

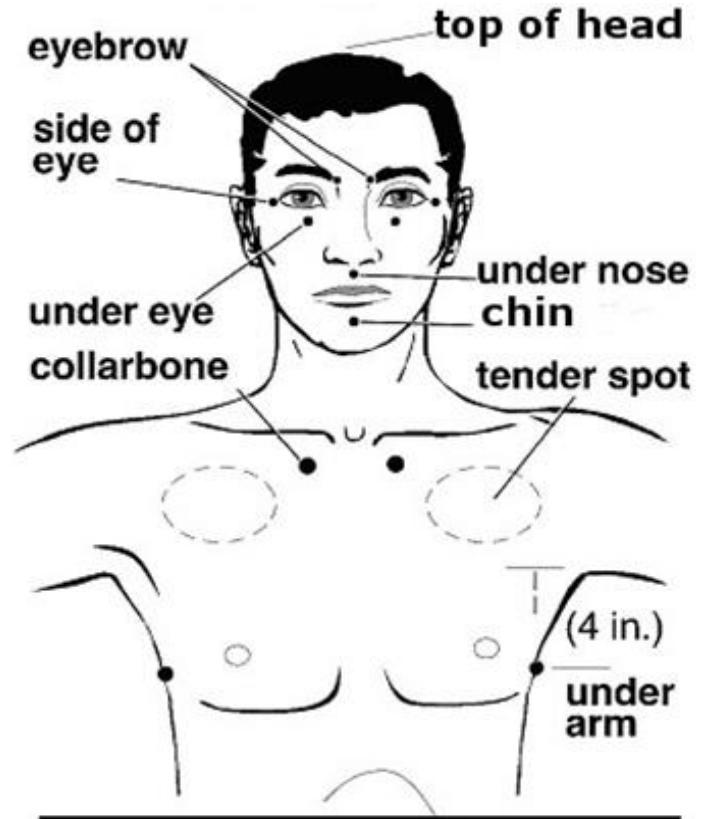
# THE BASIC (Short form) EFT SEQUENCE

## 1. Awareness: Tune into the problem, notice any physical/ emotional mental stress, tension, suffering or pain, and then compose The Setup

**The Setup...** Repeat your chosen setup phrase 3 times for e.g., "Even though I have this \_\_\_\_\_ I deeply and completely accept myself." while continuously tapping the Karate Chop point or rubbing the Tender Spot

## 2. The Sequence... 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



## 3. 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".
- Try the 9 Gamut procedure between rounds, more in the EFT Introductory Guide
- Book a session with a [AAMET](http://www.aamet.org) qualified EFT Practitioner

*With a little persistence most people experience amazing EFT results*

