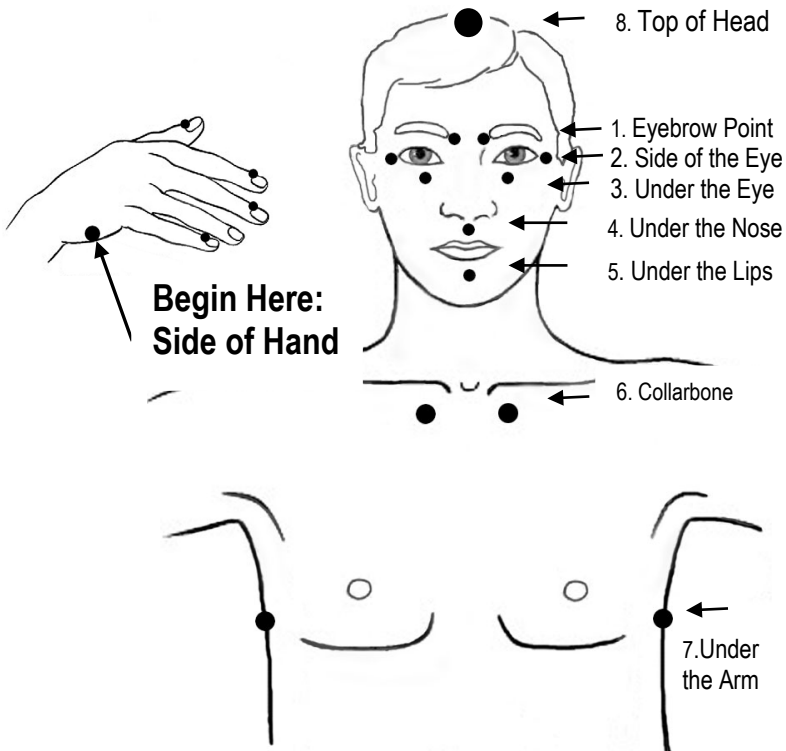


Emotional Freedom Techniques (EFT) BASIC RECIPE



1. Determine the distress level of a feeling, emotion, or sensation on a scale of **0 to 10**. (10 is maximum intensity).

2. The Setup: Repeat the statement below three times, while continuously tapping the Side of the Hand point (large dot on hand diagram)

**"Even though I have _____
(name the problem), I deeply and
Completely love and accept myself"**

3. The Tapping Sequence: Lightly tap 6-7 times on each of the points shown
While focusing on the feelings or physical sensations you are noticing.

4. Determine your distress level again on a scale of 0 to 10 again.

5. If it's still high, tap on the side of the hand point and say: "Even though I have some remaining _____ (problem), I deeply and completely accept myself."

**Continue tapping the rest of the points until your distress level has
decreased to 0.**

Adapted From:



EFT Universe
www.EFTUniverse.com



Where Science
& Miracles Meet

Commands to Not Respond to Trauma Protocol & Worksheet

1. Identify The Command(s)

List the command(s) that you identify with

i. _____

ii. _____

iii. _____

Locate where you feel the associated feelings in your physical body

2. Clear the Commands with an Energy Psychology Intervention

- i. Use EFT Tapping protocol to release the unconscious command (or use muscle testing to find the best technique to use)
- ii. Focus on where the feelings are located in the body and do the technique

3. Identify and Install new more helpful strategies to respond to one's own trauma

Identify what you want to do instead – a healthy version that works better for you:

i. _____

ii. _____

iii. _____

4. Use Frontal Occipital Holding (U/FO Holding) to “install” the new belief(s).

Place one hand on the forehead, one hand on the back of the head and allow the head to move around at will for 1 – 3 minutes, while thinking of the “new” belief(s).

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