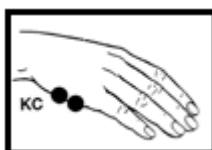


# Basic EFT Technique

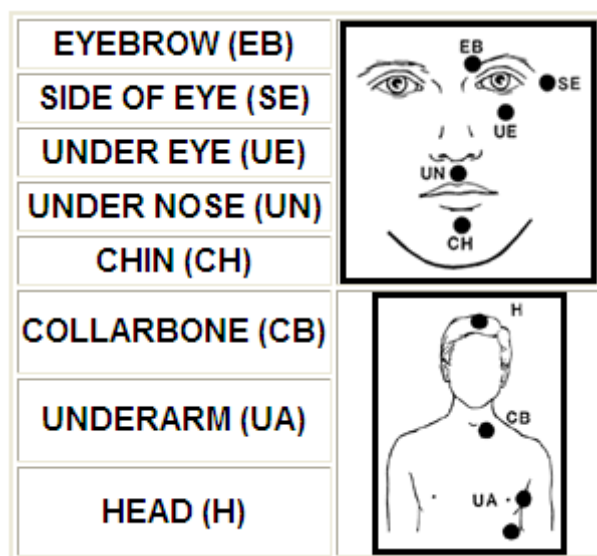
**Step 1:** Choose a problem to work with

**Step 2:** Rate your anxiety or discomfort (where 0=no distress and 10=highest level of discomfort) when you think about it right now. (How anxious are you? How uncomfortable do you feel?) Also, close your eyes, check in your body and feel where you feel it in your body.

**Step 3:** Tap the karate – chop point while you say the problem and then finish by saying that you're still ok: *Even though I have this [problem], I deeply and completely love and accept myself.* Repeat 3 times.



**Step 4:** Tap on each of the following stress-relief points while repeating a short reminder of the problem (for instance “this fear in my stomach”)



**Step 5:** Rate your anxiety or discomfort again. If any discomfort remains, repeat the steps above until you're down to a 0. You can adapt the Set-Up Statement (Step 3) to “Even though I still have some fear of...”