

## EFT ON A PAGE

*Discovery Statement: The cause of all negative emotions is a disruption in the body's energy system.*

### The Basic Recipe

1. The Setup...Repeat this setup statement 3 times:

*"Even though I have this \_\_\_\_\_,  
I deeply and completely accept myself."*

while continuously tapping the Karate Chop point or rubbing the Sore Spot.

2. The Sequence...Tap about 7 times on each of the following energy points while repeating the Reminder Phrase (the filled-in blank) at each point.

H, EB, SE, UE, UN, Ch, CB, UA, R, W

3. The 9 Gamut Procedure...Continuously tap on the Gamut point while performing each of these 9 actions:

(1) Eyes closed (2) Eyes open (3) Eyes hard down right (4) Eyes Hard down left (5) Roll eyes in circle (6) Roll eyes in circle in other Direction (7) Hum 2 seconds of a song (8) Count to 5 (9) Hum 2 more Seconds

4. The Sequence (again)...Tap about 7 times on each of the following energy points while repeating the Reminder Phrase (the filled-in blank) at each point.

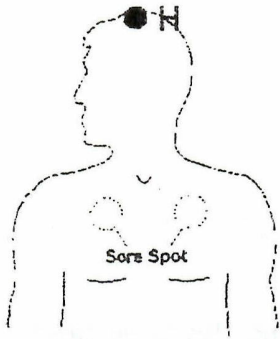
H, EB, SE, UE, UN, Ch, CB, UA, R, W

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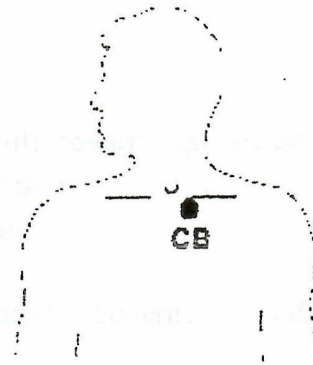
Note: In subsequent rounds The Setup Statement and Reminder Phrase are adjusted to reflect that you are addressing the *remaining* problem:  
i.e. for the Setup Statement: "Even though I *still* have some \_\_\_\_\_, I deeply and completely accept myself."  
and for the Reminder Phrase: "This *remaining* \_\_\_\_\_."

**REMEMBER: Be PERSISTENT and TRY IT ON EVERYTHING.**

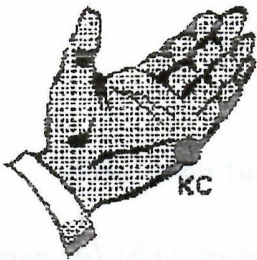
H = top of Head



CB = CollarBone



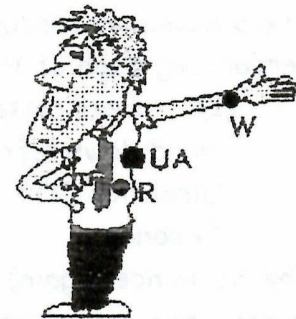
KC = Karate Chop



UA = Under Arm

R = lowest Rib

W = inner & outer Wrist



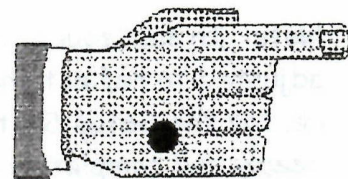
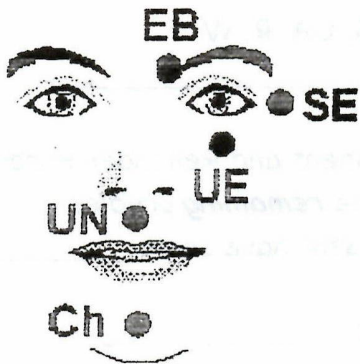
EB = beginning of EyeBrow

SE = Side of Eye

UE = Under Eye

UN = Under Nose

Ch = Chin



Gamut point