

# EFT (Emotional Freedom Techniques)

In order to use the EFT tapping procedure on any issue (fear, craving, pain, emotional problem, etc.) you will need to create a setup phrase and a reminder phrase first:

## The Setup Phrase:

We describe the problem briefly (e.g. this pain in my back or this anger, this guilt, etc.) and accept ourselves despite the problem.

“Even though I have *this **problem*** [insert your word(s) here, e.g. pain in my..., fear, craving, etc.], I deeply and completely accept myself.”

## The Reminder Phrase:

This phrase helps us to stay tuned into the problem:

“This **problem** [insert your word(s) here, e.g. pain in my..., fear, craving, etc.]”

Now you can follow the tapping routine:

## The Tapping Routine

- Identify problem & rate intensity on 0-10 scale
- Say Setup Phrase 3 times out loud while tapping the Setup Point
- Say Reminder Phrase out loud while tapping points 1 to 8 (roughly 7 times each)
- Rate intensity again:

If it has gone down considerably change the setup phrase to: “Even though I still have some of this ‘problem’ [insert your word(s) again], I deeply and completely accept myself.” And change the reminder phrase to: “This remaining ‘problem’ [insert your word(s) again].” Do another round of tapping (or more) until the intensity is down to zero.

If there has been no change in intensity, make your Setup Phrase more specific, e.g. “This pain in my lower right leg” and start the tapping routine again.

Remember to keep breathing at all times!  
Continue until intensity is zero.

If you cannot get the success you want describe your problem in different ways and try to be as honest with yourself as you can. If you would like someone to assist you in resolving your issue(s) with EFT you can contact us on info@nwow.co.nz.

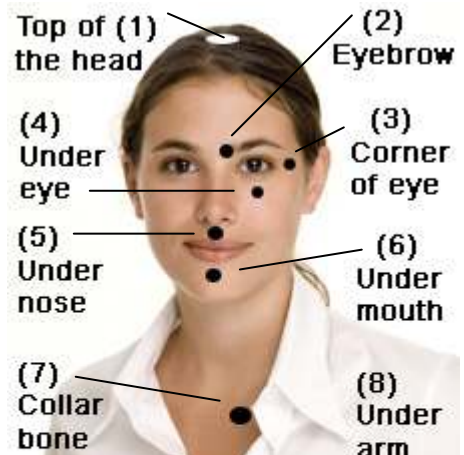
For more information and to learn EFT one-on-one or in a course visit [www.nwow.co.nz](http://www.nwow.co.nz).

Happy tapping!

Jan & Maree  
nWow! Consulting & Training

Adapted from Gary Craig's Emotional Freedom Technique®.

## The Tapping Points



### Tapping routine

- (S) Setup Point (karate chop)
- (1) Top of head
- (2) Eyebrow (inside end)
- (3) Corner of eye (on the bone)
- (4) Under eye (on the bone)
- (5) Under nose
- (6) Under mouth (between mouth and chin)
- (7) Collar bone
- (8) Under arm (4 inches below arm pit – bra line)