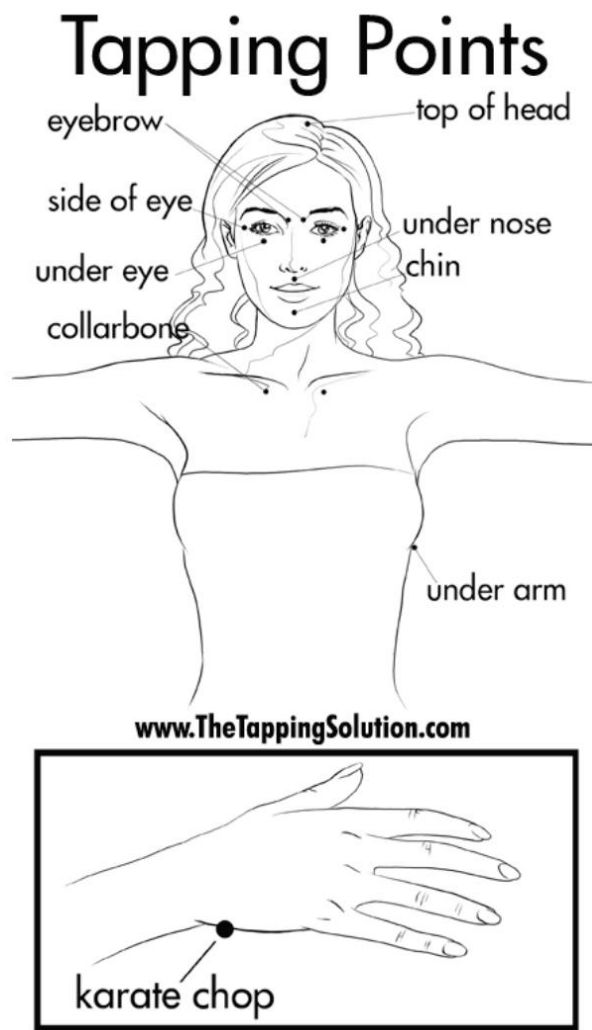


Integrative Emotional Freedom Technique (EFT) / Tapping



Process -

- 1. Identify the emotion and where you are feeling it in your body.**
- 2. Describe how it feels.**
- 3. Rank it in intensity from 0-10.**
- 4. Create a Set-up Statement that**
 - a) Verbalizes the emotion or physical condition and how it feels in the body.**
 - b) Affirms self acceptance “anyway”**

Example: Even though I feel fat and it makes my heart hurt, I love and approve of myself anyway.

Process – (cont)

5. Repeat this statement three times while tapping on Karate Chop point.
6. Tap through all the points several times while focusing on the problem and how it feels.
7. Then tap through the points affirming the desired outcome and how it feels, ending on the top of the head.
8. Breathe deeply inhaling healing energy into your mind and body and exhaling fully.
9. Now rank how you feel. If it is not significantly less or gone, repeat steps 6-9.

Set-Up Statements:

Even though _____

I _____

Even though _____

I _____