and release. With your eyes closed, notice your feelings, physical and emotional, and observe. Notice your thoughts, too. You may get further insights as you sit quietly for a moment after tapping. Then reassess the intensity of the feeling you tapped for. Has it changed? If you used the 0-10 scale, what number would you give it now?

4. **SUBSEQUENT ROUNDS:** Do another round of tapping, changing the **SetUp Phrase** (tapping the Karate Chop point) and **Reminder Phrase** (tapping the Sequence points) as follows:

(The Setup Phrase) "Even though I *still* have *some* of this [feeling], I deeply and completely accept myself."

(The Reminder Phrase) "This *remaining* [feeling]..." or similar words: "Still feeling *some* anger..."

5. **ASPECTS:** An "aspect" is a different part of the problem. Let's say you've tapped for "this anger" and the anger is gone - instead, you feel sadness. So address that next aspect: "Even though I feel this sadness about it now."

\* *Setup Variation: Instead of the Karate Chop Point, you can rub the Sore Spot: Place a finger in the indentation at the top of the breastbone, slide down about 3" then go to the left or right about 3". Feel for a sore spot between the upper ribs. Lightly rub it with a circular motion, saying the "Even though" Setup Phrase three times.*