



# CLINICAL EFT BASIC "RECIPE"

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## STEP ONE: RATE YOUR LEVEL OF ACTIVATION



Assign a number to the issue you wish to tap on. This number indicates how "activated" you are by this issue. If it is a physical pain a 0 would be no pain, a 10 would be the most pain possible.

For an emotional issue, a 0 might be "This issue is not at all affecting me and does not bother me" and a 10 might be "I can't think about this without feeling like I'm going to explode". Write down the number and where in your body you are feeling the effects of this issue.

## STEP TWO: CREATE YOUR SET UP STATEMENT

Insert the name of your issue into the statement:

*Even though I have this (name the specific issue), I deeply and completely accept myself and how I feel.*

*This helps you name your issue and accept it in the present moment*

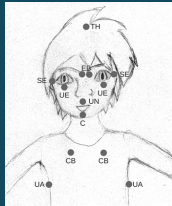
## STEP THREE: TAP ON THE "KARATE CHOP" POINT



Tap continuously on the karate chop point on the side of your hand while you recite the Set Up Statement from step 2 three times.

The karate chop point is located on the fleshy part of the side of your hand below your pinky finger. It is ok to tap on either hand.

## STEP FOUR: TAP ON THE REMAINING POINTS



Tap on each of the remaining points on the head, face, and torso about 7 times on each point.

You can tap with one hand on either side of the body or with both hands on both sides at once.

Recite your Reminder Phrase as you tap on these points.

## STEP FIVE: BREATHE



Stop tapping, take a deep breath in, breathe out slowly, and focus your attention on the area of your body affected by your issue.

## STEP SIX: RATE YOUR LEVEL OF ACTIVATION

Focus in on the part of your body affected by your issue and repeat Step One.

Compare this new number to the number you had when you started.

If you are not at a 0-1, repeat steps Two through Six until the issue is no longer causing a reaction in your body.

