

## VERY BASIC EFT INSTRUCTIONS

If you're starting with a feeling or general issue, close your eyes and identify a SPECIFIC event that embodies it or made it worse.

Boil it down to a "title" i.e., a complex issue at your work might be boiled down to "Boss insulted me in big meeting." If you can't identify an event, you can boil it down to having a feeling, i.e., "I have this anxious feeling about my health."

### HOW CHARGED IS IT?

From 0 to 10: 10 being "my head is exploding" down to 0 being "who cares." Give it a number. (jot it down)

### SET UP PHRASE:

Tapping on "Karate Chop point" the side of your hand, say aloud, "**Even though...** [boss insulted me at big meeting] your event title, or [I have this anxious feeling about my health] your feeling title... **I deeply and completely love and accept myself.**

If that does feel absolutely true in this moment, try one of these alternatives:

...I honor these feelings I have

...I respect and validate my response.

...I choose to accept my feelings and myself

...In this moment, I'm safe.

Or simply:

...I'm Okay.

### REMINDER PHRASES

As you tap on the points shown, use a short phrase that reminds you of the feeling or event. i.e., "Bosses Insult" "Insulting Boss" "He insulted me" "that meeting was bid" etc.

If insights arise, pay attention to them! That is how our unconscious works. Continue with the first event, but note the insight will be used in the following round(s).

### CHECK YOUR EMOTIONAL INTENSITY.

Hopefully it will be dropping and be as low as 2 or 3 by the time you finish.

Don't worry if it's higher. We can leave the door open for "more work to do with this."

