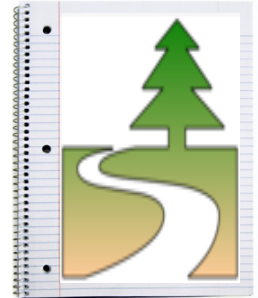


“Follow The Trail” EFT

“Follow The Trail” is a step-by-step, intuitive approach to EFT. It encourages tapping through each negative thought or feeling that comes to mind *about* your original issue. When you write down and tap through one word or phrase at a time, you give yourself the gift of being very present with yourself. This slow EFT approach allows you to tap into the potential for greater relief and insight on your own. Once you become comfortable *following the trail*, each step in The EFT Workbook will gently guide you on a journey towards greater understanding and relief by bringing your attention to *core issues* – the thoughts, beliefs and emotions that drive your challenge from behind the scenes.

The Original Issue: On a sheet of paper, write down some words that describe your challenge, discomfort, unease, fear or pain – where you stand right now: _____.

Measure the Intensity: (0-10) Before EFT: ___ After EFT: ___



How to “Follow the Trail:” In Part 1, begin by writing down one word or phrase that comes to mind *about* your original issue, then speak and tap that one word or phrase through the 9 points in the EFT Sequence. Wait until you have finished tapping, then write down the next word or phrase that comes to mind and tap again. Write, then speak and tap. Write, then speak and tap, etc.

As you begin experiencing relief, however slight, notice any positive thoughts, insights or ideas that are coming to mind. Write these down, without tapping, in Part 2. Continue to write, speak and tap with Part 1 until you feel a solid sense of relief. When you decide to finish, measure the intensity of your original issue one last time.

Part 1 – Negative Emotions, Self-Talk, Mental Chatter, Fears etc.: Start with one negative thought you are having about your challenge or the fact that this is going on for you. After tapping a full round, what is the next word or phrase that comes to mind? Tap with each word or phrase for a full 9-point Sequence.

Example: frustrated, guilty, what if it’s not good enough, etc.

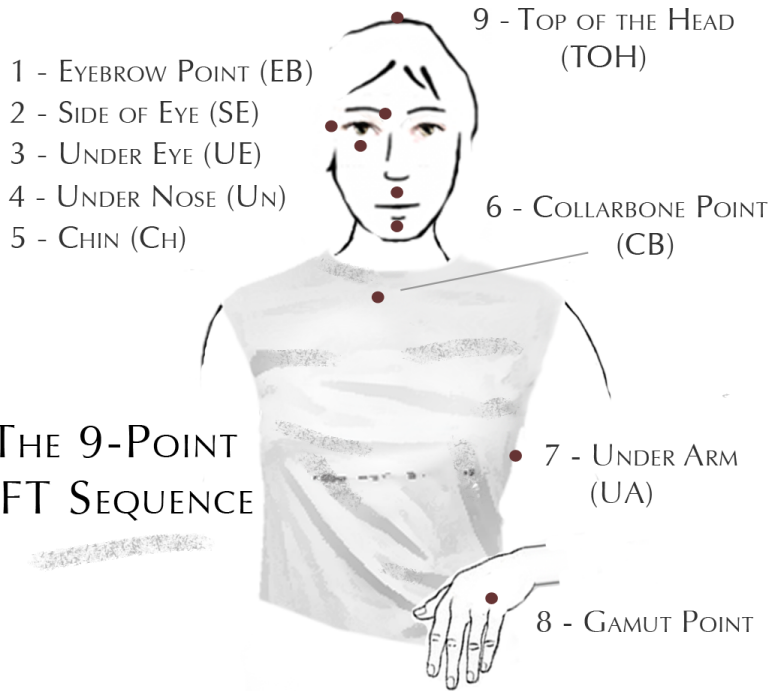
Part 2 – Positive Insights and Ideas

The 9-Point EFT Sequence

To *follow the trail*, speak the word or phrase you have just written while tapping on each point in the 9-Point EFT Sequence, beginning with the Eyebrow Point (EB) and finishing on the Top of the Head (TOH).

Example: Round 1

Eyebrow Point (EB): "frustrated"
Side of Eye (SE): "frustrated"
Under Eye (UE): "frustrated"
Under Nose (UN): "
Chin (Ch): "
Collarbone Point (CB): "
Under Arm (UA): "
Gamut Point: "
Top of Head (TOH): "



Example: Round 2

Eyebrow Point (EB): "guilty"
Side of Eye (SE): "guilty"
Under Eye (UE): "guilty"
Under Nose (UN): " etc.
...

FAQs:

Q: What about the EFT Setup or Psychological Reversal?

A: In my experience, when we are allowing the *aspects* of our challenge to rise up, there is no Psychological Reversal, because nothing we are going to say or write or tap is off limits. In other words, by allowing whatever is there, we are not necessarily *resisting* anything in our present experience. Of course there are many benefits to the EFT Setup, but for this protocol it is not necessary.

Q: How can I get more out of tapping and following the trail?

A: If you resonate with the *follow the trail* practice, there are a number of core EFT considerations to keep in mind as you tap by yourself (or assist someone else). Check out the full 40-Page "Follow The Trail" EFT Workbook (<http://www.EFTfree.net/get-the-eft-workbook>), which features step-by-step instructions, reference pages and companion audios to help you get the most out of your personal practice.