

## **EMOTIONAL FREEDOM TECHNIQUES**

**First give yourself an Intensity Scale Number from 0-10 where 10 is the highest physical or emotional pain and 0 where it has completely gone.**

### **1. THE AFFIRMATION STATEMENT**

Repeat a negative affirmation three times while you tap the “*Karate Chop*” point.

The affirmation is:-

*“Even though I*

.....  
..... *I truly love and accept myself  
anyway”*

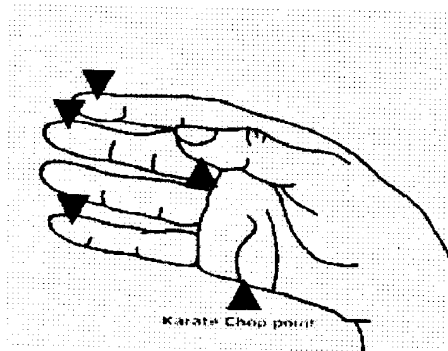
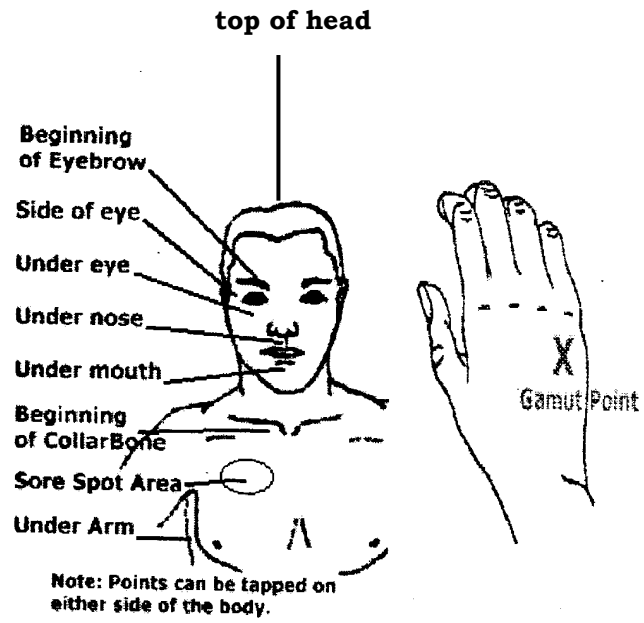
The reminder phrase is :-

“.....  
.....”

### **2. THE SEQUENCE**

Tap with either hand using the fingertips of your index finger and middle finger. Tap (or press) on the following points in this order while saying the reminder phrase :-

- a) Beginning of the Eye Brow
- b) Side of the eye
- c) Under the eye
- d) Under the nose
- e) Chin
- f) Beginning of Collar Bone
- g) Under the arm
- h) Top of head



Notes:

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