

EFT Basic Recipe

- The set up repeating the affirmation 3 times whilst tapping the 'karate chop' point
- Reminder phrase repeated whilst tapping on each of the other points
- A deep breathe in and out
- If there is anything remaining, do the set up and points again using the subsequent round phrases

The Setup

You repeat an affirmation 3 times while you tap the 'karate chop' point.

Example of affirmation:

Even though I have....., I deeply and completely accept myself.

Even though I have this fear of going out, I deeply and completely accept myself.

Even though I have this anxiety, I deeply and completely accept myself.

Even though I have this pain in the front of my left thigh, I deeply and completely accept myself.

Example of Reminder Phrase:

This... ie. This fear of going out

This pain in the front of my left thigh

Points:

Tap using two fingers (index and middle):

EB: Beginning of EyeBrow

SE: Side of the Eye

UE: Under the Eye

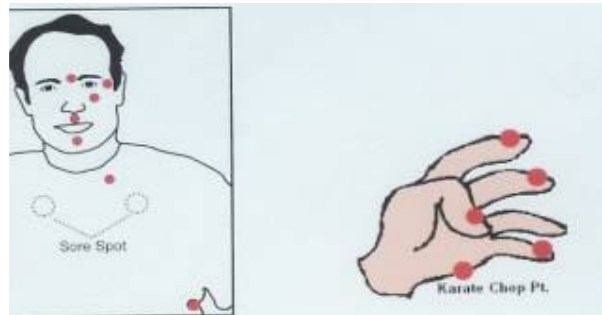
UN: Under the Nose

Ch: Under the bottom lip and above chin

Tap with Fist: CB: Collarbone (where you would knot a tie)

Slap with Hand: UA: Under the arm

Tap with all fingers: TH: Top of head



Example of Subsequent Round Affirmation:

Even though I still have some ofleft, I deeply and completely accept myself.

Even though I still have some of this fear of going out left, I deeply etc..

Even though I still have some of this anxiety, I deeply etc..

Even though I still have some of this pain in the front of my left thigh left, I deeply etc..

Example of Subsequent Round reminder phrase:

This remaining... ie. This remaining fear of going out

This remaining pain in the front of my left thigh

Note: Whilst these techniques have achieved excellent results, they are not a replacement for appropriate medical care. Where appropriate, these techniques should always to be used in conjunction with medical consultation and care from a qualified physician or specialist.

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Telephone: 0845 158 4948 Mobile: +44 7886 816691 [Email: info@raincastles.co.uk](mailto:info@raincastles.co.uk)