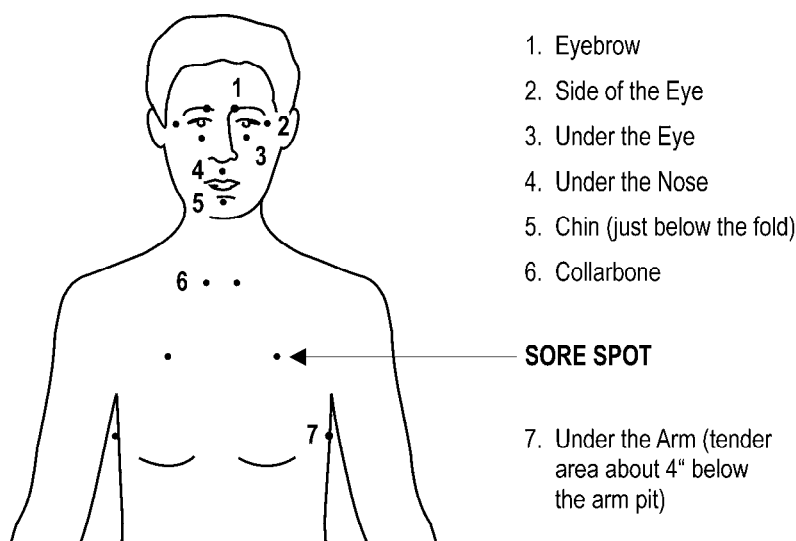


# The Short EFT Sequence

## (Emotional Freedom Techniques)

From *The Heart & Soul of EFT and Beyond...* by Drs. Phillip & Jane Mountrose

1. **THE SETUP:** Focus on bringing an emotion issue into your awareness in the present moment. The key to the success of this process is to feel the emotion and set up the blockage in the meridian system.
2. **THE EVALUATION:** When you have brought the emotion up to its full intensity (or whatever intensity feels comfortable), evaluate how strong it feels between 1 and 10.
3. **THE AFFIRMATION:** While rubbing the “tender spot” on the chest (see the diagram below for location) in a circular fashion, repeat the following affirmation three times: “Even though I have this \_\_\_\_\_, I deeply and completely accept myself.”
4. **THE TAPPING SEQUENCE:** Using your index and middle fingers, tap with a medium pressure about 7 times on each of the following meridian points in the order shown on the diagram while repeating the following short phrase once at each point.: “This \_\_\_\_\_”



Note: You can tap on the points on either side. It doesn't matter which you use.

5. **THE REMINDER:** When you have completed the tapping sequence, take a moment to focus on the emotion again and notice how it feels. Evaluate it again between 1 and 10 to bring any difference in your experience of the emotion into your awareness.

In some cases, the intensity of the emotion may be down to zero after going through the sequence one time, but more often, it will be between zero and the original intensity. You may also notice that it has a different quality. It may even have shifted to a different emotion altogether. In most cases, the process needs to be repeated to be completely successful. The number of repetitions depends on how many aspects there are to the pattern. Each time you repeat the process, the key is to change the way you describe the emotion.

