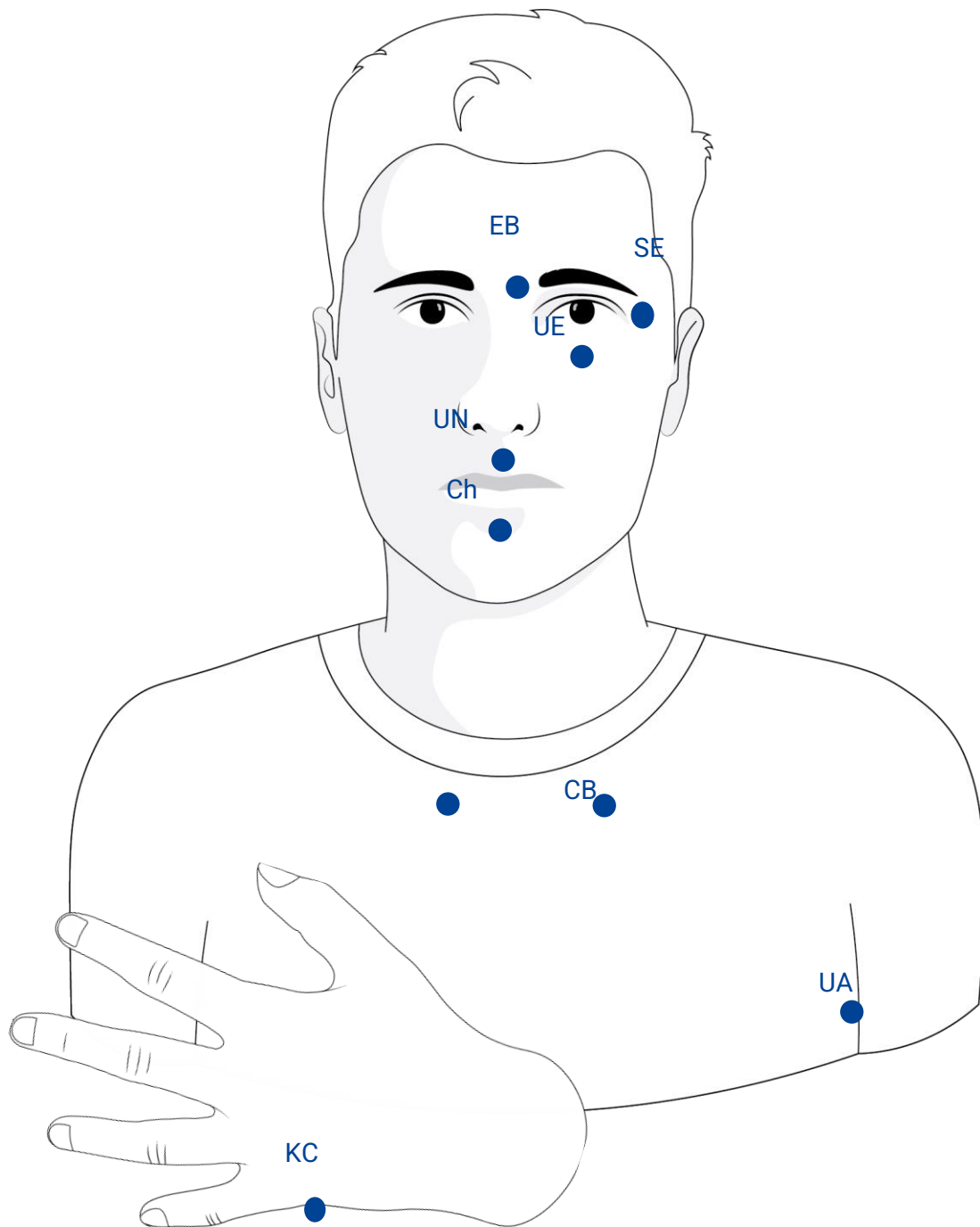


EFT - Emotional Freedom Technique on one sheet



"The cause of ALL negative emotions, is a blockage in the body's energetic system"

Thoughts or memories

Trigger the energetic system

Which we feel as

Physical, emotional, or mental pain



EFT - Basics

Setup - identifying the problem and accepting yourself

*"Even though I have this **problem** I deeply and completely love and accept myself "*

Reminder phrase - helps retain focus on what is being worked on

*"This **problem** "*

Round of tapping

- Identify the problem (be very specific) and measure its intensity from 1-10
- Create a setup and reminder phrase that is precise and specific to the problem
- Repeat the setup 3 times while tapping the karate point
- Repeat the reminder phrase while tapping the following points around 7 times:
EB, SE, UE, UN, Ch, CB, UA
- Repeat the sequence above
- Inhale and exhale
- Check the new intensity
- Repeat until all emotional unease is gone

EB - Inner end of your Eyebrow

SE - Side of the Eye, (boney part)

UE - Side of the Eye, (boney part)

UN - Under Nose, (between the nose and top lip)

Ch - Chin, (between the bottom lip and chin)

CB - Collar bone, (kidney accupressure point)

UA - Under the Arm, (10 cm below the armpit)

Tips for achieving better results

- **Be specific** - describe the pain, have in mind a specific event or people
- **Say the setup and reminder phrase** - like you really mean it, use your words
- **Change the reminder phrases** - so it reflects the changes you've achieved in the problem you're working on
- **Say what you think** - be truthful to your thoughts and feelings

Warning

Do not work on your own traumas without an experienced practitioner

