

EFT on a Page

1. Choose a problem
2. Tune in and rate the intensity of the negative feeling from 0-10
3. The SET-UP: Repeat this affirmation 3 times while rubbing the "tender spot" or the "karate chop" point (see diagram): "Even though I have this problem, (insert your problem here and be very specific) I deeply love and accept myself."
4. Tap the energy points (end of eyebrow-near nose, under eye, under nose, under mouth, under collarbone, under arm. You can add some other points such as under the breast, wrist points and the top of the head. As you tap, say a reminder phrase such as " this fear of spiders", "the embarrassment at work", "Susan hurt my feelings". Tap all the points, called " a round", two or three times.
5. Tune in again. What is your rating now?
6. Stay with the original problem even if new thoughts arise. Write them down for another EFT session. Repeat step three, this time saying" Even though I *still* have some of this anger/fear/whatever, I deeply love and accept myself". Then steps 4 and 5 (saying "This remaining problem/fear/embarrassment etc". Keep tapping, persistence is one of the keys to using EFT successfully, until you reach zero or the problem is completely resolved. Zero means that you no longer feel any negative emotion or charge. If you are doing a session on a memory it feels neutral, you can remember it without any pain. Test yourself by probing to make sure you are really clear of the issue.

Some problems are more complex and will have many "aspects" or spokes to the wheel of the issue. You need to clear each of the spokes to zero to have a complete clearing.