

# Stress Reduction Technique

EFT is a form of psychological acupressure, based on the same energy meridians used in traditional acupuncture to treat physical and emotional ailments for over five thousand years, but without the invasiveness of needles.

## EFT™ TAPPING PROCEDURE (The Basic Recipe)

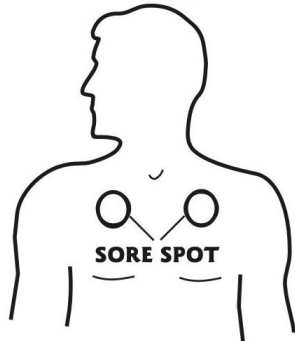
### #1...The Setup

1) Repeat 3X

Even though I have this \_\_\_\_\_ (problem) \_\_\_\_\_  
I deeply & completely accept myself.

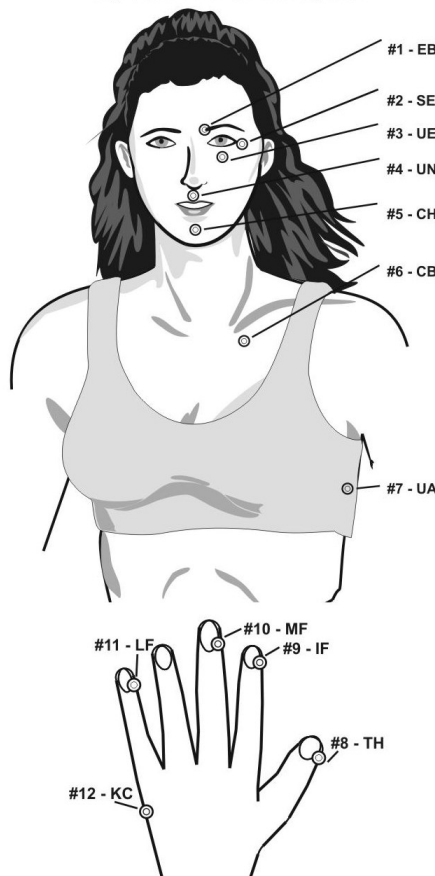
2) While continuously rubbing the "Sore Spot" or tapping the "Karate Chop" point.

#### The Sore Spot/ Karate Chop Point



### #2...The Sequence

Tap about 5X on each point



### #3...The 9 Gamut



Perform 9 actions while tapping the GAMUT POINT continuously:

- 1) Eyes closed
- 2) Eyes open
- 3) Eyes hard down right (head steady)
- 4) Eyes hard down left (head steady)
- 5) Roll eyes in a circle
- 6) Roll eyes in opposite direction
- 7) Hum 5 seconds of song (Happy Birthday)
- 8) Count from 1 to 5
- 9) Hum 5 seconds of a song again.

### #4...Repeat (#2) The Sequence

NOTE: In subsequent rounds of tapping, change the setup language to "Even though I STILL have SOME OF this problem..." and use "REMAINING problem" as a reminder phrase.

