Emotional Freedom Techniques (EFT)

The Basic Recipe

1. **Where in your body** do you feel the emotional issue most strongly?
2. **Determine the distress level** in that place in your body on a scale of 0 to 10, where 10 is maximum intensity and 0 is no intensity:
   10, 9, 8, 7, 6, 5, 4, 3, 2, 1, 0
3. **The Setup:** Repeat this statement three times, while continuously tapping the Karate Chop point on the side of the hand (large dot on hand diagram below)
   "Even though I have _______ (name the problem), I deeply and completely accept myself."
4. **The Tapping Sequence:** Tap about 7 times on each of the energy points in these 2 diagrams, while repeating a brief phrase that reminds you of the problem.

5. **Determine your distress level** again on a scale of 0 to 10 again. **If it's still high, say:**
   "Even though I have some remaining _____ (problem), I deeply and completely accept myself."
6. **Repeat from Step 1** till your distress level is as close to 0 as possible.

About EFT Video (7 minutes): [http://youtube.com/watch?v=9nRY3UtTHvo](http://youtube.com/watch?v=9nRY3UtTHvo)
EFT 5 minute tap along video: [http://www.youtube.com/user/kinesiologyinstitute](http://www.youtube.com/user/kinesiologyinstitute)