

## Try EFT Yourself

Begin by choosing a concern to work on, then rate it on a 0 to 10 scale ( 0 is no problem at all, 10 is big problem! )

Now you are all set.

The Karate Chop is the first point that we use and can be found on the side of the hand midway between the base of the little finger and the top of the wrist. Using the fingers of the other hand we tap on the Karate Chop spot. It doesn't matter which hand you use.

This is the point where we use the 'set up statements or phrases ', tap the Karate Chop Point while saying e.g.

*" Even though I have this fear of heights, I deeply and completely accept myself. "*

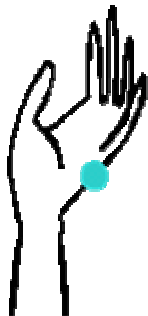
*or*

*" Even though I crave this chocolate, I deeply and completely accept myself "*

or whatever your concern may be.

Repeat your set up statement three times.

*See diagram below.*



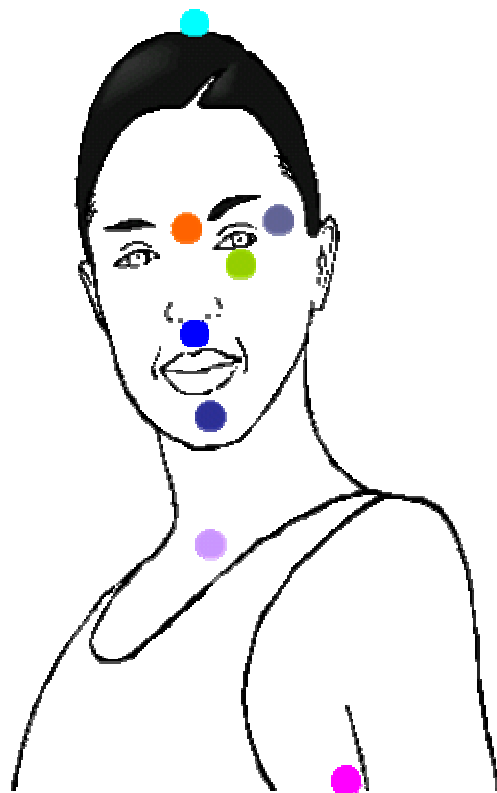
**KARATE CHOP**

Then we continue to tap the other points. We use the first two or three fingers of either hand to tap on each of the points below whilst saying a reminder phrase e.g.

*" this fear of heights "*

*" this chocolate craving "*

Tapping on each of the points seven or eight times. You should tap hard enough so that you can feel it but not so hard that it hurts!



**TOP OF HEAD**

**EYE BROW**

**SIDE OF EYE**

**UNDER EYE**

**UNDER NOSE**

**CHIN**

**COLLAR BONE**

**UNDER ARM**

*We begin with the*

**eyebrow** point which can be found where the eyebrow begins, close to the curve of the nose.

*then follow with*

**side of the eye** point which is on the bone at the outside of the eye

**under eye** point which is on the top of the bone directly under the eye

**under nose** point which is below the nose and above the top lip

**chin** point which is on the natural crease in the chin below the bottom lip

**collar bone** point find the U shaped indentation at the base of the neck move down 1 inch and across to either side 1 inch. ***It may be easier to use the flat of your hand instead of two fingers to tap this point, tap in the area where the knot of a tie would be.***

**under arm** point can be found on the side of the body in line with the nipple or where a bra strap would go round.

*and finally*

**top of head** point which is right on the crown of the head.

***It doesn't matter which side of the body you tap or whether you alternate sides.***

Ok, so now you have tapped a round on your chosen set up phrase it's time to rate it again, if it was a '9' when you began and is now a '3' do another round inserting 'still have some of ' into the set up and ' remaining ' into the reminder eg.

*" Even though I still have some of this fear of heights, I deeply and completely accept myself "*

*" Even though I still have some of this craving for this chocolate, I deeply and completely accept myself "*

reminders:

*" remaining fear of heights "*

*" remaining chocolate craving "*

Repeat until rating is a zero!!

Fantastic well done!

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## Important Note

EFT is gentle and easy to use with no known adverse side effects, it has produced amazing results for both emotional and physiological problems, however if you decide to use EFT for yourself or anyone else you take full responsibility whilst applying these techniques. Neither Gary Craig, myself nor anyone connected with EFT will be held responsible for any adverse outcomes or side effects. By continuing to apply EFT you are agreeing to take full responsibility. You may wish to consult a qualified EFT practitioner.

We do not advise reducing or stopping prescribed medication without consulting your doctor and you may even wish to consult your doctor before applying EFT.