

## **EFT – Emotional Freedom Technique**

### **THE BASIC RECIPE**

- 1. The Setup...**repeat 3 times this affirmation

“Even though I have this \_\_\_\_\_,

I deeply and completely love and accept myself”

while continuously rubbing the Sore Spot (or tapping the Karate Chop point).

- 2. The Sequence...**Tap about 7 or so times on each of the following energy points while repeating the Reminder Phrase focusing on the issue at each point.

**EB, SE, UE, UN, Ch, CB, UA, BN, Th, IF, MF, BF, KC**

- 3. The 9 Gamut Procedure...**Continuously tap on the Gamut point while performing each of these 9 actions:

**(1)** Eyes closed **(2)** Eyes open **(3)** Eyes hard down right **(4)** Eyes hard down left  
**(5)** Roll eyes in circle **(6)** Roll eyes in other direction **(7)** Hum 2 seconds of a song  
**(8)** Count to 5 **(9)** Hum 2 seconds of a song.

- 4. The Sequence (again)...** Tap about 7 or so times on each of the following energy points while repeating the Reminder Phrase focusing on the issue at each point.

**EB, SE, UE, UN, Ch, CB, UA, BN, Th, IF, MF, BF, KC**

**Note:** In subsequent rounds The Setup affirmation are adjusted to reflect the fact that you are addressing the remaining problem.