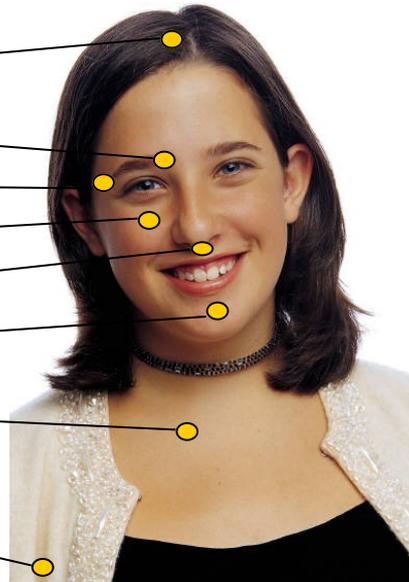


EFT on a page

- TH—Top of Head
- EB -Beginning of Eyebrow
- SE—Side of Eyebrow
- UE— Under Eye
- UN—Under the Nose
- Ch - Middle of Chin
- CB—Beginning of the Collarbone
- UA—Under Arm
(10 cm under the armpit)



1. Think about an issue that bothers you. On a 0 - 10 scale assess how much a part of the issue (or an aspect of it) bothers you now as you start to think about it? (0 - not bothered at all and 10 - a huge amount).

2. **The Set-Up** - To create a set-up statement, describe an aspect of how you feel out loud and finish the sentence with something accepting about yourself. For example, *'Even though, I am scared I will forget everything, I love and accept myself'* Repeat this set-up statement three times while you tap firmly with three fingers on the friendly point of your opposite hand.



FP— Friendly Point

3. **A Tapping Round** - Now shorten this set-up statement into a few words that reminds you what you are feeling. This helps your mind and your body to keep 'tuned in', eg. *'feeling really scared'*. To start a round of tapping, say the phrase as you tap a few times on top of the head. Repeat tapping and saying the phrase on each point, EB, SE, UE, UN, CH, CB and UA. This completes one shortcut round of tapping. Start again at the top of the head and do another complete round.

4. **Measuring change** - Now relax your body and mind and breathe in slowly and let out the breathe slowly and deeply. Now to check how you feel on the aspect you have just been focussing on. From the 0-10 scale how much the feeling is now. If the feeling has gone down but not gone away completely yet, there is more you can do.

5. Ask yourself 'How do I feel about it now, is it the same feeling? Would I describe it differently now?' Choose a new phrase that show how you feel now to create a new set-up. Follow again from step 2 to step 4. You may say something like, *'Even though I still have some of this, I love and accept myself'*

6. Check your number feeling level again. Keep repeating from the step 2 until you are down to zero. You may wish to continue to use EFT on another aspect of the problem, eg. *'Even though I feel under pressure to do well, I love and accept myself'*, and carry from step 2 as many times as you need.