

The EFT Process



1. Name your issue. Be specific and descriptive as possible in a sentence or two.
2. Rate the level of intensity of your issue on a scale of 0-10.
3. Start tapping with 3 fingers on the “karate chop point”. While tapping say “the setup phrase” 3 times.
Setup phrase: *“Even though I have this (describe your issue here) I deeply and completely love and accept myself.”*
4. Once you have said this phrase 3 times think of a short phrase that describes your issue. We call this the “reminder phrase.”
5. Go through the additional 8 points shown in the digram. Tap on each point 5-times while saying your “reminder phrase.”
6. Take a deep breath.
7. Tune in again to your issue. Note your intensity level from 0-10.
8. Repeat steps 3-8 again this time using this new “setup phrase”
Set up phrase: *“Even though I **STILL** have some of this **REMAINING (issue)** left I deeply and completely love and accept myself.”*
Reminder phrase: *“Remaining (issue)”* Until intensity level is down to 0.
9. The key to doing this well is be specific, be focused and fully tuned into your issue and be persistent. Try it on everything...

