

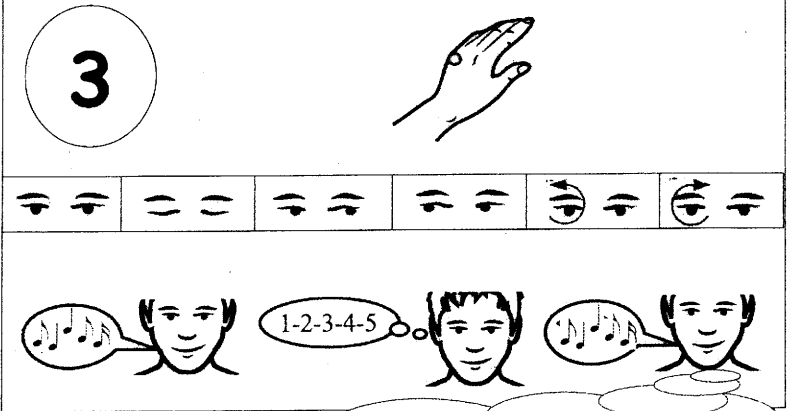
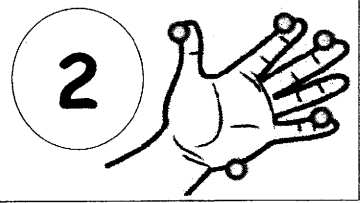
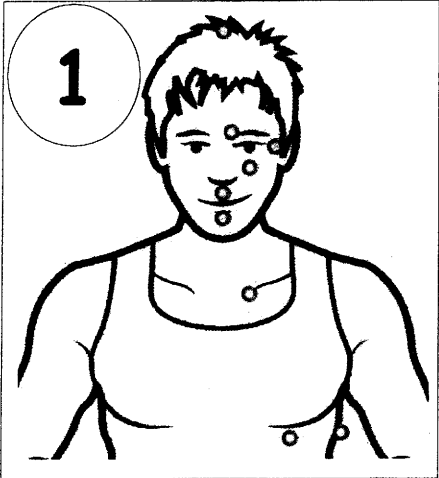


Identify
the issue you want to work on.
Give it a name
Rate it (0-10)

SET-UP
(=PR= Psychological Reversal)
*Even though I have "this issue",
I completely love and accept myself.*
Repeat 3 times
while tapping the Karate Chop point
or massaging the sore spot.

Re-rate your issue
Is it at 0? Get on to your next issue.
Is it still between 1 & 10?
Keep going! *Even though
I still have "this remaining issue",
I do completely love & accept myself.*
reminder: "remaining issue"

Use the Shortcut ①
OR the full basic recipe ①②③①
repeating "this issue"
as a reminder phrase
on each point



Oh, and remember, this page is no use to you until you have had a detailed overview of the process, either by reading an EFT manual or by talking to an EFT professional.

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