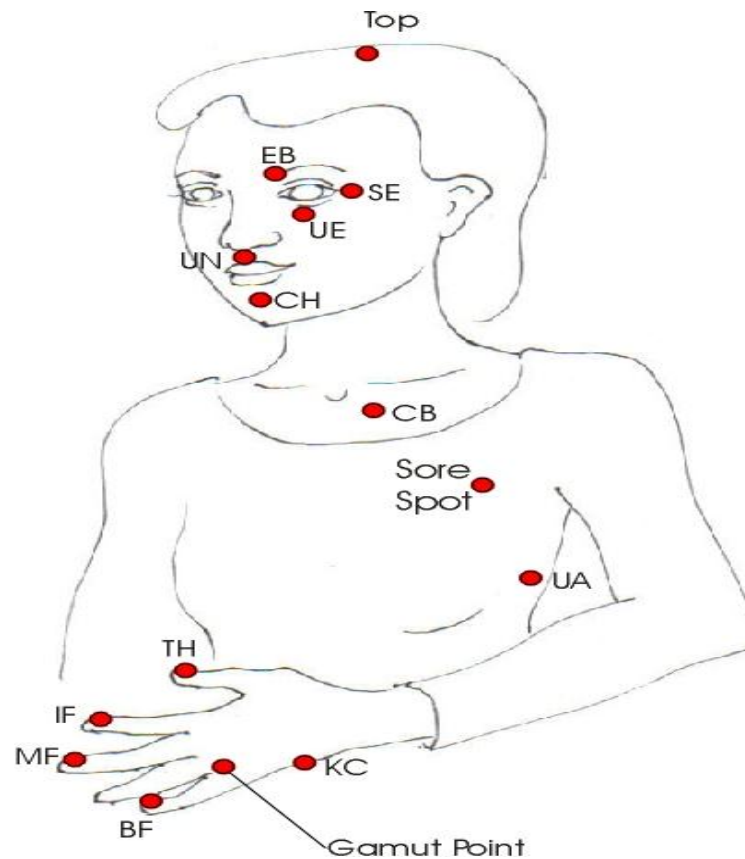


Emotional Freedom Techniques (EFT) -The Basic Recipe

- ❖ Identify the problem/feeling/pain
- ❖ Where do you feel it? Does it have a shape, colour, texture? e.g 'anxious, grey, heavy stone on my chest'
- ❖ Rate it from 0-10 with 10 being the worst it could be
- ❖ Tap on the side of your hand – where you'd make a karate chop while saying, for example. " Even though I have this anxious, heavy grey stone on my chest, that's just how it is right now (do this 3 times)
- ❖ Say or think a reminder phrase (e.g. anxious stone on my chest) while tapping on each point in turn.
- ❖ Think of the problem/feeling/pain again and note any changes. What number would you give it now? Where do you feel it? What shape, colour, texture does it have?
- ❖ If there's still any intensity, Repeat the process using the new feelings in your set up and reminder phrase. E.g. 'Even though I **still** have this anxious green spot in my heart'
- ❖ Repeat the recipe until down to a 0.



NB: Whilst using EFT can see some surprising results you are ultimately responsible for your own health. **On no account** alter or cease using prescribed medication without first consulting your GP or other health provider.

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Not working or stuck? See over for tapping tips.

Tapping Tips

If you've tried tapping but there is no change or you're stuck on a number which won't get any lower try the following:

Be more specific. Tapping on 'I feel lonely' for example, is a wide issue, think about a specific time you felt lonely and how it made you feel (Rejected? Sad?) Now think of where you feel the sad feeling in your body. If you don't know then guess.

- What does that feel like?
- Is it heavy, grainy, sharp?
- Does it seem like it has a colour?
- What number do you guess it is?
- Include all the above in your set up statement while tapping on the karate chop point.

If you're tapping on a physical feeling think about how it makes you feel emotionally. Do you feel frustrated, irritated, hopeless? Add that in the set-up and reminder phrase too.

As the feeling goes you may find you yawn, burp, sigh, laugh, or tingle – that's normal. Have a drink of water and enjoy the new lighter feeling.

If you're still stuck then do the following which activates left/right brain:



- ❖ While tapping on the Gamut point close your eyes and focus on the problem/issue
- ❖ Open your eyes and keeping your head still.....
- ❖ Look hard down to the left then back to centre



- ❖ Look hard down to the right and back to centre



- ❖ Roll your eyes all the way around in one direction



- ❖ Roll eyes all the way round in the other direction



- ❖ Hum few notes of a tune



- ❖ Count quickly to 9

1- 9

- ❖ Hum a few more notes of a tune



- ❖ Tap around the basic recipe again then.....

- ❖ Check what number you rate the feeling and tap as necessary