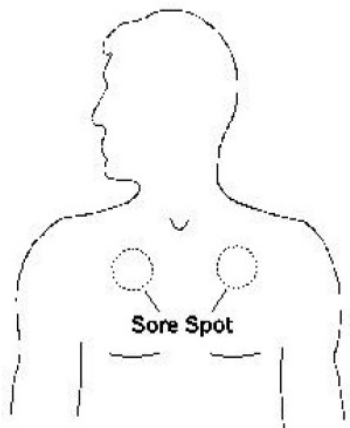


The Basic Recipe for EFT

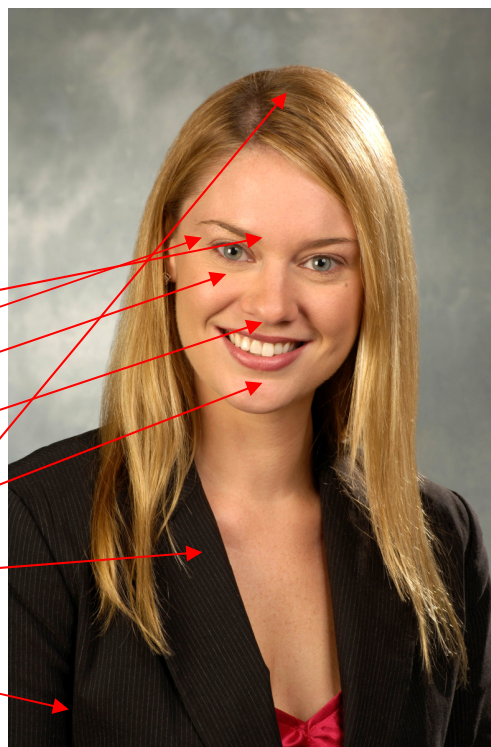
1. Rate your level of feeling or emotional discomfort out of 10 (0 is none & 10 is the worst you can imagine).
2. Tap or rub on the 'sore spot' on the chest or the 'karate' chop point on your hand 3 times, while saying your setup statement:

"Even though I'm feeling anxious about that public talk I have to give, I DEEPLY and COMPLETELY accept myself".



3. Tap all eight points; six on your face and two on your body while saying the shortened version of the setup statement, e.g. "*feeling angry with my boss*". Tap approx 7 times on each

1. EB - eyebrow
2. SE - side eye
3. UE - under eye
4. UN - under nose
5. Ch – just above chin
6. CB - collarbone spot
7. UA - under arm
8. TH - top of head



4. Take a deep breath in and out when you have completed the eight points.
5. Check your feeling rating out of 10
6. Repeat tapping on each point again and reflect on how you feel & check your rating out of 10 again
7. Repeat the tapping sequence with the shortened setup statement 3 to 4 times or until the discomfort level is at "0"
8. If there is any remaining discomfort repeat the tapping sequence with the statement "this remaining.....(usually a feeling)"