



Emotional Freedom Technique (EFT)

Create a Statement:

Starting with "Even though I am..."
(choose your own completion, see examples below)

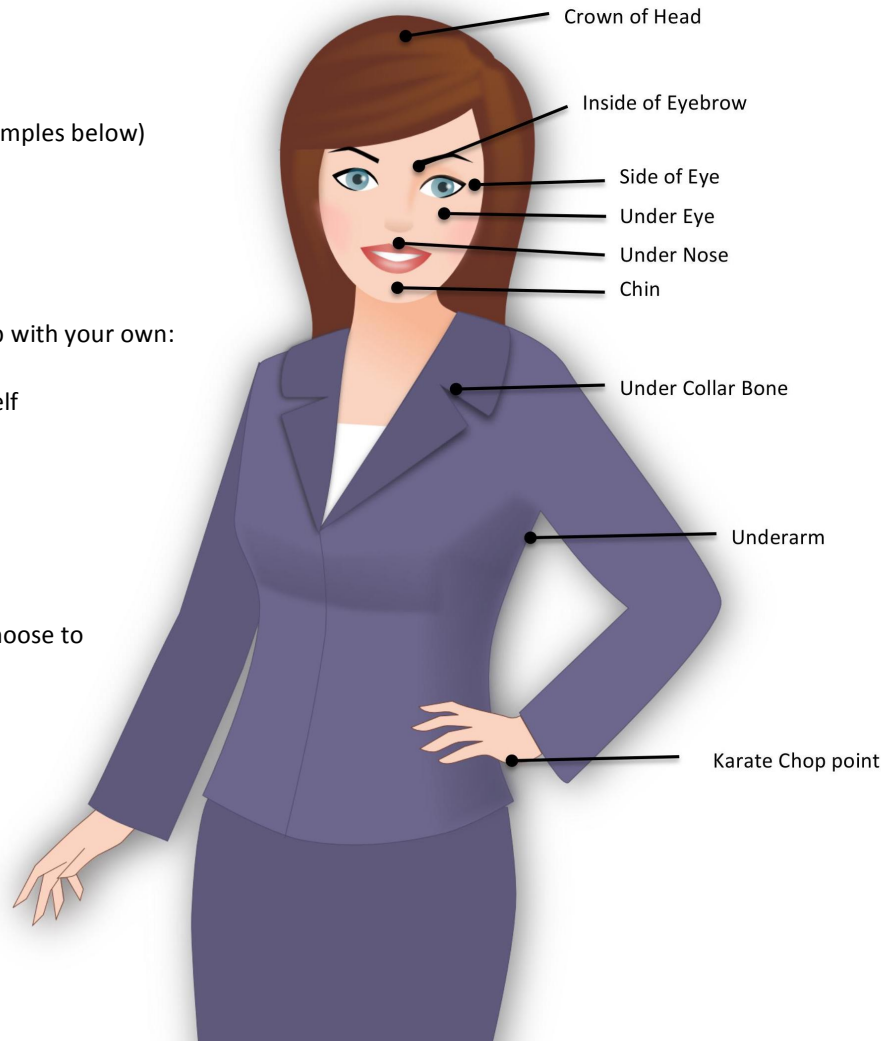
- Worried about...
- Feeling...
- Experiencing...
- Still have some...

Then add one of the below or come up with your own:

- I want to love and accept myself
- I completely love and accept myself
- I'm grateful for....
- I choose to let it go
- It's safe to let it go
- I deserve to let it go

Complete example:

"Even though I am feeling anxious, I choose to love and accept myself"



Process:

- Step 1:** Say your statement out loud twice as you tap on the Karate Chop point.
- Step 2:** Work your way through all of the points, starting at the top of the head and working your way down. At each point, repeat your statement once out loud and tap approximately 7 times.
- Step 3:** Take 3 long deep breaths, allowing your body to relax even more fully on each exhalation. Notice the connection between your feet and the ground.
- Step 4:** Take a moment to notice how you are feeling now. What has changed? Are you noticing new sensations? Is there anything remaining of your initial point of focus?
- Step 5:** Repeat this process as many times as you'd like using the same statement or changing it to reflect your current experience.
- Note:** It may take a number of rounds to release fully.