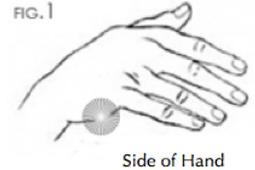


How to Do EFT

1. Take a moment to notice what you're feeling (the emotion) and what is upsetting you (what triggers this emotion?). You can also tap for a physical symptom, a persistent negative thought or a worrisome image. On a scale of 0-10, how intense does this feel?
2. Do the EFT Setup: Tap on the Side of Hand and repeat this 2-part phrase **three times**.

Even though _____
 I deeply and completely accept myself [or ...love and accept myself]

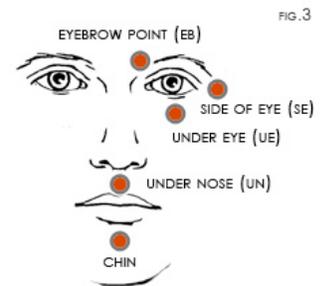


For the 2nd part above, you can try other supportive phrases if you like. Here are some possibilities for flexing the setup:

- I can accept myself and how I feel
- It's time to bring healing to this
- I'm learning to love and accept myself
- I'm okay anyway
- I can be a little kinder to myself.
- I'm willing to work on this

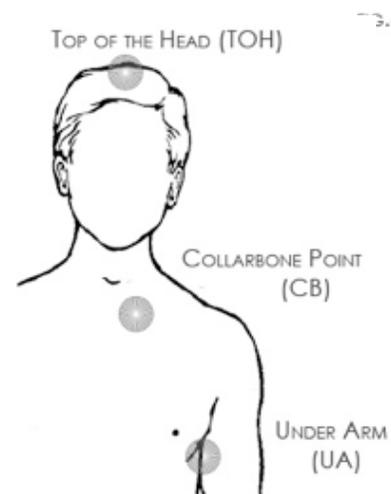
3. Tap through the Points repeating the Reminder Phrase. The Reminder Phrase is the first part of your statement above without "even though." The Reminder Phrase reminds your system what you're tapping for, such as "I have this sadness" or just "this sadness."

[This] _____



Gently tap 7-10 times or so on each point. You can use one or both hands. *Top of Head can be at the beginning or at the end.*

- Beginning of Eyebrow (EB): " [This] _____ "
- Side of Eye (SE): " _____ "
- Under Eye (EU): " _____ "
- Under Nose (UN): " _____ "
- Under Mouth (UM): " _____ "
- Collarbone Point (CB): " _____ "
- Under Arm (UA): " _____ "
- Top of Head (TOH): " _____ "



4. Stop and take a big breath. Notice the effects of the tapping. Any feelings in your body? Has the number changed? Anything coming up?
5. Tap again! The second time around, we can say:

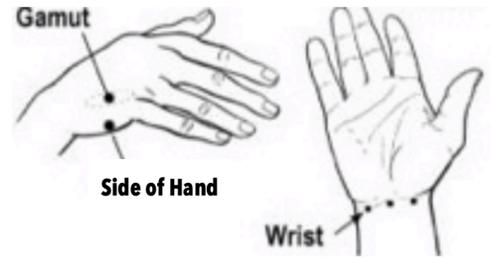
Even though I **still have some** of this _____,
This remaining ____... (or) **Still have some of this** ____

Variations and Suggestions

EXTRA HAND POINTS

These three points can be added at the end of a round:

Go back to Side of Hand - then Inside Wrist
- then Top of Hand (Gamut Spot)



It can feel good to bring back the affirming phrase ('I still accept myself' or the phrase that fits for you) on the extra hand points.

FINGER POINTS

More extra points are on the fingers near the base of the nail. Just tapping or rubbing the finger points while breathing deeply can help.



MORE ABOUT CREATING THE SETUP

The classic setup phrase is: *Even though _____, I deeply and completely accept myself (anyway).* It is very popular to add the word "love": *I deeply and completely **love** and accept myself,* but see what feels best to you.

These are our default, our no-brainers, for EFT setups. And yet, you want to say something that is true for you and feels right. Suggestions are on the previous page. Or find your own, whatever feels kind and supportive of yourself. Do find your favorite phrase or phrases and stick with them, not changing all the time.

MORE ABOUT THE REMINDER PHRASE, WHAT YOU SAY WHILE TAPPING THE POINTS

This is *what you are tapping for*. Use the words right after 'Even though' and leave off the 'even though.' It is best to be laser-focused. This means repeating the same words, or very close. You will find a lot of group tapping/ scripted tapping on the internet with lots of words, using different phrases on every point. They are more like guided meditations and they certainly have value. And yet focused EFT is best to achieve real shifts and get the deepest and most lasting results.

VARIATIONS

TAP OR RUB ONE POINT WITH SLOW BREATHING - try the Collarbone point. This is easy and quick and can have a calming effect on your system.

TOUCH AND BREATHE - Go through the EFT process and instead of tapping, just touch or hold each point and take a nice breath after the words. Gentle and soothing.

TAP AND RANT - just talk to yourself and rant about what's bothering you while tapping through the points over and over. This can take the edge of anger, frustration, hurt, etc. Then do some focused rounds of tapping.