

Emotional Freedom Technique

Basic Treatment Points

- 1 - Eyebrow
- 2 - Corner of Eye
- 3 - Under Eye
- 4 - Under Nose
- 5 - Under Mouth
- 6 - Collar Bone
- 7 - Under Arm



Step 1 - Name the problem, clearly, directly and truthfully.

Step 2 - Take a SUD¹ reading of how bad it is right now 0 - 10
(0 = none, 10 = unbearable)

Step 3 - Setup² - “Even though [I have this problem], I deeply and completely accept myself” - speak three times out loud, while rubbing the Sore Spot³. For example:

**“Even though I have this pain in my arm,
I deeply and completely accept myself”**

Step 4 - Using one or two fingers, rapidly tap each of the points 7-10 times, starting from point 1 (eyebrow) and ending with point 7 (under arm), then back to point 6 (collar bone); while tapping each point, speak out loud, once at each point, a keyword or phrase that assists you in keeping focus on the problem:

Keyword Example: **“pain”**

Step 5 - Check SUD level. If significant progress has been made, yet some remains, go on to step 6. If no progress has been made (SUD remains high), return to step 1 and explore what other problem may be under this one. (example: “I did something stupid and hurt my arm.” setup: “Even though I did something stupid and hurt my arm I deeply and completely accept myself.” Keyword: “Hurt” or “Stupid”).

If you still make no progress, make note of the problem and call me.

Step 6 - While rubbing the sore spot, change the Setup to:

“Even though there is still some of this problem [pain] remaining, I deeply and completely accept myself.”

Return to step 4 using keyword: “remaining” - meaning “remaining [problem or pain]”.

Step 7 - If, after using the new Setup in step 6, the SUD level is not yet down to 0-1, rub the sore spot using this new setup:

“I really want to get completely over this problem [pain], and I deeply and completely accept myself.”

Return to step 4 using keywords: “completely over” - meaning “completely over this [problem or pain]”

Tapping Points Locations					
1	Inside edge of the eyebrow	2	On bone outside the eye	3	On bone under the eye
4	Under the nose	5	Between mouth and chin	6	About one inch down and out from top of sternum
7	Tender spot about 4 inches below armpit (bra line)				

Note: The order of tapping is insignificant. The order presented here is so you will more likely remember them all.

¹ SUD = Subjective Units of Disturbance or Distress (0 – 10 scale)

² Alternative Setup statement: “Even though I have this problem, I really want to accept myself.”

³ Sore spot - Place your hand over your heart. Where your fingers fall is the “sore spot”.

Adapted from Gary Craig’s Emotional Freedom Techniques®