

How-to-do Emotional Freedom Technique

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Remembering Wholeness: A Personal Handbook for Thriving in the 21st Century

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Tapping certain acupressure points along your meridian pathways will move stuck, blocked energy. Use this technique to clear unwanted feelings, thoughts, cravings, physical pain and anything else that is disruptive to your life!

1. Choose the specific issue or problem for treatment
2. Determine SUD's (subject units of distress) rating on a scale of 1 to 10. (10=highest distress)
3. Perform set-up to treat psychological reversal:

While tapping the karate chop point on both hands, repeat the following affirmation: ***“Even though I have this (STATE THE PROBLEM), I deeply and completely accept myself and my feelings.”***

4. Tap the following points while repeating the "reminder phrase" and various statements dealing with the problem. Reminder phrase is: "I am releasing (whatever the problem is), I am letting it go now."

For example if you are feeling "sad or depressed" start by saying: "Even though I am feeling sad and depressed, I deeply love and accept myself." While tapping the points below continue saying statements like: "I am releasing these sad and depressed feelings, I am letting them go." Keep tapping (5-6 times per point below), making random statements about your sadness and depression, while throwing in the reminder phrase.

- Inside of eyebrows
- Sides of eyes
- Under eyes
- Under nose
- Chin
- Collarbone
- Under arm
- Head

5. Clench the right hand into a fist and rub clockwise over your heart repeating the forgiveness statement: ***“I forgive myself for this (PROBLEM) I am doing the best I know how.” “I forgive (SO AND SO) for their (PROBLEM), they are doing the best they know how.”***
6. Assess SUD’s rating.
7. Perform set-up while tapping karate chop spot, repeating the revised affirmation: “Even though I STILL have SOME of this PROBLEM, I deeply and completely accept myself and my feelings.”
8. Reassess SUD’s level. Repeat if necessary.
9. Change to other ASPECTS OF PROBLEM and repeat the treatment steps.
10. When you have brought the SUD's level down and you are beginning to feel better, tap on the above points in step 4 repeating positive affirmations. For example if you were clearing sadness and depression, you could use statements like the following while tapping on each point 5-6 times.
 - I love and accept myself
 - I am worth feeling happy
 - This sadness is now gone
 - The little girl/boy inside of me can heal now
 - I am safe
 - I am knowing who I am and why I am here
 - God loves me, I am safe
 - I am whatever I think I am
 - I now choose to love and accept myself
 - It is good to be alive
 - I can let my light shine now
 - It is totally normal to be happy
 - I am turning negative emotion into positive emotion
 - It is my turn for happiness!
 - Life is good, life is easy, my life is an abundance of wonderful blessings, I count!
 - I am what I think I am
 - I am turning negative energy into positive energy easily and quickly

For more information on EFT and other energy therapies go to www.youremotionalhealing.com

For more information on Carol Tuttle’s book, ***Remembering Wholeness: A Personal Handbook for Thriving in the 21st Century*** and her audio CDs, DVDs and Home Study Courses, go to www.caroltuttle.com