

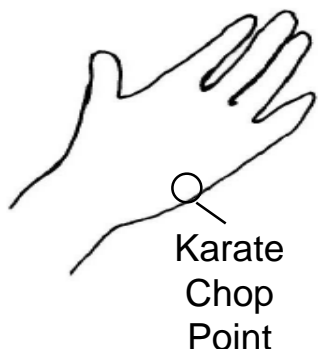
# EFT™ Procedure – The Basic Recipe

## First The Setup

Repeat 3 times while continuously rubbing the “sore spot” or tapping the “karate chop” point.

“Even though I have this \_\_\_(name the issue)\_\_\_ , I deeply and completely accept myself.”

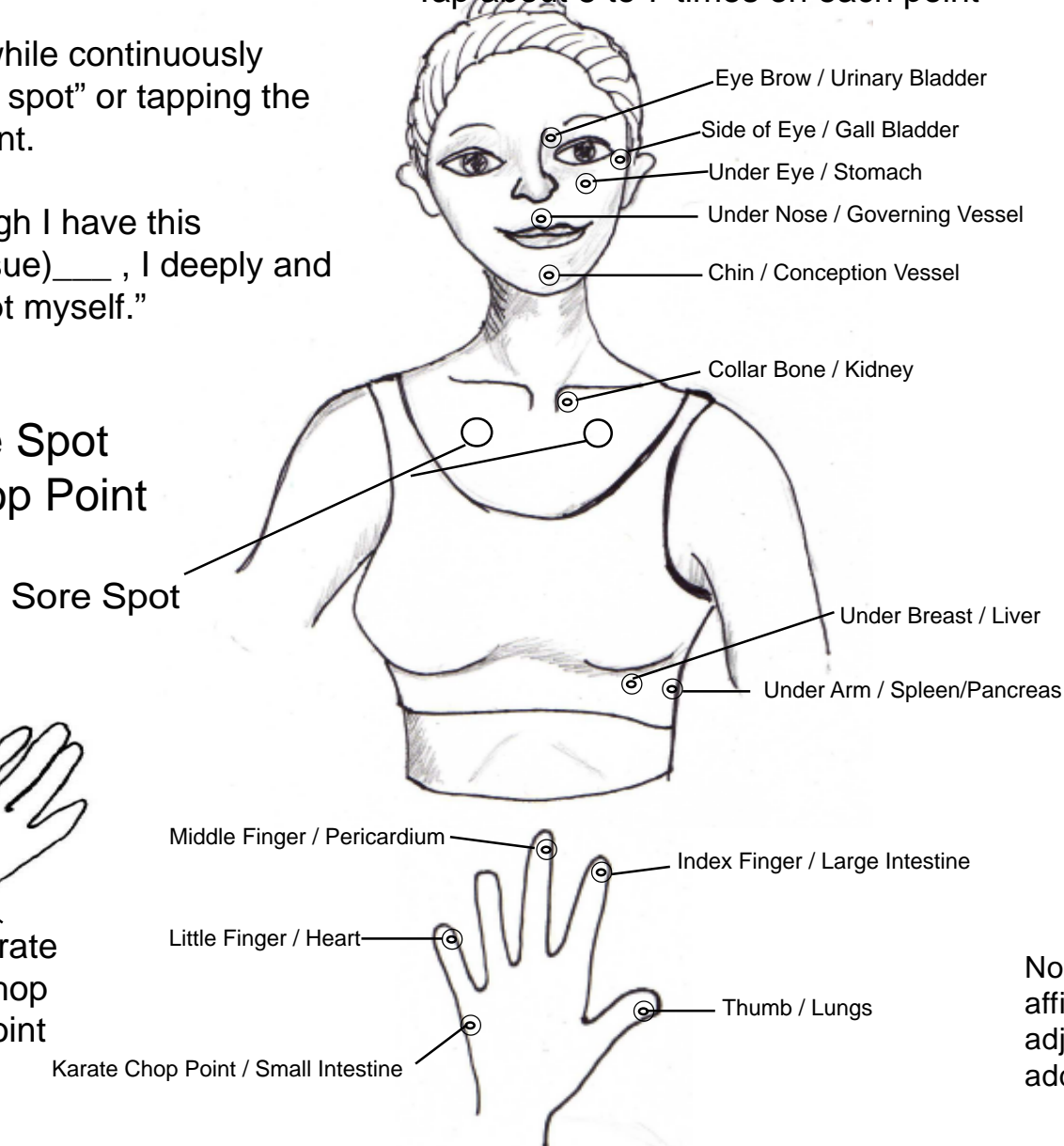
## The Sore Spot Karate Chop Point



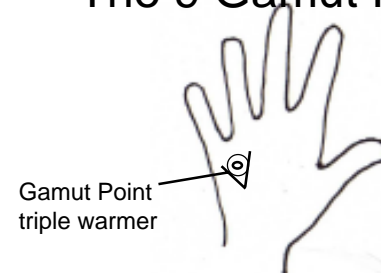
Karate Chop Point / Small Intestine

## Second The Tapping Sequence

Tap about 5 to 7 times on each point



## Third The 9 Gamut Point



Perform these 9 actions while continuously tapping the Gamut Point.

- 1) Eyes closed
- 2) Eyes open
- 3) Eyes look down right
- 4) Eyes look down left
- 5) Roll eyes in a big circle
- 6) Roll eyes in opposite direction
- 7) Hum 5 seconds of any song
- 8) Count aloud from 1 to 5
- 9) Hum again for 5 seconds

## Fourth Repeat the Tapping Sequence

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