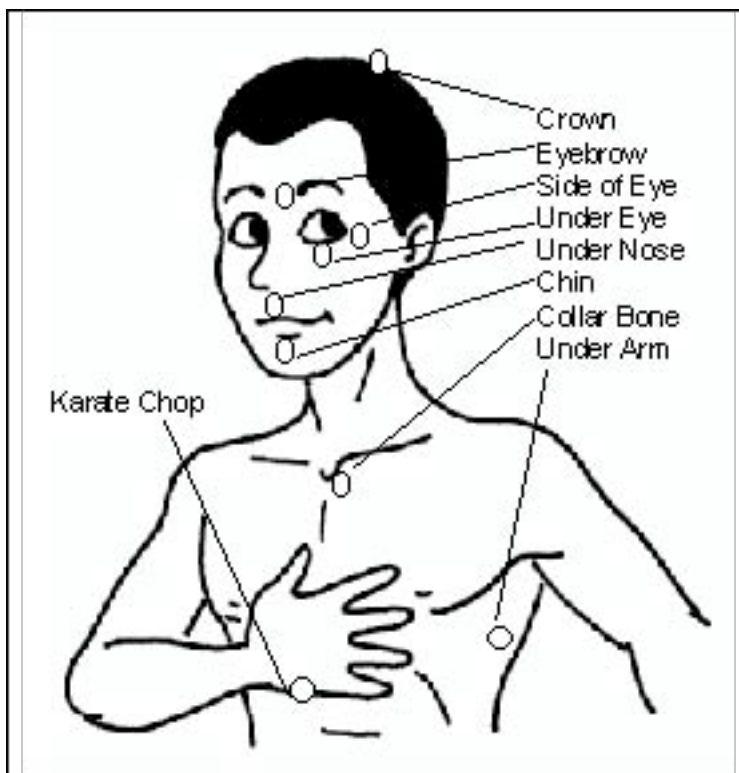


Emotional Freedom Technique

The Basic Recipe

By Brad Yates

This is only a brief and limited introduction to EFT. It should not be considered a substitute for training or therapy provided by a professional.



Think of some issue that is troubling you and give it a simple name (*fear of public speaking, headache, anger at Bob, stiff neck, inability to take action, etc.*) - this will be your Reminder Phrase. Rate your discomfort on a scale of 0-10 so that you can monitor your progress with each issue.

1. The Setup: While continuously tapping the Karate Chop point, repeat this affirmation three times: *"Even though I have this _____ (fear, pain, issue with Bob, etc.), I deeply and completely accept myself."*

2. The Sequence: Tap between 5 and 10 times on each of the following energy points while repeating the Reminder Phrase at each point:

Crown: *"Even though I have (this issue), I deeply and completely accept myself."*

Eyebrow: *"Even though I have (this issue), I deeply and completely accept myself."*

Side of eye: *"Even though I have (this issue), I deeply and completely accept myself."*

Under eye: *"Even though I have (this issue), I deeply and completely accept myself."*

Under nose: *"Even though I have (this issue), I deeply and completely accept myself."*

Chin: *"Even though I have (this issue), I deeply and completely accept myself."*

Collarbone: *"Even though I have (this issue), I deeply and completely accept myself."*

Under arm: *"Even though I have (this issue), I deeply and completely accept myself."*

3. Take a deep cleansing breath.

4. Now, check in with your body, and see if there is any remaining discomfort--then rate that again on a scale of 0-10. Repeat this process until significant relief is gained - preferably bringing the discomfort down to a zero. It is very likely that you may feel clear about the specific issue you were focusing on, but it may have brought up another issue. In subsequent rounds, the Setup affirmation and the Reminder Phrase are adjusted to new wording, if appropriate, or to reflect that you are addressing the *remaining* problem: "Even though I *still* have this _____ (issue)."

Suggestions: Tapping is generally done with two fingers. You can tap on either side of the body, with either hand. For the collar bone point, find the place where your collar bones almost meet at the top of your chest and tap that area with a fist.

This is the Basic Recipe of EFT. To experience the more advanced version of EFT that I use with clients, check out the **eTappings. [Click here...](#)**

BRAD YATES

***Helping You Achieve the
Freedom
to Succeed!***

