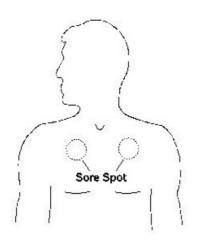
The Basic Recipe for EFT

- 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



2. SE - side eye

3. UE - under eye

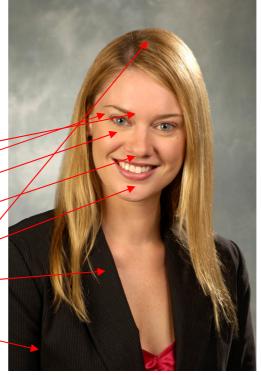
4. UN - under nose

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)"