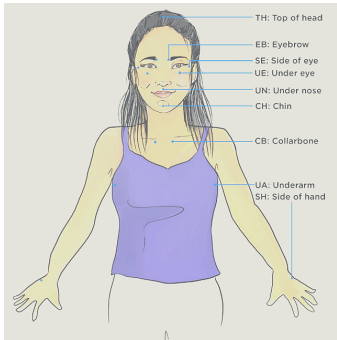


# Emotional Freedom Technique



**The EFT Setup:** Bringing awareness and acknowledgment to an uncomfortable experience is the first step to using EFT (Emotional Freedom Techniques).

What is upsetting you right now? Notice any tension, pain, memory or craving you experience and give it a name.

Be specific and get as detailed as you can. For example: "I'm angry about \_\_\_\_\_", or "I'm stressed about \_\_\_\_\_". What is the intensity of this issue on a scale of 0 (lowest) to 10 (highest)?

Speak three times out loud as you tap the Side of the Hand (SoH) or rub the Sore Spot: Even though I am angry about \_\_\_\_\_", or "Even though I am stressed about \_\_\_\_\_" ... this is where I'm at right now...

**The Sequence:** Next, repeat the same word or phrase, also called a "Reminder Phrase", while tapping each point in the 9-Point EFT Sequence:

- 1 - TOH [this anger about \_\_\_\_\_]
- 2 - EB "
- 3 - SE "
- 4 - UE "
- 5 - UN "

- 6 - Chin "
- 7 - CB "
- 8 - UA "
- 9 - Gamut Point "

**Repeat:** Take a deep breath and close your eyes for a moment. What feels better? Measure again and repeat the Setup and Sequence on the remainder of the problem: "Even though I still have some of this [anger]" or on another aspect that emerges.



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**Website:** [www.mindshiftwithlauren.com](http://www.mindshiftwithlauren.com)

**Email:** [lauren@laurenfonvielle.com](mailto:lauren@laurenfonvielle.com)