

## EFT Instructions

### STEP 1:

Find your “sore spot”\* – about 3 inches down and three inches out from your collarbone. Rub in a circular motion while you say the “Set up statement” THREE times:

“Even though I have this \_\_\_\_\_ [feeling] about \_\_\_\_\_  
[essence if you know it or details if you don’t], I deeply and completely accept myself.”

### **Example Statements:**

*Even though I have this anger about not being supported, I deeply and completely accept myself.*

*Even though I have this sadness about never getting what I want, I deeply and completely accept myself.*

*Even though I have the fear that I might get rejected if I speak up for myself, I deeply and completely accept myself.*

*Even though I have this anger about people saying one thing and doing another, I deeply and completely accept myself.*

### STEP 2:

Proceed with tapping on the tapping points. While tapping, use a “reminder phrase” to help you remember the issue. (see next page for a reminder of the points)

### **Example Reminder Phrases:**

*Anger about not being supported...*

*Sadness about never getting what I want...*

*Fear of getting rejected... Fear of speaking up...*

### STEP 3:

Finish with the 9 Gamut procedure (on the next page)

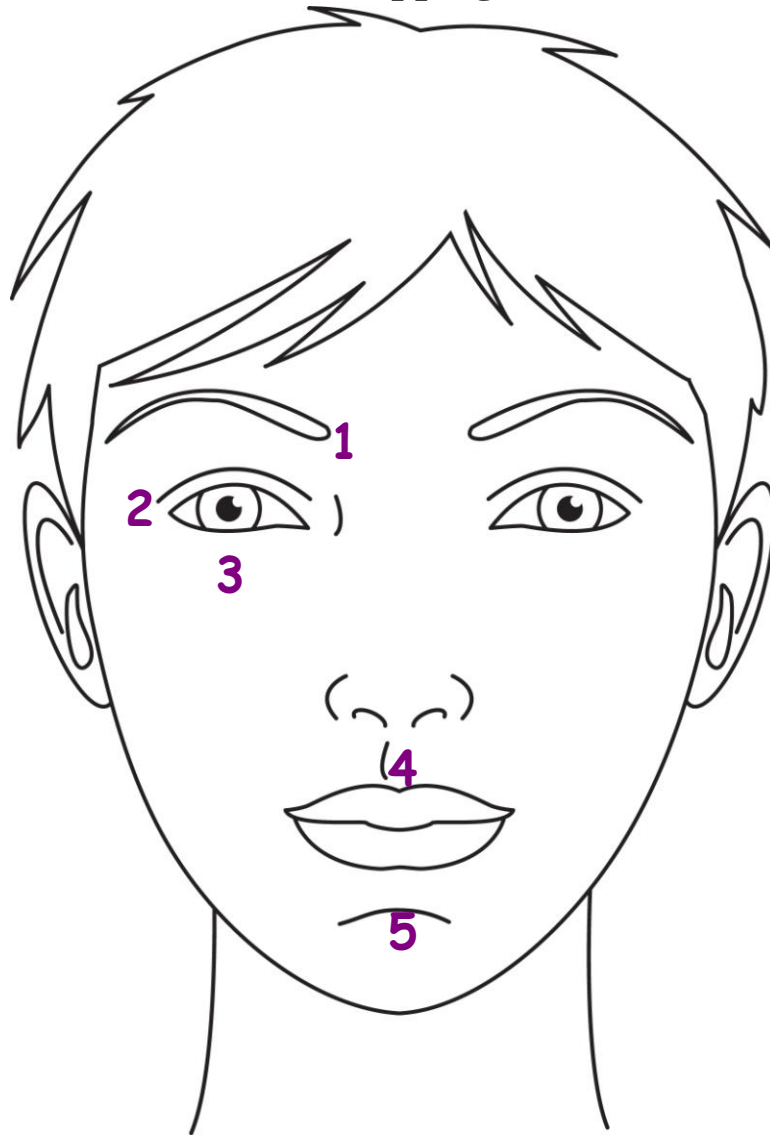
### STEP 4:

Take a slow, deep breath in and then out to move the energy through

\* This whole procedure should take you no more than 30-45 seconds once you are familiar with it.

\*\* If after tapping, you don’t feel a reduction in intensity, try tapping again OR revisit the emotion you are feeling and the underlying cause. Ask yourself “Why?” or “Because?” to help uncover the essence instead of just the details.

## EFT – Tapping Points



1 = The beginning of the eyebrow

2 = The bone bordering the outside of the eye

3 = The bone under your eye

4 = The small area between the bottom of your nose and the top of your upper lip

5 = Midway between the point of your chin and the bottom of your lower lip

6 = Collar Bone - Find the "U" shaped curve at your collar bone. Move about 1" down and 1" over

7 = Under your arm right in the middle of your bra strap

8 = Karate Chop point - the middle of the fleshy part of the outside of your hand

\* Note that the sequence of tapping points just proceeds in order down the body. Also remember that you can tap on either side of your body for any point. Right or left makes no difference.

## The 9 Gamut Procedure

This is the sequence that you do after the tapping. Make one hand into a fist. With the other hand, tap on the gamut point. The gamut point is located on the back of the hand that is a fist. It is the little groove between your ring finger and pinky about  $\frac{1}{2}$  an inch from the knuckles.

Continuously tap the gamut point while doing the following 9 steps:

1. Close your eyes
2. Open your eyes
3. Hold your head still and look down hard to the right
4. Hold your head still and look down hard to the left
5. Roll your eyes to the right like they are following the face of a clock
6. Roll your eyes the other direction
7. Hum 2 seconds of Happy Birthday (or any other song)
8. Count quickly from 1 to 5
9. Hum 2 seconds of the song again.

This is a summary of a 90 page manual on EFT. If you would like to know more or obtain the entire manual, you can do so at: [www.emofree.com](http://www.emofree.com).