



## What is the Emotional Freedom Technique (EFT)?

EFT can be a powerful personal development technique that uses your fingers to tap on meridian points to potentially reduce the stress of problem areas in your life. This energy psychology technique can provide a rebalancing in mind, body and / or spirit.

In clinical trials EFT has been proven to rapidly reduce emotional impacts that cause spiritual, mental, emotional or physical dis-ease.

### EFT Process

You can view this [video](#) by Jessica Ortner to see the tapping process. She uses the words, "I deeply accept myself" whereas I like to use, "I deeply and completely love, accept and forgive myself."

**Step 1:** Think of an issue you'd like to release and assess how you feel on a scale of 1 (little intensity) to 10 (very intense).

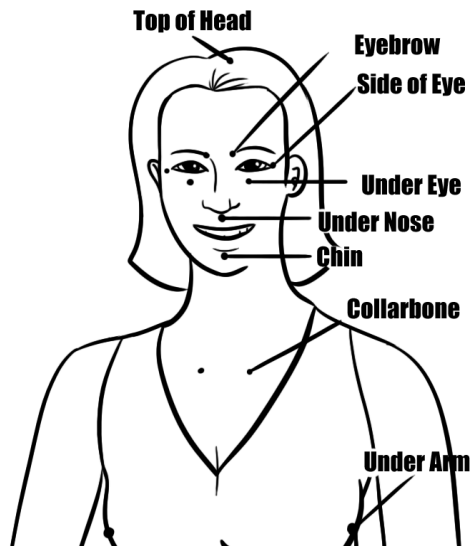
**Step 2:** Say your setup statement three times while tapping the Karate Chop Point (side of the hand).



Setup statement: "Even though I have this [INSERT ISSUE], I deeply and completely love, forgive, and accept myself." Repeat three times.

**Step 3:** Use 2-3 fingers on each hand to tap firmly but gently on each point of the diagram. Tap 3 to 5 times on each point, moving down the body. Starting at the eyebrow and finishing on the top of head. Say the reminder statement as you tap each point.

Reminder statement: "This [ISSUE]."



**Step 4:** Take a Deep Breath.

**Step 5:** Assess your intensity level on a scale of 1 (little intensity) to 10 (very intense). If the intensity is greater than 2, then continue on to Step 6.

If it's a 0 or 1, keeping your head still, look at a point between your toes, and move your eyes up until they reach a point where you're looking at the ceiling. Do this while repeating, "This [ISSUE]" as you move your eyes up from the floor to the ceiling. This should take you to a zero-level intensity, and the process is complete for that issue. You can finish or move onto the next concern.

**Step 6:** Repeat the Setup Statement three times while tapping the Karate Chop Point (side of the hand):

**Step 7:** Start tapping points while saying the Reminder Statement as you tap on each of the points.

**Step 8:** Take a Deep Breath.

**Step 9:** Assess your intensity level on a scale of 1 (little intensity) to 10 (very intense). If the intensity is greater than 2, then go back to Steps 6 through 8. If it's a 0 or 1, then the process is complete for that issue and you can finish or move onto the next concern.

**REPEAT STEPS AS NECESSARY UNTIL YOU ACHIEVE AN INTENSITY OF 0 OR 1**