

How to Do EFT

1. Focus on a negative emotion, sensation, image or even a troublesome thought and assess your intensity. On a scale of 0-10, how intense does this feel? (SUDS rating)

2. Do the EFT Setup

To perform the Setup, tap on the Side of Hand point (outside edge of hand, also called Karate Chop) and repeat the following phrase (3X).

Even though I have this (emotion, sensation, image, thought, etc), I deeply and completely accept myself (or "love and accept myself" - or other words for being kind to yourself - see p. 2 for ideas)

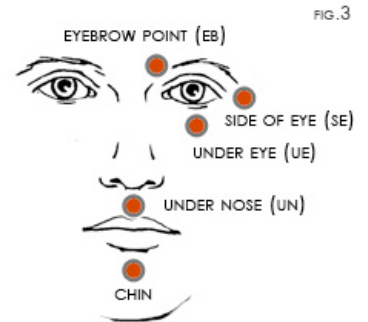


3. Tap through the Sequence:

Tap through the sequence of points while repeating a Reminder Phrase. The Reminder Phrase states the issue and keeps your attention on the energy of the problem while you tap. You can vary the wording but be sure to keep your focus.

This (emotion or physical sensation, image or thought)

Gently tap several times (7 to 10 times or so) on each of these points with your fingertips, while saying your Reminder Phrase. *Please note: Top of Head can be at the beginning or at the end.*

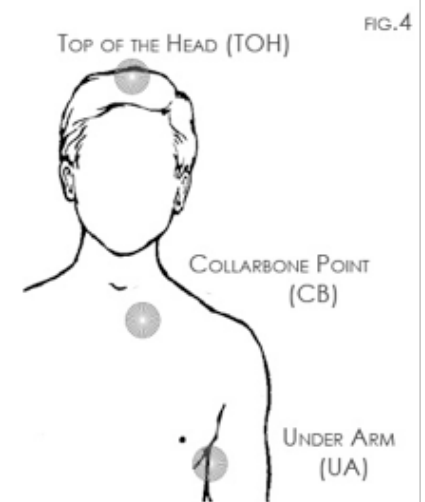


Beginning of Eyebrow (EB): "This (negative emotion, etc.)"
Side of Eye (SE): "This _____"
Under Eye (EU): "This _____"
Under Nose (UN): "This _____"
Under Mouth (UM): "This _____"
Collarbone Point (CP): "This _____"
Under Arm (UA): "This _____"
Top of Head (TOH): "This _____"

4. Pause to notice the effects of the tapping and reassess the intensity level. Has the number changed? What number would you give the intensity now?

5. Refocus on your issue and repeat the tapping process again. The second time around, we often change the wording as follows:

Setup: *Even though I **still have some** of this _____, I deeply and completely accept myself.* Sequence: *This **remaining** _____...*

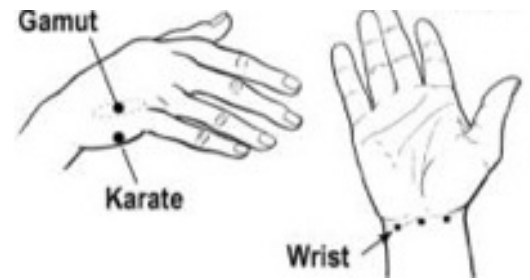


Betty's Favorite Variations and Suggestions

EXTRA HAND POINTS

These points can be added at the end of a round:
return to Side of Hand - Inside Wrist - Top of Hand
(Gamut Spot)

*Try bringing back the affirming phrase ('deeply accept myself' or other wording) with the extra hand points.
Hand/wrist points are "potent points" in acupuncture.*



FINGER POINTS

More extra points are on the fingers near the base of the nail. Traditionally, one skips the ring finger because the Gamut Spot will stimulate that same meridian - but there is no harm in tapping on it. Just tapping, rubbing or squeezing the finger points while breathing deeply is very soothing.



CREATIVE VARIATIONS ON THE SETUP PHRASE

Whatever words express kindness to yourself...

Even though.... it's time to bring some healing to this

- ... I'm learning to love and accept myself
 - ... deep down, I'm okay
 - ... I accept how I feel about that today... and how I felt about it then
 - ... maybe I'm okay ... maybe it's okay to feel that way
 - ... I'm open to the possibility of change
 - ... I can choose to be kinder to myself
 - ... for just the next few moments, I can be with my feelings
 - ... for just the next few moments, I can be okay with myself
 - ... I'm willing to accept all of me
 - ... I accept myself for thinking this way...
 - ... I can work with this
 - ... I want to feel better... I'm ready to feel better
- or your own words. What's the kindest thing you could say to yourself?

MORE VARIATIONS

- Any "tapping and talking" can help! It doesn't have to be the whole process. Use natural words: "Even though wow, I'm really angry! ... I can be with these feelings..." Then 'tap and rant' expressing how upset you are.

- You can gently tap the finger points -- or squeeze the finger tips -- to soothe your system without anyone knowing what you're doing. Mentally: *Even though...*

- *Short-cut calming technique: use just a few favorite point(s), like the Collarbone, the Side of Hand, or Gamut spot. Tap or hold the point and breathe...*