

Emotional Freedom Technique

Correct PR (psychological reversal)

Focus on the issue and find where it is located in your body.

1. Either focus on the negative emotions in your body
OR

2. Say a *Reminder Statement* outloud:

Even though I have this feeling of _____, I deeply and profoundly love, accept and respect myself.

1. Tap as follows:

Where Eyebrows meet the top of the nose

Corner of the Eye

Cheekbone

Upper Lip just under nose

Under Lower Lip

Just beneath collarbone about an inch to each side from the middle

Under the arms on the side of the body across from the nipple

Liver point (just under ribcage on the right side below the nipple)

Outside edge of Thumb

Outside edge of Index Finger

Outside edge of Middle Finger

Outside edge of Little Finger

Side of the hand (The Karate Point)

Gamut Point (between little finger and ring finger on the backside of the hand in the indentation between the bones)

2. While tapping on the Gamut point,

Close eyes

Open eyes

Hold head still

Look down to one side with your eyes

Look down to other side with your eyes

Move eyes in a circle from one side to the other

Move eyes back from that side to the other in another circle

Hum a tune outloud

Count from 0 to 20 outloud by two's
Hum a tune outloud

Repeat #1 above.

Check to see if you feel better.

If you can no longer feel the same intensity of emotion in your body, and you can look at the situation as something to deal with rather than a 'problem', you have succeeded.

If not, you can re-do this process or try some of the others. If you know muscle testing, use that to help guide you as to what to do next.