

## EFT Basic Recipe

### **Step 1: Choose a specific issue to address.**

For EFT to be most effective, you need to be as specific as possible. The more particulars you can pinpoint, the better chance you have of rewiring your brain's response to it. That being said, for the video example I am staying very general since I am working with so many people at once. The issue I use in the example is "this discomfort." When you try it for yourself, however, try getting more specific such as *this throbbing in my head, this tightness in my chest* or whatever feels true for you today.

### **Step 2: Rate the intensity on a 0-10 scale**

Once you have narrowed your issue as specifically as you can, give it a rating on a 0-10 scale. This is called the SUDS or Subjective Units of Distress Scale. Tune into your issue and see how much distress it brings up for you *right now*. 0 would be no distress at all, while 10 is the most distress you can imagine. Don't worry about getting the number right. Remember, this is a *subjective* rating – what you feel in the moment. There is no objective right answer. It is more about creating a baseline to determine progress.

### **Step 3: Create a set-up statement**

Next you will create what is called a "set-up statement." The basic set-up statement goes something like this:

*Even though \_\_\_\_\_ (fill in the blank with your issue), I deeply and completely accept myself.*

Using the above examples you might say:

"Even though I have this throbbing in my head, I deeply and completely accept myself."

Or "Even though I have this tightness in my chest, I am working on accepting myself."

### **Step 4: Create a reminder phrase**

From the set-up statement, create a reminder phrase to use throughout the tapping sequence. The reminder phrase is short – just a couple of words to help you tune into your problem at each point. The simplest choice at first is to stick with one phrase throughout all the points. From the above examples:

"This throbbing in my head..."

"This tightness in my chest..."

**Step 5: Tap on the Karate Chop point while saying the set-up statement three times.**

Now we are ready to begin tapping! We will start with the karate chop point, which is the fleshy part of the hand below the little finger. (See illustration) You may tap with either hand at a pace and force that feels right to you. Say the set-up statement three times while tapping on this point. It may feel strange or silly, but stick with it! This is where the magic begins.

**Step 6: Tap through the meridian points in the EFT sequence while saying your reminder phrase.**

Once you have said your set-up statement three times while tapping on the karate chop point, you are ready to tap through the eight points in the EFT sequence while saying your reminder phrase. Tap five to seven times at each point at a speed and force that feels comfortable to you. You may use either or both hands. The eight points are as follows: (see illustration)

- 1 Top of head
- 2 Inner eyebrow
- 3 Side of eye
- 4 Under eye
- 5 Under nose
- 6 Chin
- 7 Collarbone
- 8 Under arm

**7. Take a deep breath and rate the intensity of the issue again.**

When you have finished tapping through the eight points take a deep breath and tune into your body. Did the intensity go down? Did the issue shift? Do you feel more relaxed? These are all signs that the tapping is working! Occasionally, the intensity may go up. If this happens, do not fear. It only means you have tuned into your issue more and you need to tap... Which brings us to the last step...

**8. Repeat the steps until you get the relief you desire.**