

The ABCs of EFT

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AWARENESS: Bringing awareness to an uncomfortable experience is the first step to using EFT (Emotional Freedom Techniques). What is upsetting you right now? Notice any tension, pain, memory or craving you are experiencing. Give it a name. Be specific and get as detailed as you can. For example: *“Not supported by my husband/wife,” “Stabbing pain in my shoulder,” or “This feeling of struggle and pain all over,” etc.* How does having this make you feel? What is the intensity of this issue on a scale of 0 (lowest) to 10 (highest)?

BALANCING: Holding the energy of the problem together with an affirmative statement helps us release resistance and prepares us for the changes we say we want. Speak three times out loud as you tap the Karate Chop Point (Side of the Hand) or rub the Sore Spot: *Even though I have describe the problem, I am OK (or it is OK) anyway.*

CLEARING: Keeping a focus on the energy of the problem while tapping helps clear it. While tapping with two fingers on the Eyebrow Point, speak a few words that describe your problem. Repeat the same word or phrase while tapping each point in the 9-Point EFT Sequence:

- 1 EB describe the problem
- 2 SE “
- 3 UE “
- 4 UN “
- 5 Ch “
- 6 CB “
- 7 UA “
- 8 Gamut Point “

Finally, tap the Top of the Head (TOH) with all fingertips: **9 TOH** describe the problem

Take a deep breath and close your eyes for a moment. What feels better? Measure again and repeat ABC on the remainder of the problem: *“Even though I still have some of this _____”* or on another aspect that emerges. To learn more about EFT, download a free manual at www.EFTFree.net/get-the-eftfree-manual

