

# The ABC of Emotional Freedom Technique

*EFT is a very flexible healing tool that can be used for almost any issue. This resource sheet is my version of the basic technique and I have had extraordinary results with it. The original version and complete training can be found at [www.emofree.com](http://www.emofree.com)*

## A

### Awareness:

What bothers you? Notice what tension, pain, memory or craving there is. Name it. Write it down. Be as specific and detailed as you can. How does it make you feel? Give it an intensity rating on a scale of 0-10. Write that down.

## B

### Balancing:

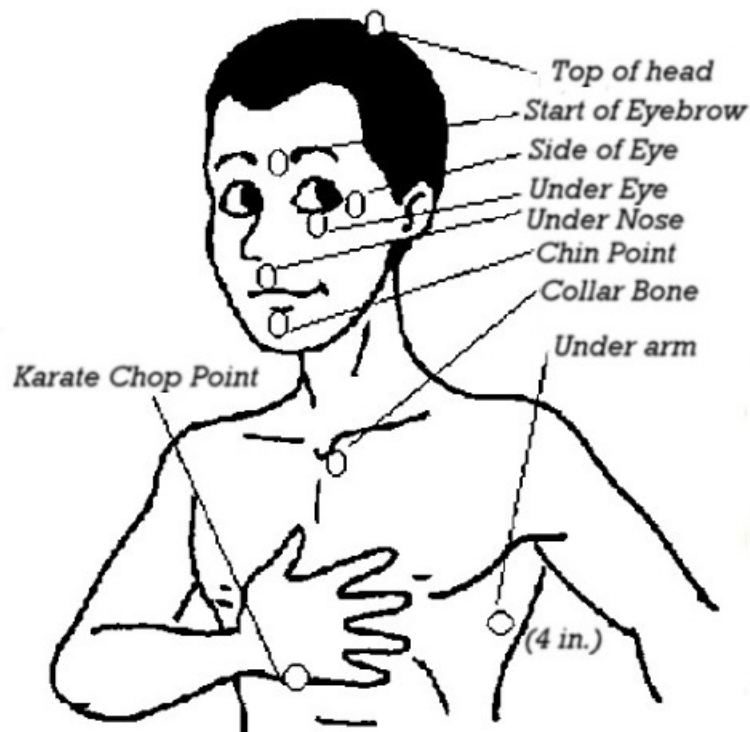
Say 3 times out loud as you tap on the side of your hand (Karate chop point)...*"Even though I... (Read the problem you wrote down)...I deeply and completely love and accept myself"*

## C

### Clearing:

Tap with two fingers on the eight acupressure points shown below while saying a few reminder words about the problem *"this issue"* to focus your attention. Tap the crown of your head last with all finger tips.

**Now...**Take a deep breath and close your eyes for a moment. Tune into the problem. Notice what has changed or what emerges. Measure again and repeat ABC on the remainder of the problem or another aspect of it.



For more information go to [www.EmoWell-being.com](http://www.EmoWell-being.com) or for individual sessions  
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