

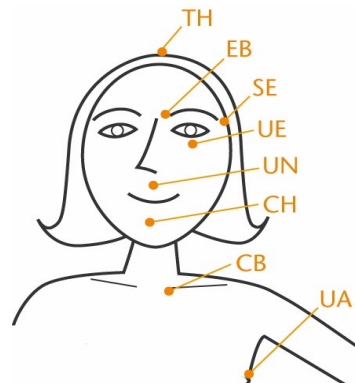


## Emotional Freedom Techniques (EFT) Tapping The Basic Recipe

1. Choose an **emotional** issue (sadness, anger, fear...) or **physical** symptom (craving, headache, knee pain...) to focus on. For emotional issues, use specific events when you have felt that way. For example: *'That argument with my friend at my 9<sup>th</sup> birthday party.'* For physical issues get as specific as possible. For example: *'The constant, sharp pain in my lower back.'*
2. Estimate the **intensity level** of your feelings on a scale from 0 to 10, where 0 is no distress at all and 10 is maximum distress.
3. The EFT **setup statement** is where we acknowledge the problem and we accept ourselves anyway! Repeat the setup statement three times while continuously tapping the **side of the hand point** on either hand saying: *"Even though I have this \_\_\_\_\_ (name the problem), I deeply and completely accept myself."* (Alternative statements are available if that is uncomfortable for you to say.)



4. The **Tapping Sequence**: Tap about 7 times on each of the **tapping points** shown (either or both sides), while repeating a **brief phrase** that reminds you of the problem. For example: *"This low back pain."*



5. Estimate your **intensity level** again on a scale from 0 to 10. If it's still above a 5, tap the side of the hand point and say: *"Even though I still have some remaining \_\_\_\_\_ (problem), I deeply and completely accept myself"* and then repeat the tapping sequence.
6. Once your intensity level is as close to 0 as possible, or at least below a 3, you can do a round of **positive tapping**. For example: *"I choose to let go of this pain now. I am safe."*

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Provided by Terry Maluk, EFT Tapping Coach  
[terry@efttappingsource.com](mailto:terry@efttappingsource.com) ~ 864-810-1207  
Website: [EFTTappingSource.com](http://EFTTappingSource.com)  
Facebook: [facebook.com/efftappingsource/](https://facebook.com/efftappingsource/)