

## The Emotional Freedom Technique

### EMOFree.com

1. Choose the specific problem/issue
2. Determine the intensity on a scale of 0-10
3. Do the set-up:
  - a. While rubbing the sore spot (clockwise as you are the clock) say the affirmation and the problem three (3) times out loud:
  - b. "Even though I have *this problem*, I deeply and completely accept myself."
4. Tap the following points using the problem/reminder phrase, "*this problem*":
  - a. Eyebrow
  - b. Side of eye
  - c. Under eye
  - d. Under nose
  - e. Chin
  - f. Collarbone points
  - g. Under armpit
  - h. Rib
  - i. Side of hand
  - j. Thumb
  - k. Index finger
  - l. Middle finger
  - m. Pinkie
  - n. Thyroid (back of hand)
5. Assess intensity (0-10)
6. Repeat the set up while rubbing the sore spot  
"Even though I still have some of *this problem* left, I deeply and completely accept myself."
7. Tap all points using "*This remaining problem*"
8. Assess intensity
9. Repeat if necessary
10. Change to other aspects/problems/levels

# Evolving Thought Field Therapy™ Alarm & Treatment Point Chart

- Treatment Points
- Alarm/Test Points
- ▲ Treatment/Alarm Points

