

1. IDENTIFY THE PROBLEM AS A SINGLE SENTENCE STATEMENT.

2. ON A SCALE OF 0-10, WITH 10 BEING THE HIGHEST INTENSE AND 0 BEING NO INTENSITY, HOW INTENSE DOES THE STATED PROBLEM FEEL TO YOU?

3. TAPPING ON THE HAND BLADE ACUPOINT, REPEAT THE SETUP PHRASE THREE TIMES: "EVEN THOUGH I HAVE _____ (THE PROBLEM), I DEEPLY AND COMPLETELY LOVE AND ACCEPT MYSELF."

4. MOVE THROUGH THE EFT RECIPE, SPEAKING TO THE FEELINGS ASSOCIATED WITH THE PROBLEM, WHERE YOU EXPERIENCE THE PROBLEM IN YOUR BODY, AND THE IMPACTS THE PROBLEM HAS ON YOUR BODY, YOUR EMOTIONS, AND OTHER ASPECTS OF YOUR LIFE.

5. CHECK BACK IN ON THE INTENSITY OF THE PROBLEM ON A SCALE OF 0-10.

6. REPEAT THE PROCESS TO CONTINUE TO LOWER THE INTENSITY OF THE PROBLEM.

