

Emotional Freedom Technique Sequence

1. Rub chest with breast bone at center, while repeating “Even though _____, I deeply love and accept myself.” Repeat 3 times.
2. Place 3 fingers at center of forehead and get present with your emotions. Focus on any physical sensations in your body, visuals that arise, intensity of emotions, etc. When you feel present in your body and mind, continue to step 3.
3. Touch **INSIDE POINT OF EYEBROW**, and say “I release all **FEAR** associated with _____.” Deep breath in and out.
4. Touch **OUTSIDE CORNER OF EYE**, and say “I release all **ANGER** associated with _____.” Deep breath in and out.
5. Touch bone directly **UNDERNEATH EYE**, and say “I release all **ANXIETY** associated with _____.” Deep breath in and out.
6. Touch **UNDERNEATH NOSE AT PHILTRUM** and say “I release all **EMBARASSMENT** associated with _____.” Deep breath in and out.
7. Touch **UNDERNEATH LIP**, and say “I release all **GUILT AND SHAME** associated with _____.” Deep breath in and out.
8. Touch **UNDERNEATH ARM AT LEVEL OF NIPPLE**, and say “I release all **WORRY AND OVERTHINKING** associated with _____.” Deep breath in and out.
9. Touch **TIP OF LAST RIB**, and say “I release all **HURT AND SADNESS** associated with _____.” Deep breath in and out.
10. Place hand over heart and breathe in love and breathe out fear 3 times.
11. Place two fingers at point where underside of collarbone meets breast bone. Deep breath in and out.
12. Repeat sequence at least 3 times for each stressor.

During times of heavy stress, repeat this sequence when you first wake in the morning and before you go to bed at night in addition to times when you feel stressed throughout the day.

