

EFT PROCEDURE

1. **The Setup** ...Repeat 3 times this affirmation:

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

or *"Even though I still have some of this _____
I deeply and completely accept myself."*

while continuously rubbing the Sore Spot.



2. **The Sequence** ...Tap about 7 times on each of the following energy points while repeating the Reminder Phrase at each point.

EB = Beginning of the EyeBrow

SE = Side of the Eye

UE = Under the Eye

UN = Under the Nose

Ch = Chin

CB = Beginning of the CollarBone

UA = Under the Arm

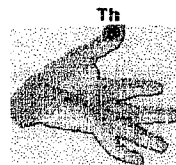
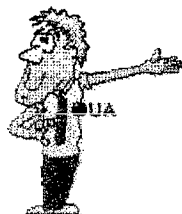
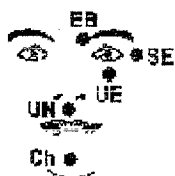
Th = Thumb

IF = Index Finger

MF = Middle Finger

BF = Baby Finger

KC = Karate Chop



3. **The 9 Gamut Procedure** ...Continuously tap on the Gamut point while performing each of these 9 actions: (1) Eyes closed (2) Eyes open (3) Eyes hard down right (4) Eyes hard down left (5) Roll eyes in circle (6) Roll eyes in other direction (7) Hum 2 seconds of a song (8) Count to 5 (9) Hum 2 seconds of a song.



4. **The Sequence (again)** ...Tap about 7 times on each of the following energy points while repeating the Reminder Phrase at each point.

EB, SE, UE, UN, Ch, CB, UA, Th, IF, MF, BF, KC

Note: In subsequent rounds The Setup affirmation and the Reminder Phrase are adjusted to reflect that you are addressing the *remaining* problem.