

Emotional Freedom Techniques Basic Recipe (Short Version)

1. SUDS Level (Subjective Units of Distress)

On a scale from 0-10, assess the intensity of the problem, with 10 being the greatest.

2. Set-up Phrase (while continuously tapping the karate chop point)

“Even though I have this (state the problem), I deeply and completely accept myself.” (three times)

3. The Tapping Sequence

Tap approximately 7-10 times on the tapping points shown in the diagram. As you tap each point, say the Reminder Phrase “This (state problem)”. Do not say the “even though” part. I.e. This anger, this headache, etc.

4. Reassess the SUDS Level

Observe how you feel after the tapping. It is best to continue doing rounds until you reach a 1 or a 0.

5. Subsequent Rounds

Do more rounds of tapping, changing the Set-up Phrase and the Reminder Phrase as follows:

“Even though I still have some of this (problem), I deeply and completely accept myself.”

“This remaining (problem).”

6. Aspects

An “aspect” is a different part of the problem. Maybe you started with “this anger”, and after a few rounds of tapping, the anger is gone and you feel sadness.