

The basic process 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 shows you how to do it at the beginners level. When using this on your own you need to taking complete responsibility for your own well-being. There are no known negative side effects but that does not mean you will have the same experience as others. If you get stuck or are not getting the level of healing you want you need to learn more about the process and/or have private sessions for deeper healing.

Step 1. Awareness:

What bothers you? Notice what tension, pain, memory or negative thought 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.

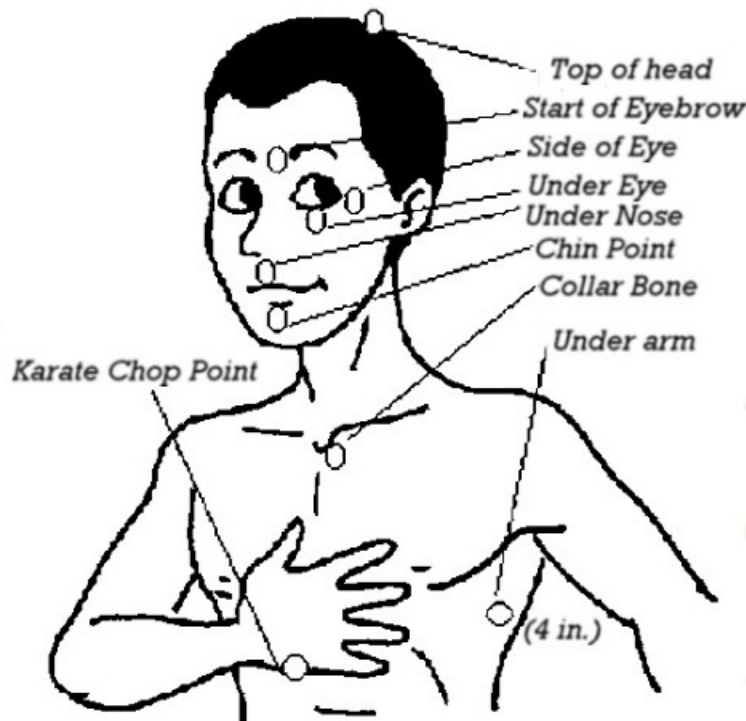
Step 2. Setup Phrase:

Say 3 times out loud as you tap on the side of your hand (Karate chop point on the diagram below) *"Even though I...(Read what you wrote down including emotions, thoughts, sensations, beliefs etc.)...I deeply and completely love and accept myself"*

Step 3. Clearing:

Tap on the eight points shown below starting on the top of the head while saying a reminder phrase about the problem, memory, feeling... to focus your attention on the energy disruption.

Now... Take a deep breath and close your eyes for a moment. Tune into the problem. Notice what has changed or what emerges. Rate intensity again and repeat steps 1-3 on the remainder of the problem or another aspect of it. There may be many layers, feelings and beliefs to clear before you are done. Be persistent and willing to learn over time.



For more information go to www.EmoWell-being.com or for individual sessions contact Fraeda at fs@emowell-being.com (541)521-9953