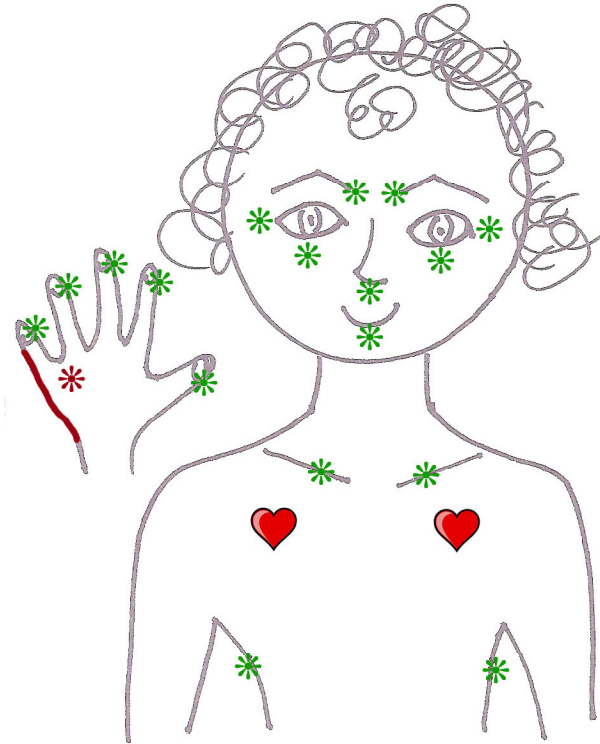


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Emotional Freedom Techniques

1. THE SET-UP: Say this set-up phrase three times:
“Even though I have this (state the problem),
I deeply and completely accept myself.”

2. THE SEQUENCE: Now say, “this (problem) Feels so sad”
For example: “This anger”..., “This craving”..., “Feels so sad”.
You are tuning in to the problem by stating it over.
This is called the Reminder Phrase.

3. BREATH: Close your eyes and take a deep breath in... and release.
With your eyes closed, observe your feelings and thoughts. You may get
further insight as you sit quietly. Then reassess the intensity of your
problem, repeating 1, 2 and 3 until you feel free of it.