

EFT BASICS – Shortcut Version

THE DISCOVERY STATEMENT

The cause of all negative emotions is a disruption in the body's energy system.

HOW TO USE EFT

Memorize the basic shortcut tapping sequence described below. Use the same process for any emotional or physical problem. Customize it for each issue with a Setup Phrase and a Reminder Phrase. Remember to be specific when possible, and focus EFT at the root cause of an issue; the specific emotional events in your life that may underlie or exacerbate the problem. Be persistent and tap on as many aspects or pieces of the problem as you can identify, until the issue vanishes. Try EFT on everything!

1. Check Your Intensity: On a scale of 0 to 10, with zero meaning that the problem doesn't bother you at all, and 10 being maximum intensity, where are you right now? You don't have to relive a disturbing memory or get too drawn into a physical pain. Just guess your intensity level, if need be. EFT can be very gentle, without the need for tears or re-living any trauma.

2. The Setup: Repeat this basic affirmation, or a Choices phrase (see Variations section below), 3 times while continuously and simultaneously tapping on the "Karate Chop" point at the side of the hand:

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

3. The Sequence: Tap about 7 times on each of the following tapping points. Repeat the Reminder Phrase at each point. The Reminder Phrase is usually composed of either the problem ("*this _____*") or the affirmation portion ("*I deeply and completely accept myself,*" "*I choose _____*") of the Setup Phrase. Both are important, and I suggest that you do EFT tapping rounds using each portion of the Setup Phrase.

Eyebrow * Side of Eye * Undereye * Under Nose * Chin * Collarbone * Underarm * Top of Head

4. Re-check Intensity And Repeat As Needed: Check your intensity level again after tapping. Use the 0-10 scale again. Where are you now? If your intensity level is not zero, repeat the process above.

Note: In subsequent rounds of EFT, you will need to adjust the Setup and Reminder Phrases to reflect that you are now addressing the remaining problem. For instance, your Setup Phrase for subsequent EFT rounds may become "*Even though I still have some of this _____, I deeply and completely accept myself.*" And your Reminder Phrase becomes "**Remaining** _____." This is necessary because the subconscious mind is very literal and has already worked on the initial problem. We want to be sure it knows to work on what is left now, as you tap through subsequent rounds.

VARIATIONS FOR SETUP PHRASES

- Some people are unable to say the affirmation, "*I deeply and completely accept myself.*" If this is the case for you, you may instead use, "*I choose to have compassion for myself anyway,*" as an example. Or perhaps, "*I am learning to deeply and completely accept myself, a little more each day.*"
- The Choices method was developed by EFT Master, Dr. Patricia Carrington. This variation makes use of a choice instead of the basic "*I deeply and completely accept myself*" phrase. For example, a simple Setup Phrase for a fear, using the Choices method, might be something like: "*Even though I have this fear of _____, I choose to feel calm and confident instead.*"

IF IT "DOESN'T WORK"

It is important to note that this is the EFT shortcut version. There is a longer version called The Basic Recipe, which can be useful if you are not making good progress with the shortcut. You can learn The Basic Recipe, as well as other ways to increase your EFT success rates, by visiting www.emofree.com and downloading the free EFT manual, or by contacting an EFT practitioner for assistance. It can help to have someone to tap with you!