

BE SPECIFIC: It's the key to EFT

Identify a mildly distressing **EVENT** that happened in the past or a stressful event that may happen in the future. Be specific, using the phrase "the time when..."

Identify the **EMOTION** you experience as you focus on the event. Rate the intensity of your emotion on a scale from 0-10, with 10 representing the highest level of emotional intensity.

Notice any **PHYSICAL SENSATIONS** you experience as you focus on the event and note where you experience these sensations in your body.

Create a **SET-UP STATEMENT** using the following formula:

> "Even though I feel this _____ (emotion) in my _____ (location where you experience the emotion), just thinking about _____ (this past or future event), I deeply and completely accept myself."
>
> Modify the set-up statement as needed, using alternatives such as "I'm willing to accept myself," or "I accept the way I feel right now," until the set-up statement feels true for you.
>
> Repeat the set-up statement three times as you tap on the Side-of-Hand point.

Gently tap each of the remaining points 5-7 times using a **REMINDER PHRASE** which includes your emotion and the location where you experience the emotion in your body, such as "this _____ (emotion) in my _____ (location)." Continue to focus on your emotion as you tap each of the points.

ASSESS THE INTENSITY of your emotion as you complete each round of tapping and continue tapping until the intensity of your emotion has decreased and you're feeling more at ease.

Laurie Heyl, LCSW
847.456.1880
laurieheyl.com

These instructions provide an introduction to Basic EFT. As an EFTi Accredited, Certified, Advanced EFT Practitioner, I use many additional techniques in my work with clients. To learn more, visit laurieheyl.com.