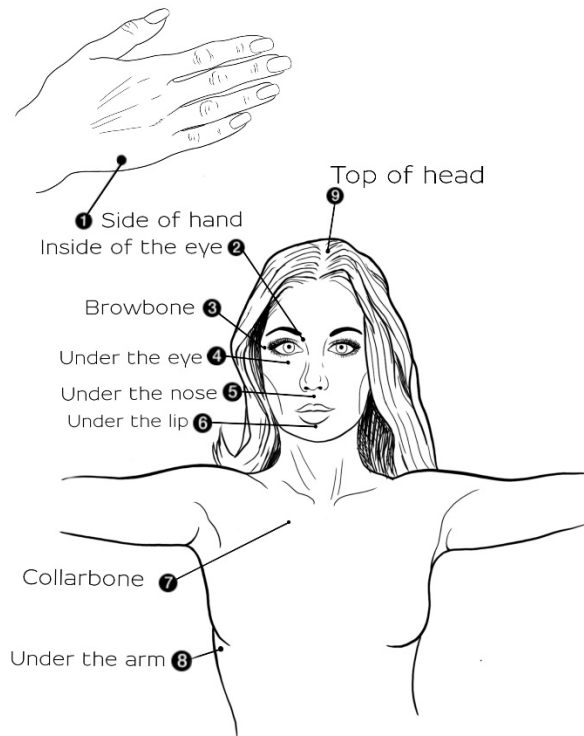


Emotional Freedom Techniques (EFT) or “Tapping”



Helpful resources:

TheTappingSolution.com

EFTUniverse.com

Emofree.com

TapwithBrad.com

DonMilton.net

DiscoverandServe.com

EFT is a simple, effective set of techniques that can be used by individuals and practitioners. For traumas or ongoing care, please seek the help of a professional. Carrie Radnov is an EFT Practitioner, but is NOT a Licensed Professional Counselor, or a Social Worker, or a medical doctor.

TAKE NOTES

Identify a specific trigger or point of pain, complaint...

Identify the emotions, e.g. frustration, humiliation, sadness, anger, disappointment, anxiety. . .

Give an intensity number to each emotion 0 – 10 with 10 the highest intensity

Locate where you feel this stress in your body and give it a number (you may or may not be able to find it in your body)

Set Up Statements:

(3 times, continue to tap on karate chop (side of hand point)

1. “Even though I have this _____” (one emotion at a time)
2. “I’m okay”/I love and accept myself/I’m a good person.

Reminder Statements:

Tap around the points in numerical order (5-8 times, lightly) while repeating a Reminder of your Set-Up statement, e.g. “this frustration”.

When you finish at the top of the head, you have finished 1 “round.”

Evaluate intensity changes and note other feelings that come up.

Continue until intensity is 0 or 1.

Work on next Emotion on your list.