

**EFT POCKET GUIDE**

# Let's Get Tapping!

**1 IDENTIFY THE PROBLEM & EMOTION**

Pinpoint the problem that is causing distress, and identify the emotion.

**2 RATE YOUR EMOTION 1-10**

Evaluate your emotion, and rate the intensity from 1-10 - 10 being the strongest.

**3 CREATE SETUP STATEMENT**

Create a statement that sets up the emotion to be resolved by acknowledging the problem followed by positive self acceptance.

*"Even though I feel (your emotion) about this (state your problem), I have compassion for myself"*

**4a TAPPING**

Starting at the A point on your hand, gently tap with your fingers repeating the setup phrase 3 times. You can also start at the other point A and rub the "sore spot."

**4b REMINDER STATEMENTS**

Tap points B-H on one side of your body as you sense or verbalize your feelings about the problem.

**5 REPEAT & RELEASE**

Rate the intensity of your emotion from 1-10. If you are still in discomfort, repeat the tapping sequence with the phrase below until the emotion decreases to your satisfaction.

*"Even though I have some remaining (your emotion) about this (state your problem), I have compassion for myself."*

