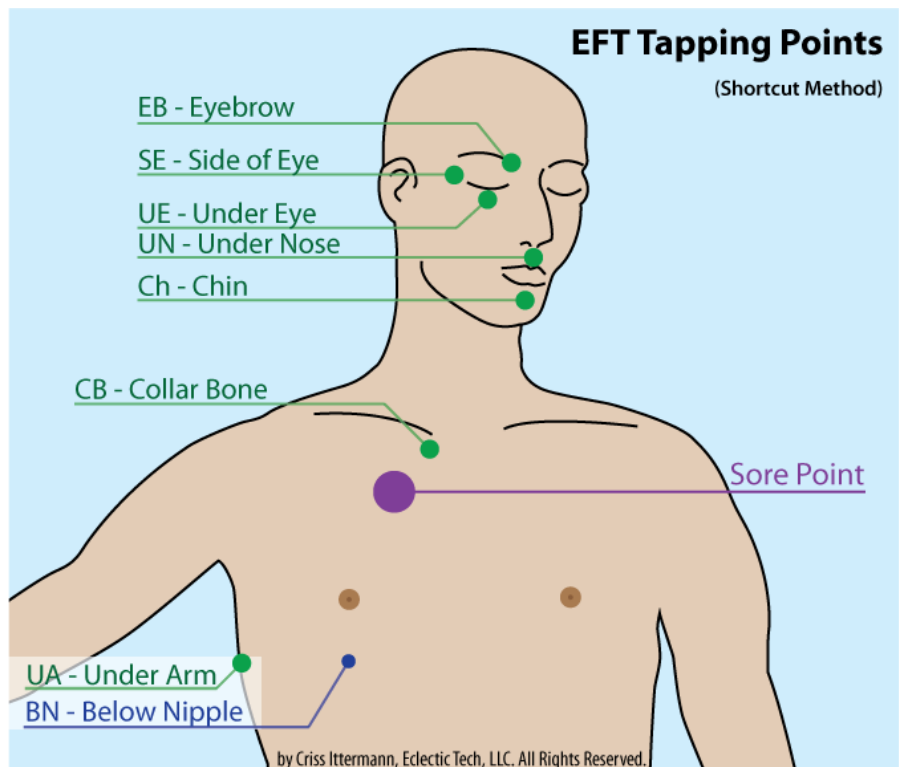


# EFT in a Nutshell

1. Discovery Statement: Define the problem succinctly. Be specific, take aim at specific emotional events, be persistent, repeat on aspects. "Try it on everything!" Pick a "Reminder Phrase" (RP) to describe the issue.
2. Use an intensity meter to rate the emotional intensity of this problem RIGHT NOW (0-10).
3. The Basic Recipe:

A. The Setup: Repeat 3 times while tapping the karate chop point or rubbing SP:  
"Even though I [have this...] [still have some of this...]\_\_RP\_\_, I deeply and completely accept myself."

B. The tapping sequence: Tap about 7 times on each of the following energy points while repeating reminder phrases ("this [remaining] \_\_RP\_\_"): EB, SE, UE, UN, Ch, CB, UA, (optional: BN, TH, IF, MF, BF, KC) (see next page: thumb, index finger, middle finger, baby finger, karate chop point)



- C. (Optional) the 9 Gamut Procedure (while tapping the Gamut Point (GP)):
- A. Eyes Closed
  - B. Eyes Open
  - C. Eyes Down Hard Right
  - D. Eyes Down Hard Left
  - E. Roll Eyes in Circle
  - F. Roll Eyes Other Direction
  - G. Hum 2 seconds of a song
  - H. Count to 5
  - I. Hum 2 seconds of a song
- D. Repeat the sequence again from B.
- E. Check the intensity meter if > 0, repeat steps B to D, adjusting phrases to the "remaining" problem.
- F. Check for aspects.

## EFT Tips

**Be persistent:** Try again — different times, places, different days, see if your results improve. Also keep an eye out for aspects of the issue, and work on them.

**Floor to ceiling eye roll:** If you knock down the intensity to a 1-2 this can replace the final EFT round. Tap the GP and look straight ahead. Drop eyes and slowly roll to ceiling for about a count of 6. Can use the RP during this.

**Shortcuts:** you do NOT need to use shortcuts!!

- setup is not always needed; it works on reverse polarization, and about 40% need it.

- don't usually need full sequence once proficient. Generally can stop before BN or finger points.

- can try eliminating the 9 Gamut Procedure - if not, put it back in.

**Being Specific -> Generalization:** Dig in to the specific trees in the forest of the problem. "Even though my 3rd Grade Teacher embarrassed me in front of the class...". Find the true contributors that caused the problem(s). As the forest thins, it can effect similar or same causes for other things. Eliminate several aspects and the forest falls. Sometimes it may seem specific, but it may not be specific enough.

**Discovering Aspects:** Clients won't recognize aspects, so help them find the nested issues or tangential issues. "What about \_\_ bothers you the most?" "What else about \_\_ bothers you?" The list can be quite long, tap until there's nothing left that bothers them. Test by asking them to play their mental movie. Aspects can be emotions.

**Tell the Story technique (similar can be a Movie technique):** This is easy to perform, eases any perception of "weirdness", helps find aspects, is more gentle than diving straight into high-intensity issues, and gives very solid information on progress. **Start:** How do they feel about telling the story? Intensity? (Do rounds of EFT for these emotions too.) "Even though I'm afraid to tell the story..." Once you get to intensity 0-3, start the story from the very beginning before there was anything to be concerned about to ease into it — instruct them to stop when they feel any intensity whatsoever — don't "tough it out" just really stop when you feel the feelings. Client narrates a specific event, and you stop to tap whenever they get to any emotionally intense parts of the story. Check in frequently for their intensity meter. Each stopping point is another important aspect, and can bring you to deeper issues. You can start the story over again from the start, or ask if they want to continue from where they left off. Still, repeat the story from the start several times, working on anything over a 0, until they tell the story as nonchalantly as if it were a shopping trip. Then have them close their eyes and picture the whole event as vividly as possible even trying to get themselves upset, and stop if anything comes up and do more rounds of EFT. Last test would be to physically visit the place it happened if that's possible.

