

EFT Reminder Page

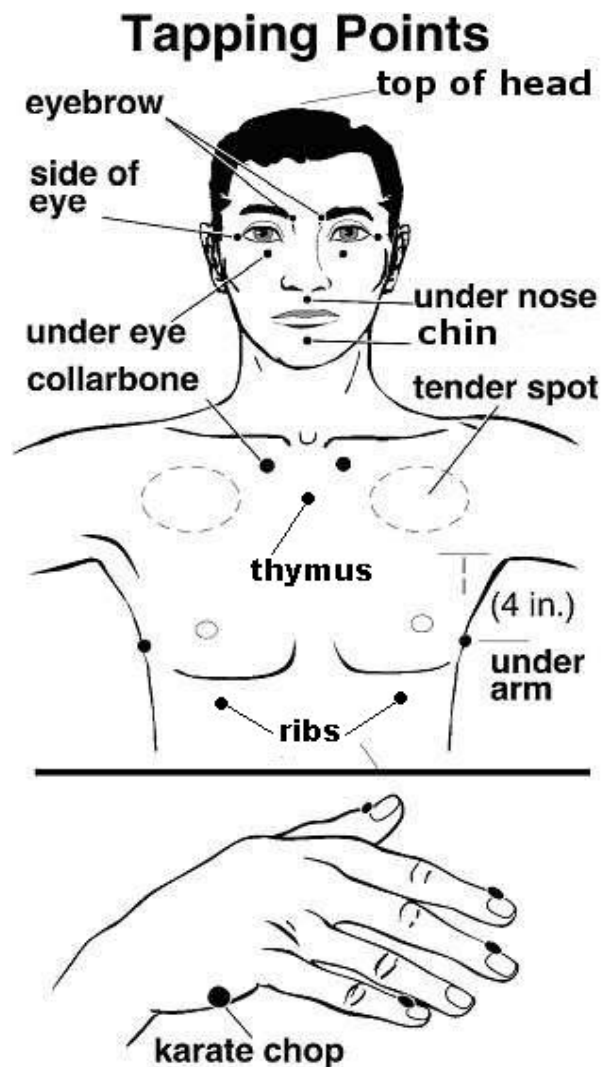
1. Choose a physical symptom, stressful memory, etc. Think about it for a few seconds, allow feelings to surface, then rank the intensity of the feeling on a 0-10 scale, with 10 being the most intense.
2. Choose a simple phrase about what you would like to release. For example: "Releasing this stress headache." "Releasing this fear of heights." "Releasing this anger at my dad." (etc.) Keep it relatively short and simple, since you'll be repeating it on each point.
3. Choose a simple phrase about what you would like to allow instead. For example: "Allowing my head and my whole body to relax and feel wonderful." "Allowing in peace and calmness at any height." "Allowing in compassion for myself and my dad." Go big here. Even if you don't think it's possible, choose a phrase based on what you would LIKE to feel, or what you would LIKE to be true.

4. **Take a drink of water** (this helps EFT work even better), and then, using the tapping points pictured:

5. Massage the sore spot (below collarbone on either side of the upper chest) using the opposite hand (right hand on left collarbone point, or left hand on right collarbone point), and repeat once on each side: ***"I deeply accept myself even though I have this _____."***

6. Repeat your reminder phrase ("***Releasing _____ and allowing _____***") out loud as you tap on the following points (use both hands and tap on both sides at once, except for nose, chin, head, and thymus point):

- EB – beginning of both eyebrows
- SE – outsides of the eyes
- UE – under the eyes
- UN – under nose
- CH – indent of your chin
- CB – both collar bone points (cross your arms and tap right side with left hand, left side with right hand)
- UA -- under your arms (not in the armpit, but about four inches below that)
- RIBS – just below breast or pecs
- FINGERS – (optional) thumb and then each finger one at a time, next to the nail, on the side closest to your body if you're reaching out to shake someone's hand
- KC -- the karate chop points, first one, then the other
- HEAD – top of your head
- THYMUS – thymus point



7. Stop and take a deep breath, and let it out slowly. Then think of the original issue again, and rate the intensity from 0-10.
8. If the intensity has gone down some, but has not completely resolved, tap on one of the karate chop points and repeat: *"I deeply accept myself, even though I still have some of this _____."*
9. Use the reminder phrase, *"Releasing this REMAINING _____, and allowing in _____,"* and repeat step 6 again.
10. Take deep breath and another drink of water, and re-rate the intensity. You may need to do additional rounds, but keep going until you get down to 1 or 0, or until another aspect of the issue surfaces.

Signs of Clearing

Many times as you are tapping, you will notice sensations which are signs that your energy field is clearing and releasing. These may include certain points feeling tender or sore when you tap on them, tingling, buzzing, warmth, yawning, sighing, the need to stretch, and feeling noticeably relaxed, tired, or mellow. The need to go home and take a nap after an EFT session is a great sign that the EFT has been productive! *Drink lots of water and take excellent care of yourself during and after doing EFT!*

Recognizing Aspects

One of the most important things you can do during EFT is to be aware of "aspects" surfacing, things that "pop into your head" for no apparent reason. These may be words, phrases, names, faces, other images, colors, feelings, memories, etc. They are your body's messages to you and they are crucial -- acknowledge them! Write or speak them immediately, so you won't forget them. One of the best things I hear in EFT is, "I don't know where this just came from, but..."

Recognizing aspects help you to be specific, and being specific is the key to effective EFT. To release something, it needs to be very clearly identified. If you just tap on "this trauma" or "this feeling," there isn't enough information for your body to get a good hold on it. Whatever stands out in your mind or pops up as you're tapping on something else is the place to go next.

If several aspects pop up at once, make a list, and then start with whichever one you want to. It doesn't matter what order you do them in. Gary Craig talks about each aspect being a tree in a big forest, but the beauty of it is that you don't have to cut down each tree. If you get the biggest ones (most significant, most painful), the smaller ones will fall too.

Gary Craig's Disclaimer (and Mine!)

Here is a section of the disclaimer from the founder of EFT: **"Important note:** While EFT has produced remarkable clinical results, it must still be considered to be in the experimental stage and thus practitioners and the public must take complete responsibility for their use of it." I would certainly like to second that. Part of the holistic health movement is that the individual, rather than the medical establishment, is empowered and responsible. Again, please use EFT with care and common sense.