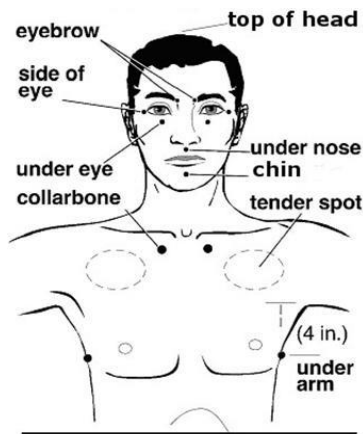


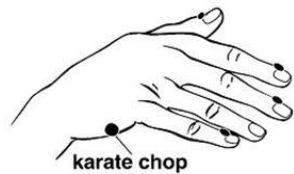
The Basic (Short form) EFT Recipe

1. Awareness: Tune into the problem, be specific notice any physical/ emotional mental stress, tension, suffering or pain
2. Note your Emotional Stress Intensity and then compose The Setup Phrase*
3. The Sequence



***The Setup...** Repeat your chosen setup phrase 3 times for e.g., "Even though I have this _____ (for eg. hideous headache...Reminder Phrase) _____ I deeply and completely accept myself." while continuously tapping the Karate Chop point or rubbing the Tender Spot

After completing the Setup Tap about 7 times on the energy points while repeating the **Reminder Phrase** at each point.



Tune in again to the issue and notice any remaining intensity and proceed to tap yourself FREE.

Note: In subsequent rounds The Setup affirmation and the Reminder Phrase are adjusted to reflect the fact that you are addressing the remaining problem.

If you get stuck

Sometimes you might not seem to be making any progress. If this is the case then you might try one of the following to help.

- Try a different set-up phrase.
- Make sure you are being as specific as possible.
- Drink a glass of water, this helps move things and may give insight. Move around, some gentle exercise may help shift whatever is stuck.
- Book a session with a [AAMET](#) qualified EFT Practitioner

We encourage you to try the other [Emotional Toothbrush Series](#) on our website as well. The Emotional Toothbrush series is to make practicing Emotional Freedom Techniques (EFT) fun and easy. To get insights and AHA's between sessions and to support your Personal Peace Procedure and accompany you on your journey to Freedom and Joy

<http://emotionalhealthcentre.com/audiovideo.html>

