

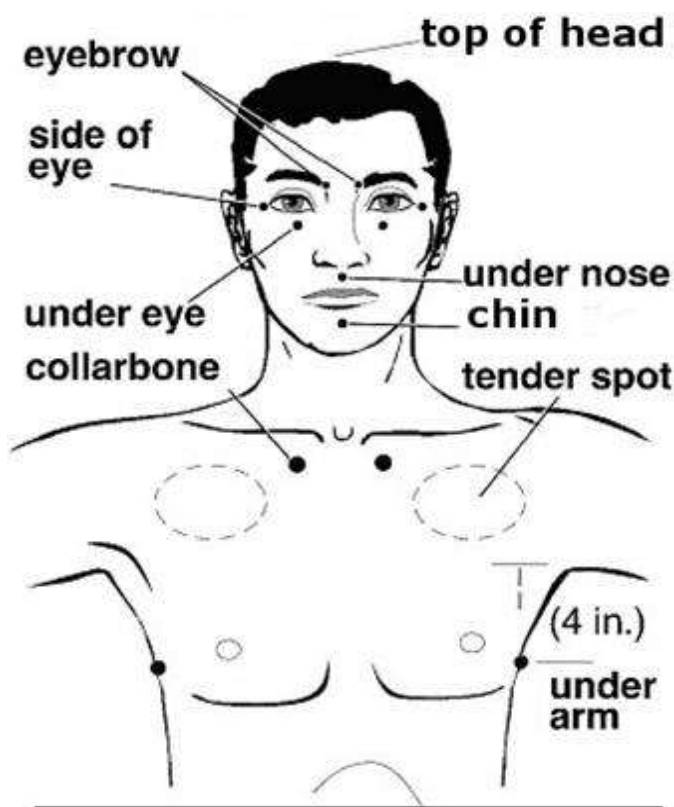
THE BASIC (Short form) EFT SEQUENCE

1. **Awareness:** Tune into the problem, be specific notice any physical/ emotional mental stress, tension, suffering or pain,
2. **Note your Emotional Intensity and then compose The Setup Phrase* (to correct Psychological Reversal)**
3. **The Sequence**

The Setup... Repeat your chosen setup phrase 3 times for e.g., "Even though I have this _____ (for eg. Hideous headache...Reminder Phrase) _____ I deeply and completely accept myself." while continuously tapping the Karate Chop point or rubbing the Tender Spot

After completing the Setup Tap about 7 times on each of the following energy points while repeating the **Reminder Phrase** at each point.

Top of head
Eyebrow
Side of eye
Under eye
Under nose
Chin
Collar bone
Under Arm
Thumb
Index Finger
Middle Finger
Baby Finger
Karate Chop point



4. **Tune in again to the issue and notice any remaining intensity and proceed to tap yourself FREE.**

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

If you get stuck

Sometimes you might not seem to be making any progress. If this is the case then you might try one of the following to help.

- Try a different set-up phrase.
- Make sure you are being as specific as possible.
- Drink a glass of water, this helps move things and may give insight. Move around, some gentle exercise may help shift whatever is stuck.
- Say the set-up and reminder phrases with force, exaggerate the wording, "this really, really terrible headache".
- Book a session with a AAMET qualified EFT Practitioner

With a little persistence most people experience amazing EFT results

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