

## EMOTIONAL FREEDOM TECHNIQUE: Short Version

The Basic Recipe includes installing a set-up, the points for a round of tapping and ending at the Karate Chop point. Repeat as many times as you want. Can be done in the moment (as needed) or on a schedule (ex: 2-3x day: morning/mid-day/bedtime) to address long standing issues.

1. **Set Up Phrase: Repeat 3x** while tapping on **karate chop spot** (fleshy side of hand below pinky finger).

Even though I (.....fill in your phrase.....)

I deeply love and accept myself or

I accept myself and my feelings

2. **Tapping Sequence:** tap 6-7x on each point while repeating the shortened version of phrase (the part in parentheses)

Top of Head

Inner corner of eyebrow

Outer Corner of Eye

Bone under Eye

Under nose

Under bottom lip

Beginning of collarbone

Under arm (about 4 inches below armpit)

Repeat as many times as needed and then return to the  
Karate chop point