

The EFT Technique

Start by focusing on a specific issue that's bothering you and the emotion you feel around that issue. Use a short phrase to describe it. An example could be 'I'm **worried about telling [person's name] that she's upset me.**'

Rate the Intensity:

On a scale from 0 to 10, rate the intensity of the issue, with 0 being no problem at all and 10 being the most intense. This gives you a baseline to measure your progress.

The Setup Statement:

Create a setup statement that acknowledges the issue and includes acceptance.

The statement is typically in this format:

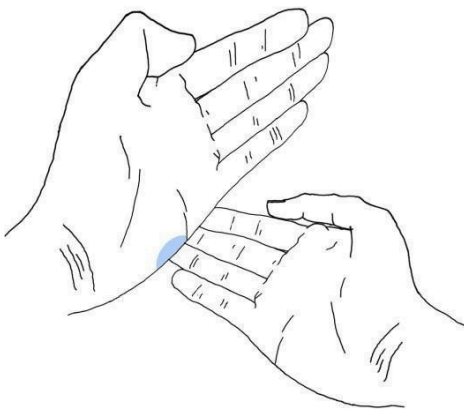
'Even though I'm worried about telling [person's name] that she's upset me, I deeply and completely accept myself.'

Sometimes people don't feel comfortable with '***deeply and completely accept myself.***'

In which case any general statement that is accepting can be used, such as

'Even though I'm worried about telling [person's name] that she's upset me, it's okay I'm working on being more confident'

You will say this statement three times while tapping on the **Karate Chop Point** (the outer edge of your hand).



Once you've completed the Setup Statement you can start the Tapping Sequence

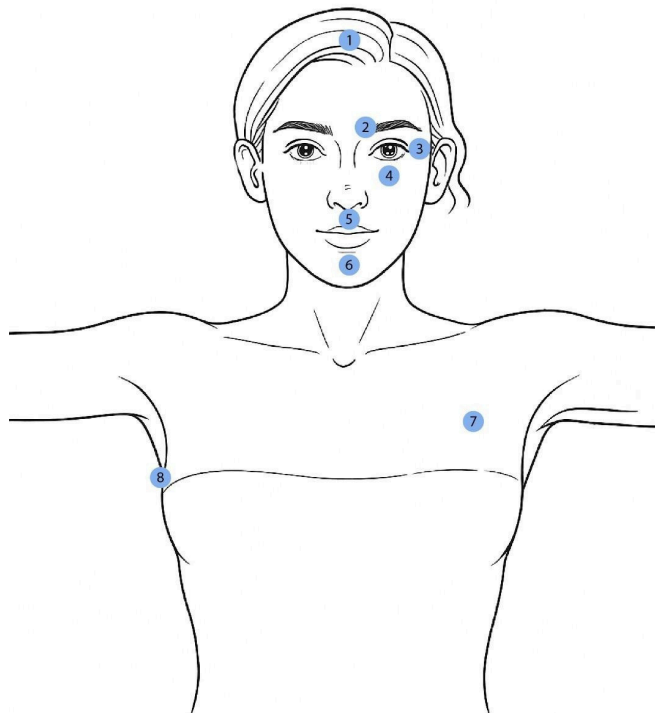
The Tapping Sequence

Tap on each of the following points 5-7 times while focusing on the issue. As you're tapping on each point, repeat a short reminder phrase related to the issue.

For our example here you could repeat: ***'This worry about speaking up'***

The points are:

1. Top of the Head
2. Eyebrow
3. Side of the Eye
4. Under the Eye
5. Under the Nose
6. Chin Point
7. Collarbone
8. Under the Arm



After completing these points, take a deep breath and check in with how you feel. Once again rate the intensity of the issue on a scale from 0 to 10. Repeat the Tapping Sequence until the intensity decreases considerably, ideally to 3 or less.

I recommend that when you find yourself in a confronting situation where you need to speak up, practice this EFT Technique for a few minutes just before you have the conversation. I also recommend you practise this technique every day as a routine habit for calming your nervous system over time.