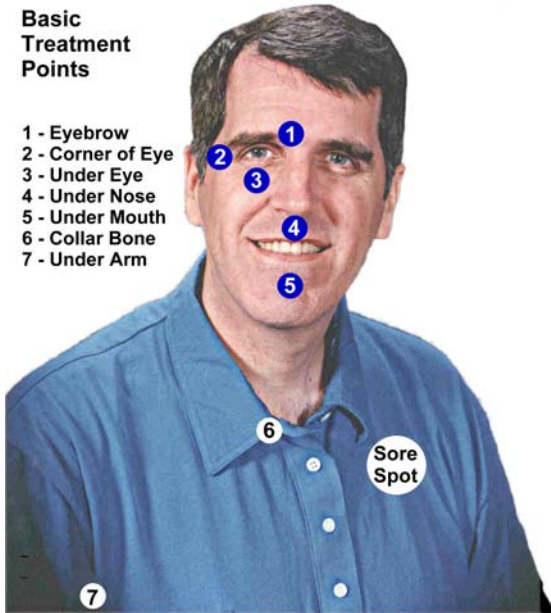


# EFT Protocol

## Emotional Freedom Technique

### Basic Treatment Points

- 1 - Eyebrow
- 2 - Corner of Eye
- 3 - Under Eye
- 4 - Under Nose
- 5 - Under Mouth
- 6 - Collar Bone
- 7 - Under Arm



**Step 1** - Name the problem, clearly, directly and truthfully.

**Step 2** - Take a SUD<sup>1</sup> reading of how bad it is right now 0 - 10  
(0 = none, 10 = unbearable)

**Step 3** – Setup<sup>2</sup> - “*Even though [I have this problem], I deeply and completely accept myself*” – speak three times out loud, while rubbing the Sore Spot<sup>3</sup>. For example:

**“*Even though I have this pain in my arm, I deeply and completely accept myself*”**

**Step 4** - Using one or two fingers, rapidly tap each of the points 7-10 times, starting from point 1 (eyebrow) and ending with point 7 (under arm), then back to point 6 (collar bone); while tapping each point, speak out loud, once at each point, a keyword or phrase that assists you in keeping focus on the problem:

Keyword Example: “***pain***”

**Step 5** - Check SUD level. If significant progress has been made, yet some remains, go on to step 6. If no progress has been made (SUD remains high), return to step 1 and explore what other

problem may be under this one. (example: “I did something stupid and hurt my arm.” setup: “Even though I did something stupid and hurt my arm I deeply and completely accept myself.” Keyword: “Hurt” or “Stupid”).

If you still make no progress, make note of the problem and call me.

**Step 6** - While rubbing the sore spot, change the Setup to:

**“*Even though there is still some of this problem [pain] remaining, I deeply and completely accept myself.*”**

Return to step 4 using keyword: “***remaining***” - meaning “remaining [problem or pain]”.

**Step 7** - If, after using the new Setup in step 6, the SUD level is not yet down to 0-1, rub the sore spot using this new setup:

**“*I really want to get completely over this problem [pain], and I deeply and completely accept myself.*”**

Return to step 4 using keywords: “***completely over***” - meaning “completely over this [problem or pain]”

Tapping Points Locations			
1	Inside edge of the eyebrow	2	On bone outside the eye
		3	On bone under the eye
4	Under the nose	5	Between mouth and chin
		6	About one inch down and out from top of sternum
7	Tender spot about 4 inches below armpit (bra line)		

*Note: The order of tapping is insignificant. The order presented here is so you will more likely remember them all.*

<sup>1</sup> SUD = Subjective Units of Disturbance or Distress (0 – 10 scale)

<sup>2</sup> Alternative Setup statement: “*Even though I have this problem, I really want to accept myself.*”

<sup>3</sup> Sore spot - Place your hand over your heart. Where your fingers fall is the “sore spot”.

Adapted from Gary Craig's Emotional Freedom Techniques®