

# EMOTIONAL FREEDOM TECHNIQUES PROCEDURE

1. The Setup ... Repeat the following affirmation three times. This will treat psychological reversal.

"Even though I feel \_\_\_\_\_  
I deeply and completely accept myself."  
Or I love and accept myself

Or "Even though I still feel \_\_\_or have remaining. \_\_\_  
I deeply and completely accept myself."



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 Eye Brow

SE = Side of the Eye

UE = Under the Eye

UN = Under the Nose

Ch= Chin

CB = Beginning of the Collar Bone

UA = Under the Ann

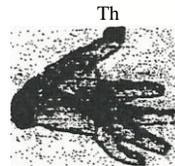
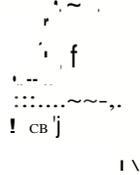
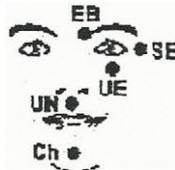
Th=Thumb

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, VA, Th, IF, MF, BF, KC

5. In subsequent rounds adjust the Setup to reflect you are addressing the remaining problem.