EFT Script on a Page

1. Choose a problem

2. Tune in and rate the intensity of the negative feeling from 0-10

3. The SET-UP: Repeat this affirmation 3 times while tapping the "karate chop" point (see diagram): "Even though I have this problem, (insert your problem here and be very specific) I deeply love and accept myself."

4. Tap the energy points –

a. End of eyebrow-near nose   b. Side of the eye

c. Under the eye on the edge of the bone   d. Under the nose, above the lips

e. Under the lips, above the chin   f. Under the collarbone, next to the breast bone

g. Under the arm just below the armpit   h. On the ribs, directly below the nipples

i. Inside of the wrists together   j. Top of the head

Saying these phrases:

The reminder phrase (what the problem is)

Maybe I don't know who I'd be if I didn't feel this way.   It's so exhausting.

I can't relax about this.   I have to be on guard.

But I can't let this go.   I won't let this go.

You can't make me let this go.   But what if I could.

What if I could let it all go.   I'm letting it go.

I'm letting it go.   I'm letting it all go.

Tap all the points, called " a round", two or three times. 5. Tune in again. What is your rating now? 6. Stay with the original problem even if new thoughts arise. Write them down for another EFT session. Repeat step three, this time saying, "Even though I still have some of this anger/fear/whatever, I deeply love and accept myself". Then steps 4 and 5 (saying "This remaining problem/fear/embarrassment etc." Keep tapping, persistence is one of the keys to using EFT successfully, until you reach zero or the problem is completely resolved. Zero means that you no longer feel any negative emotion or charge. If you are doing a session on a memory it feels neutral, you can remember it without any pain. Test yourself by probing to make sure you are really clear of the issue. Some problems are more complex and will have many "aspects" or spokes to the wheel of the issue. You need to clear each of the spokes to zero to have a complete clearing.