



EFT Protocol

Emotional Freedom Technique

Step 1. Name the problem; be as specific as you can

Step 2. Take a Distress Level of how bad it is right now 0 - 10

(0 = none, 10 = can't stand it another minute)

Step 3. Setup - *"Even though [I have this problem], I deeply and completely accept myself"* speak three times out loud or silently, while tapping the KC point. For example:

"Even though I have this stiff right shoulder, I deeply and completely accept myself"

Step 4. Using two fingers, rapidly tap each of the points 7-10 times, starting from point 1 (eyebrow) and ending with point 8 (top of head), then back to KC and while tapping each point, say out loud once at each point, the cuewords that keep you focusing on the problem:

Cueword example: stiff right shoulder

Step 5. Check Distress Level. If significant progress has been made, yet some remains, go on to Step 6. If no progress has been made (Distress Level remains high), return to Step 1 and explore what other problem may be under this one. (Example: "I knew I shouldn't have lifted that furniture by myself but I did it anyway and hurt my shoulder." Setup: "Even though I knew better but I hurt my shoulder, I deeply and completely accept myself." Cuewords: "Hurt" and "knew better").

Step 6. While tapping the KC point, change the Setup to:

"Even though there is still some of this problem (stiffness) remaining, I deeply and completely accept myself."

Return to Step 4 using cueword: "remaining stiffness"

Step 7. If after using the new Setup in Step 6, the Distress level is not yet down to 0-1, tap the KC point while repeating out loud:

"I really choose to get completely over this problem (stiffness) and I deeply and completely accept myself."

Return to Step 4 using cuewords: "completely over" - meaning "completely over this (problem or stiffness)"

Tapping Points

KC - Karate Chop, the area between the wrist and pinky finger, on outside of hand

1. Inner eyebrow
2. Side of eye
3. Under the eye
4. Under the nose
5. Notch of chin
6. Under the collarbone
7. Under the arm, on the rib even with the nippleline
8. Top of head

Note: *Tapping sequence is not essential. Just tap all of them.*

Adapted from Gary Craig's Emotional Freedom Techniques®