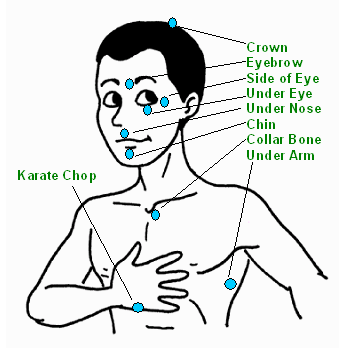
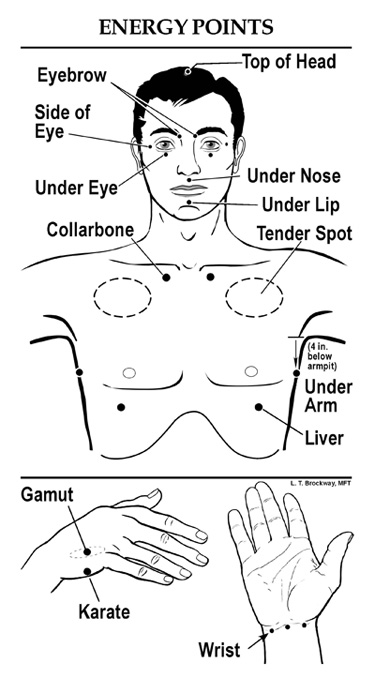
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| --- | --- |
| Pick an issue | Fear, addiction, craving, pain, sadness, anger, etc…. |
| Measure the Intensity | 10/10 – worst feeling  0/10 -- not feeling the problem at all |
| Set-up Phrase | “Even though I (crave for donuts) , and part of me can’t let it go, I deeply and completely love and accept myself anyway” |
| Tap KC (karate chop) point | Tap KC point as you state the Set-Up Phrase out loud 3x |
| Reminder Phrase | “This craving…”; “ All these donuts…”; “I must have me a donut” (focus on negative issue to neutralize) |
| Tap power points  (face and torso) | Tap the power points sequence as you state the reminder phrase (starting at eyebrow point, ending at top of the head) |
| Breathe and re-measure | Breathe and measure the intensity again. Intensity up or down? If still above 5/10, repeat negative round |
| Round 2 Set-up Phrase (tapping KC point) | “Even though I STILL (crave for donuts) , I deeply and completely love and accept myself anyway” (say 3x) |
| Round 2 Reminder Phrase (positive round when intensity is 4/10) | “I’m open to healing…”; “I choose to feel safe…”, “Letting go…”; “I refuse to eat this donut…” (positive empowering choices) |
| Breathe, Repeat, Smile ☺ | Breathe and measure intensity. Repeat until 2/10 or zero. |

[](http://www.google.com/url?sa=i&rct=j&q=&esrc=s&frm=1&source=images&cd=&cad=rja&docid=_Y5PRv2Ima7X7M&tbnid=AkVHsJMEs4hkeM:&ved=0CAUQjRw&url=http://www.personalgrowthtree.com/emotional-inner-healing-techniques-blog/category/tapping-emotional-healing-therapy-catego/emotional-freedom-technique-eft&ei=hAqLUaqDM-qpiQLE6oHIDQ&bvm=bv.46340616,d.cGE&psig=AFQjCNEuK3liynt6QipB0R_nZWRVySLoDw&ust=1368153086589119) [](http://www.google.com/url?sa=i&rct=j&q=&esrc=s&frm=1&source=images&cd=&cad=rja&docid=wz9HHpPa7gj48M&tbnid=gSsQfCQXn6gr6M:&ved=0CAUQjRw&url=http://www.embracinglifefully.com/free-resources-links/eft/&ei=QQ2LUdL5OuqqiAKTvoDIBg&bvm=bv.46340616,d.cGE&psig=AFQjCNEuK3liynt6QipB0R_nZWRVySLoDw&ust=1368153086589119)