

Emotional Freedom Technique™

“The cause of all negative emotions is a disruption in the body’s energy system.”

Gary Craig (EFT Founder)

Gary Craig’s website: www.emofree.com

This is the short version of EFT developed by Gary Craig. This flyer is for information purposes only. If you choose to learn and use EFT it is recommended you purchase training materials from www.emofree.com or work with an experienced EFT practitioner.

THE BASIC RECIPE

1. The Setup:

—Determine what your issue is. Rate the intensity of the issue using a scale of 1 to 10 with 10 representing the highest intensity.

—Choose a few words that represent your issue and will be your ‘Focus Phrase’ (such as “pain right foot, angry at Billy, fear of scurrying mice”).

— While gently tapping the ‘karate chop’ with two or three fingertips, fill in the blank with your issue and repeat 3 times:

“Even though I have this _____

I deeply and completely love and accept myself.”
(You may substitute whatever words feel right for you, such as “Even though I have this..... I’m okay, or I’m a good person,” etc.)

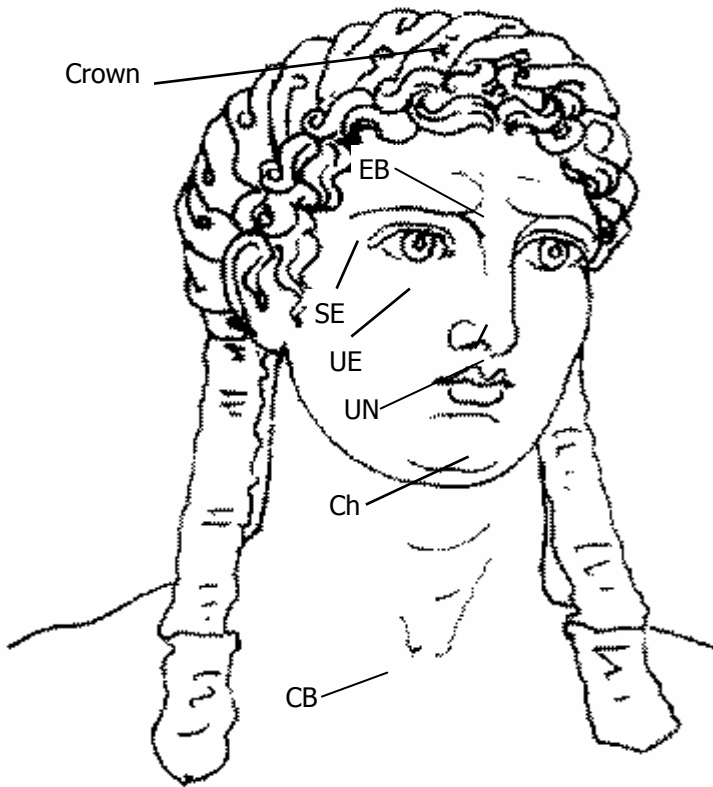
2. **The Sequence:** Focus on your ‘Focus Phrase’ while tapping gently with two fingertips about 7 times on each of the energy points on either side of the body:

Crown, EB, SE, UE, UN, Ch, CB, UA (see Key)

5. **Take a deep breath and rate your issue** now, in this moment on a scale of 1-10.

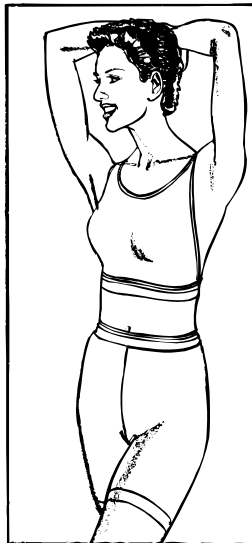
6. **Repeat subsequent rounds** to lower the number of intensity for your issue.

NOTE: In subsequent rounds the Setup affirmation and the Focus Phrase are adjusted to reflect that you are addressing the REMAINING problem (“Even though I have this remaining pain, feeling, etc. I deeply and completely love and accept myself.”)



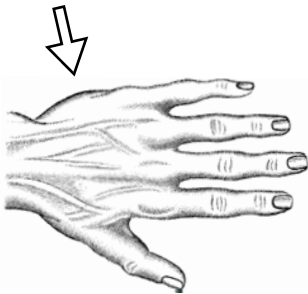
KEY

KC = Karate Chop
Crown = Top of head
EB = Eyebrow
SE = Side of eye
UE = Under eye
UN = Under nose
Ch = Chin
CB = Collarbone
UA = Under arm



UA

KC
Karate Chop



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May you walk with Purpose and Grace no matter the circumstance.