

# EFT Choices Round – Practice Sheet

(See the example on the next page.)

**Collar bone point:** *I deeply accept myself, even though I have this pattern of \_\_\_\_\_*

(Repeat twice, alternating left and right collar bone point.)

**Eyebrow points:** *Even though I have this pattern of \_\_\_\_\_*

**Side of eyes:** *And even though I feel \_\_\_\_\_*

**Under eyes:** *I now choose to release this pattern and everything that goes with it or adds to it,*

**Under nose:** *especially any feelings of shame, powerlessness, fear, and anxiety.*

**Chin indent:** *I also release any and all unproductive thoughts, feelings, beliefs and patterns that no longer serve me.*

**Both collar bone points, arms crossed:** *I now choose instead to see, feel, experience, and know that I \_\_\_\_\_*

**Under arms:** *and I choose to feel \_\_\_\_\_*

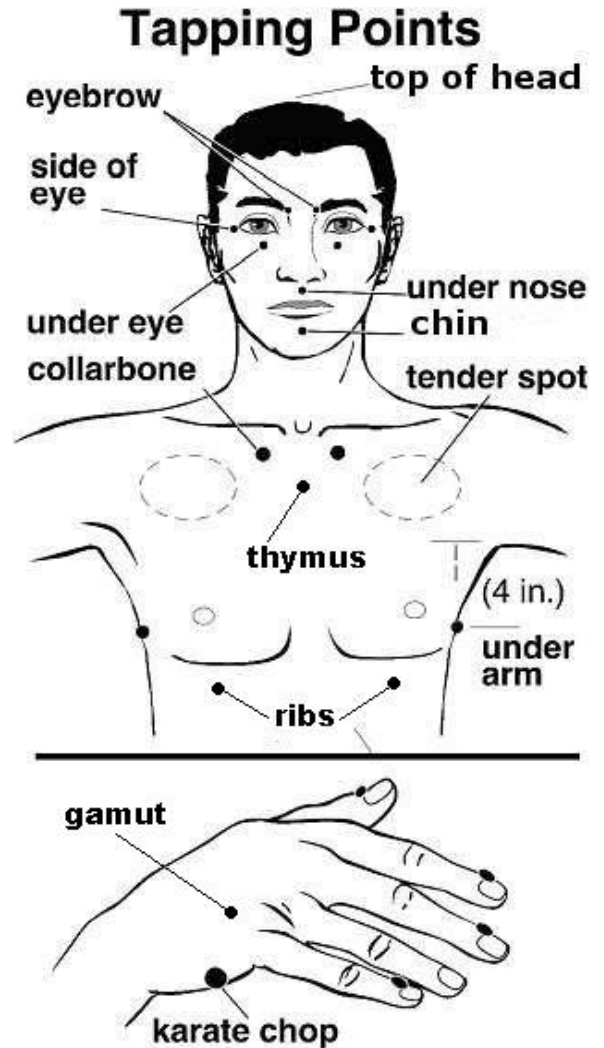
**Rib points:** *I also choose \_\_\_\_\_*

**Karate chop point:** *and I choose to see, feel, and experience love and compassion for myself*

**Other karate chop point:** *and to know that I'm always safe, worthy, and loved.*

**Left index finger point:** *I forgive myself, and all parts of myself, for contributing to this issue or problem. I know I'm doing the best I know how. (Repeat three times)*

*Continued on the next page...*



**Right index finger point:** *I release all others who have contributed to this, at any time, on any level. Even when they act out of fear, I know they're doing the best they know how. (Repeat twice.)*

**Top of head:** *I'm anchoring this new balance and alignment.*

**Thymus point:** *Anchoring this new balance and alignment.*

### Sample EFT Choices Round: Procrastinating Paperwork

**Collar bone point:** *I deeply accept myself, even though I have this pattern of procrastinating when I have paperwork to do. (Repeat twice, alternating left and right collar bone point.)*

**Eyebrow points:** *Even though I have this pattern of procrastinating when I have paperwork to do,*

**Side of eyes:** *And even though I feel frustrated, mad at myself, overwhelmed, and resistant,*

**Under eyes:** *I now choose to release this pattern and everything that goes with it or adds to it,*

**Under nose:** *especially any feelings of shame, powerlessness, fear, and anxiety.*

**Chin indent:** *I also release any and all unproductive thoughts, feelings, beliefs and patterns that no longer serve me.*

**Both collar bone points, arms crossed:** *I now choose instead to see, feel, experience, and know that I now find it easy and fun and no big deal to get started with paperwork, to stay focused and alert while I'm doing it, and to easily and quickly complete it.*

**Under arms:** *and I choose to feel clear, relaxed, grounded, and at ease.*

**Rib points:** *I also choose that paperwork of all kinds now feels like no big deal, like an easy part of my life that I consistently take care of quickly and then get on with my day.*

**Karate chop point:** *I also choose to see, feel, and experience love and compassion for myself*

**Other karate chop point:** *and to know that I'm always safe, worthy, and loved.*

**Left index finger point:** *I forgive myself, and all parts of myself, for contributing to this issue or problem. I know I'm doing the best I know how. (Repeat three times)*

**Right index finger point:** *I release all others who have contributed to this, at any time, on any level. Even when they act out of fear, I know they're doing the best they know how. (Repeat twice.)*

**Top of head:** *I'm anchoring this new balance and alignment.*

**Thymus point:** *Anchoring this new balance and alignment.*