

## Emotional Freedom Techniques ~ Basic 'catchall' Protocol

### Step 1). The Setup:

Identify **as specifically as possible** the problem you wish to address. For example: "my headache", "this pain in my left shoulder", "my fear of the plane crashing on landing", or "this feeling of guilt I get when visiting with my mother". When you have recognised the problem, think about it and tune in to the energy involved with it ~ the level of discomfort being felt in the case of a pain, or the feeling of emotional distress associated with the problem. **Measure the intensity of this discomfort or emotional distress. How distressed you are feeling right NOW** as you focus upon the problem. If you are envisioning a distressing incident, from the past or expected in the future, it is not the level of distress experienced from that time or you expect to experience, but how you are feeling right **NOW** as you contemplate the problem. Use a 0 to 10 scale of measurement for the intensity, with 0 being 'no intensity of feeling whatsoever' and 10 being 'an all consuming intensity that is really unbearable'.

Now insert the specific problem into this affirmation statement:

**"Even though I have this .....(problem)..... , I deeply and completely accept myself."**

(E.g.; Even though I have this (fear of the plane crashing on landing), I deeply and completely accept myself.")

Next, locate one of the 'sore points' on the chest. That is:

Go to the U shaped notch at the top of the sternum ~ about the spot where a knot for a tie would be. Come down about 3 inches (7.5 cms.), then over to the left or right about 3 inches. Press and rub around this spot until you come across a point that feels a little sore underneath the skin. This slight soreness is an indicator that you are in the right place, over a collection of lymph glands. If the spot is too tender, try the other side of the chest. If neither is suitable, then you can tap continuously the side of hand spot (see spot 12 over the page) as you follow the latter half of this instruction:

**Using the tips of your middle three fingers of your dominant hand rub the sore spot in a circular motion whilst speaking out loud, three times, with some degree of feeling and emphasis, the affirmation statement you devised above. When complete, begin Step 2).**

### Step 2). First trip through the tapping sequence:

**Using the tips of the index and middle fingers of your dominant hand, tap solidly 7 or 8 times on each of the following points in sequence. As you tap, focus your thoughts on the problem you are addressing by repeating out loud the affirmation statement as you progress through the sequence.**

1. Beginning of the eyebrow, nearest to the nose.

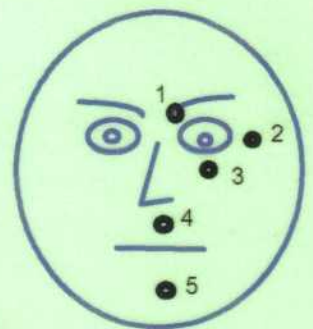
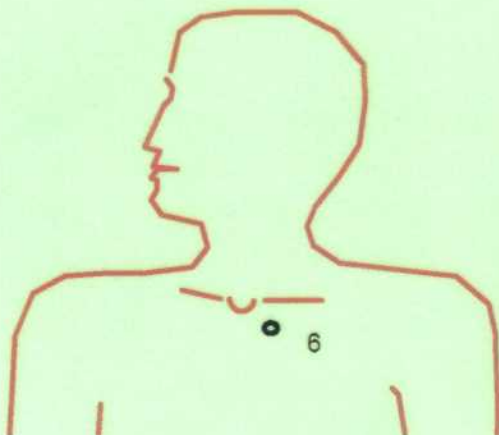
2. On the bone bordering the outside corner of the eye.

3. On the bone under the eye, about 1 inch (2.5 cms.) down from the pupil.

4. On the area between the bottom of your nose and your upper lip.

5. Midway between your lower lip and the point of your chin.

6. Junction of the sternum, collarbone and first rib. About 1 inch (2.5 cms.) down and 1 inch right or left of the U shaped notch where the knot of a tie would be.





7. Under the arm, level with the nipple for men, about 4 inches (10 cms.) down from the armpit. Middle of bra strap for women. A slight discomfort should be felt.



8. On the outside edge of the thumb, level with the base of the nail.

9. On the side nearest the thumb of the index finger, level with the base of the nail.

10. On the side nearest the thumb of the middle finger, level with the base of the nail.

11. On the side nearest the thumb of the smallest finger, level with the base of the nail.

12. On the side of the hand opposite the thumb, between the wrist bone and base of the small finger.

When complete, begin Step 3).

### Step 3). The Eyes-Hum-Count-Hum Sequence:

You will be tapping continuously the 'Gamut point' or 'back of hand spot' as you perform the 9 different actions below. You do not need to recite the affirmation statement during this phase.

The Gamut point is located on the back of the hand,  $\frac{1}{2}$  an inch, or just over 1 cm., back from the mid point between the knuckles of the ring finger and the small finger.

Tap the Gamut point continuously as you go through the following actions in sequence:



- 1). Close your eyes.    2). Open your eyes.
- 3). Holding the head steady and level, eyes hard down right.
- 4). Holding the head steady and level, eyes hard down left.
- 5). Roll your eyes clockwise, as if your nose was at the centre of a clock face and your eyes are travelling around the edge. Do not miss out any part of the circle, there is no need to rush the eyes around the circle.
- 6). Roll your eyes anticlockwise using the same principle.
- 7). Hum 2 seconds of a song (e.g. 'Happy Birthday to You').
- 8). Count rapidly from 1 to 5.    9). Hum the song again for 2 seconds.

When complete, begin Step 4).

### Step 4). Second trip through the tapping sequence.

Repeat the tapping sequence of Step 2), tapping each of the 12 points about 7 or 8 times as you repeat out loud the affirmation statement. When done, you have completed the basic procedure.

Now, measure again the intensity of distress you are experiencing **at this moment** as you focus upon the problem. Give the intensity a number from 0 to 10. If it does not register a zero with you, then run through the entire procedure for a second, or perhaps even third time. **For additional run-throughs remember it is important to change the affirmation statement to the following:**

"Even though I **STILL** have **SOME** of this ... (e.g., fear of the plane crashing on landing) ..., I deeply and completely accept myself."