

EMOTIONAL FREEDOM TECHNIQUE

FIVE EASY STEPS

1. Choose a problem.
 2. Tune in and rate the intensity of your negative feeling from 0-10.
 3. State this Affirmation three times while tapping the Karate Chop spot or rubbing the Tender spot (See the chart of energy points)." Even though I have this problem, I completely accept myself."
 4. Tap the remaining energy points (eyebrow, side of eye, under eye, under nose, under lip, under collarbone, under arm) as you speak a reminder word or phrase such as: "this problem," "my anger/fear/guilt," or "releasing this problem."
 5. Take a deep breath. Take stock. What is your rating now? Notice any new thoughts or memories and practice Step 4 on each one until it is neutralized.
- Return to the original problem and repeat Steps 4 and 5 until you reach zero or the problem is resolved. Zero means that you no longer feel any negative charge.

