

## Emotional Freedom Technique

This instruction sheet is meant to accompany my demonstration video. It's much easier to figure out the steps with visual instruction, at least while you're first learning how to do it. If you haven't watched it yet, here's the link: [EFT Demonstration video](#)

This version of EFT was developed by a teacher of mine named Marilyn Gordon and uses slightly different phrasing than other forms of EFT that you might be familiar with. I explain more about that in the video.

### Step #1: Pick a focus

Choose a sensation or pattern to focus on that you are experiencing to some degree right now -- something that you would like to be experiencing less of. Some examples: a stirred up emotion, a repeating thought pattern, tension in your body, etc.

### Step #2: Describe it

What word or words best describes what you are experiencing?

### Step #3: Rate the intensity

How intense is the experience right now on a scale of 1 to 10?  
(One = very mild, Ten = extremely intense)

### Step #4: Create a Healing Phrase

Phrasing examples:

Even though I have this \_\_\_\_\_ (name of your issue), I choose to \_\_\_\_\_  
(what you'd like to do instead).

Even though I feel \_\_\_\_\_ (emotion you are feeling), I choose to feel \_\_\_\_\_  
(emotion that you would like to feel).

Even though I'm experiencing \_\_\_\_\_ (name the sensation), I choose to experience  
\_\_\_\_\_ (what you'd rather be experiencing)

### Step #5: Tapping

You will be talking out loud while tapping on acupuncture points.

A) Begin by saying your phrase out loud three times while tapping on the side of your hand.

B) Say the name of your issue over and over again as you tap on various points.  
Saying, "This \_\_\_\_\_" as you tap on each point.

**Here's where you tap:**

Top of the head

Beginning of the eyebrow (close to the bridge of the nose)

Side of the eye

Under the eye

Under the nose

Under the mouth

On the collarbone (right beside where it dips down)

Under the arm on the ribcage (3 or 4 inches below the armpit)

C) Now tap on the opposite side of the body (using the same points described above)  
only say the second half of your healing phrase as you tap on each point.

"I choose \_\_\_\_\_"

D) Close your eyes, take a deep breath and rate the intensity on a scale of 1 to 10

**Step #6: Repeat the process as needed**

The rating number may have come down slightly on the first round, or it may have reduced significantly. Some days it works faster than others. You want to get the number down enough that you feel some relief. (It's not necessary to get it down to zero, although if that happens it's a nice bonus.)

As you do the 2nd, 3rd, or 4th round, only say the phrase once as you tap on the side of your hand.

Between each and every round, close your eyes & rate the intensity from 1 to 10.

You may want to adjust the phrasing slightly to reflect the reduction of intensity.

Examples:

Even though I still feel some \_\_\_\_\_

Even though I feel a little bit of \_\_\_\_\_

Even though I feel a teeny tiny bit of \_\_\_\_\_

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This worksheet was created by Kim McIntyre, Stress Relief Consultant and Transformational Coach.