

EFT - Emotional Freedom Technique*

A. Concentrate on a specific feeling and notice its location in your body.

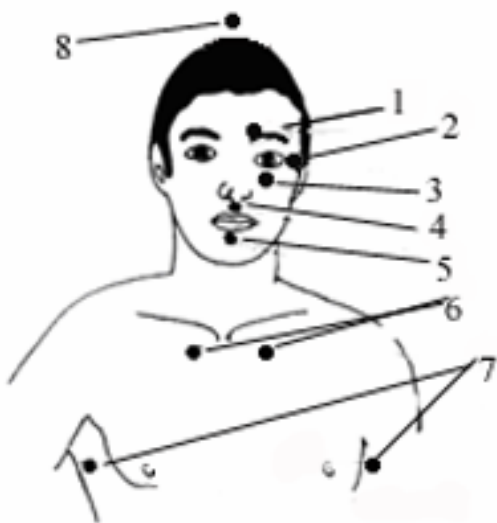
On a scale of 0-10 rate how severe is the feeling. 0=totally at ease, 10=frozen with fear (or other emotion)

B. Tap on the Karate Chop Point while saying three times:

"Even though I (name what you are feeling), I totally love and accept myself."*



C. Tap on the following acupressure points with first three fingertips 12 times or as many times as feels right to you.



1. On eyebrow towards nose
2. Outer side of eye
3. Under eye
4. Under nose
5. Under lower lip
6. Under collar bones
7. Under armpits on tender spot
8. On top of head

After doing a round, rate your discomfort level, 0-10. If there's still a negative feeling left, get more specific. What exactly about this issue scares/angers/shames/saddens you? Do a round of tapping on that feeling and so on. If you get stuck there is likely something going on that needs to be addressed in another way. Give me a call: 850-622-1250

**An acupressure technique developed by Gary Craig. This is the short version.*