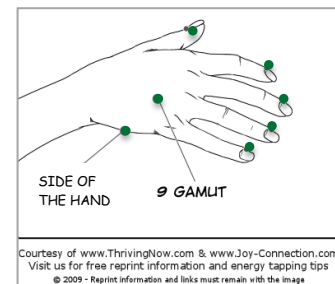
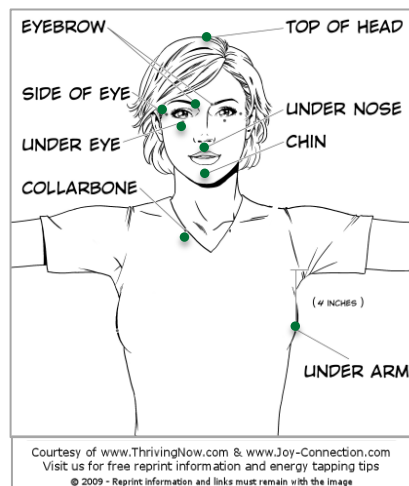


Once you are familiar with EFT, you can use this crib sheet to remind you of the basic process.

1. **Identify the Issue** Be as specific as you can e.g. 'this yellow churning fear in my stomach when I think about the interview'
2. **Rate the Intensity** On a scale of 0 - 10
(where 0 = no discomfort & 10 = maximum discomfort)
3. **Say your Setup Statement while tapping the 'Side of the Hand' point** "Even though I have this [specific issue], I deeply and completely love and accept myself" e.g. "Even though I have this yellow churning fear in my stomach when I think about the interview, I deeply and completely love and accept myself"
4. **Tap through all the points in order, while saying your Reminder Phrase:** About 7 gentle taps on each point, while saying your Reminder Phrase: "this [specific issue]" e.g. "this yellow churning fear"

- Top of Head
- Eyebrow
- Side of Eye
- Under Eye
- Under Nose
- Chin
- Collarbone
- Under Arm
- Thumb
- Index Finger
- Middle Finger
- Ring Finger
- Little Finger
- Side of the Hand



5. **Re-rate the Intensity & Keep Tapping until it gets to 0 (or as close to 0 as you can get)** Keep tapping through the points until the intensity comes down to 0. Tailor your Reminder Phase as you go through, so that it continues to describe what you are experiencing e.g. the 'yellow churning fear' could transform into "this turquoise jittery butterfly in my stomach"
6. **Tap the 9-Gamut point** Once the charge has come down or when a new 'aspect' comes in (e.g. the 'yellow churning fear' could be replaced by a tightness in the throat). For a new aspect, repeat the process from the beginning.
7. **Take time to Rest** Take some time to rest afterwards and drink some water, to support your body's healing and integration process.

Please note: I have designed this sheet for my clients to use after the initial session of EFT, to guide their EFT practice between sessions. For anyone unfamiliar with EFT, please refer to Gary Craig's 'Gold Standard Tapping Tutorial' on his website for a full description of the process.

EFT can be a great self-help tool, however it is important to work with an EFT Practitioner if the process, or a particular issue, feels too triggering to work with by yourself.

