

EFT TAPPING SEQUENCE

This is the basic EFT tapping routine. Identify the issue and try to make it as specific as possible. Remember, it is far more effective to tap on how you feel, than on words and thoughts. So 'I am angry with my boss' is less effective than 'I have a big red spiky ball of anger in the centre of my chest when I think of my boss.'

Give the feeling or emotion a score between 0 and 10, 10 being the worst it could possibly be. This is called the SUDS level (Subjective Units of Distress)

Then carry out the following steps:

1. THE SETUP – WHILE TAPPING THE KARATE CHOP POINT

REPEAT THIS AFFIRMATION PHRASE 3 TIMES.

EVEN THOUGH I HAVE THIS _____ I DEEPLY AND COMPLETELY LOVE AND ACCEPT MYSELF (WHILE TAPPING THE POINTS IN PART 2. THE SEQUENCE, THE PHRASE IS SHORTENED.)

2. The Sequence – Tap on each point approximately 7 times while repeating the core phrase:

Top of head, eyebrow, corner of eye, under eye, under nose, chin, collar bone, under arm, wrist, thumb, each finger, back to karate chop point.

Take a deep breath and check in with yourself for any change in intensity and details of the feeling, then start a new round:

IN SUBSEQUENT ROUNDS THE SETUP AFFIRMATION AND SEQUENCE REMINDER PHRASE ARE ADJUSTED TO REFLECT THE FACT THAT YOU ARE ADDRESSING THE REMAINING PROBLEM.

e.g. – Even though I still have some of this _____ I deeply and completely accept myself

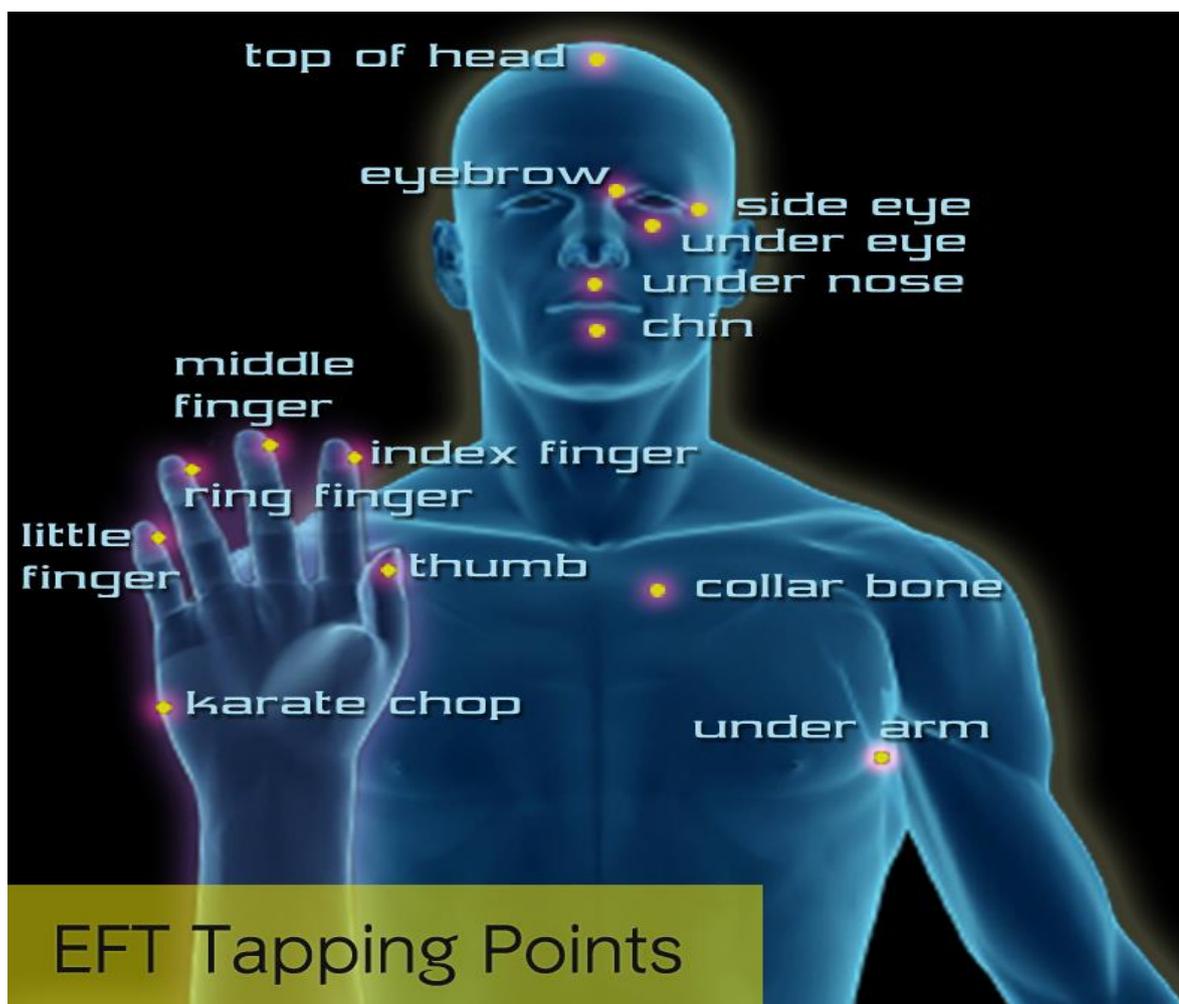
Tap until the problem is reduced to a point that it doesn't bother you any more. You can also try to chase the feeling back to a specific memory. To do this, reduce the intensity to a maximum SUDS level of 5. Then, while slowly tapping on the collar bone or karate chop point, try and focus on the feeling and see if you can identify when you first felt like that.

If a memory comes up, give it a SUDS score. If it is high, then give it a general name, such as 'Bullied at School' and tap on that until the intensity is less than 5. Once you have reached this stage, play the most intense emotional minute or two of the memory back in your mind and tap as soon as you feel any emotion rising. Continue this until you can go through the whole memory without any difficult feelings coming up. Once this is done, check how the emotion and attached belief feel to you now.

This can be repeated until all memories attached to the belief or emotion are resolved.

Tips to Remember

- Memorize the Basic Recipe. Customize it to your problem with an appropriate Set Up Phrase and Reminder Phrase. Do as many rounds as it takes to clear out the problem. If necessary be persistent—some issues may take longer.
- Try to be as specific as possible while naming the problem.
- Stubborn problems usually have different aspects attached to them. Break down each problem into its aspects and clear them one by one.
- You may not have to treat each aspect! Often just attending to a few of them leads to complete relief from the problem...like a few released logs will suddenly clear a logjam.
- Relief is usually permanent but should the problem return...just tap on it again!



Disclaimer

Emotional Freedom Techniques are not intended to diagnose, prescribe or treat any disease, physical or mental. They are also not intended as a substitute for regular medical or psychiatric care. This process does not advocate the discontinuance of any prescribed medication or medical or psychological care. You are responsible for your own well being and emotional health in using these techniques. If any issues arise, you should work with an experienced practitioner.