


emotional freedom technique (eft)

1. Focus on the emotion and give it a number from 1-10
2. Start on the Karate Chop point, while saying the full phrase. 
**“Even though I have this (anxiety/fear/pain),
I wholly and completely love and accept myself.”**
Be specific with words. Repeat 3 times on the Karate Chop point.
3. Now do the tapping on face & body points with reminder phrase (eg. ‘this anxiety’)
4. Check your score (1-10) after each round and continue until 1-3

