EFT Practitioner Training:
Section 3

How to Do EFT

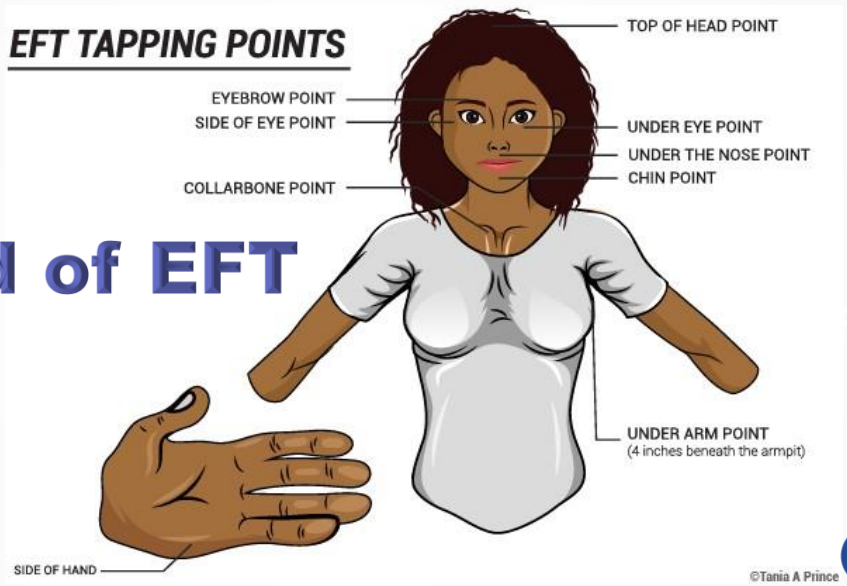
The Structure of a Round of EFT

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1

Round of EFT



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Round of EFT

- Set Up
- Tapping Sequence

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- 1. Tap on the Side of the Hand Point
- 2. Say out aloud,

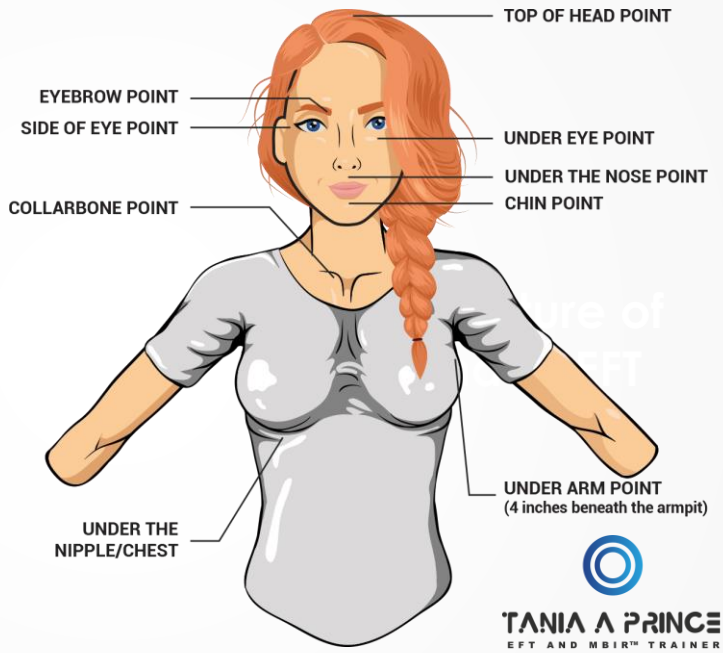
"Even though I have "this problem" I completely and totally love and approve of myself" Repeat three times

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Tapping Sequence

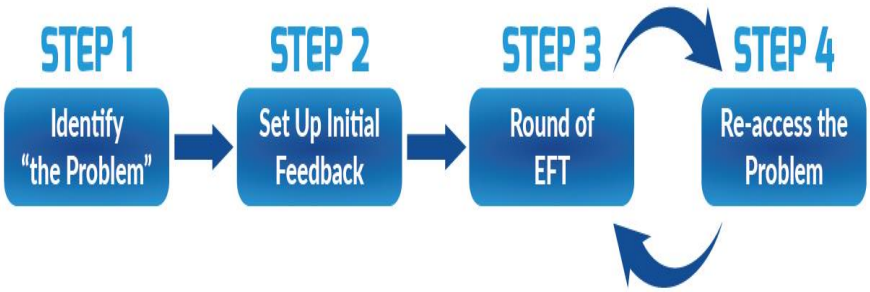


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THE EFT PROCESS



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Step 1
Identify
"the problem"

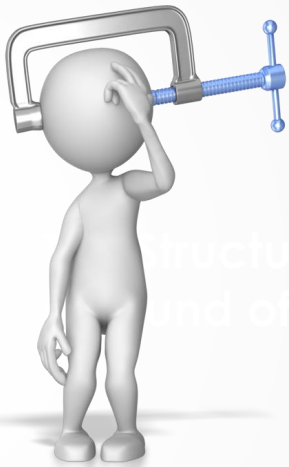


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Step 1
"the problem" is a "clamping feeling in the head"



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The EFT Set Up



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The EFT Set Up

- 1. Tap on the Side of the Hand Point
- 2. Say out aloud,

"Even though I have "this problem" I completely and totally love and approve of myself" Repeat three times

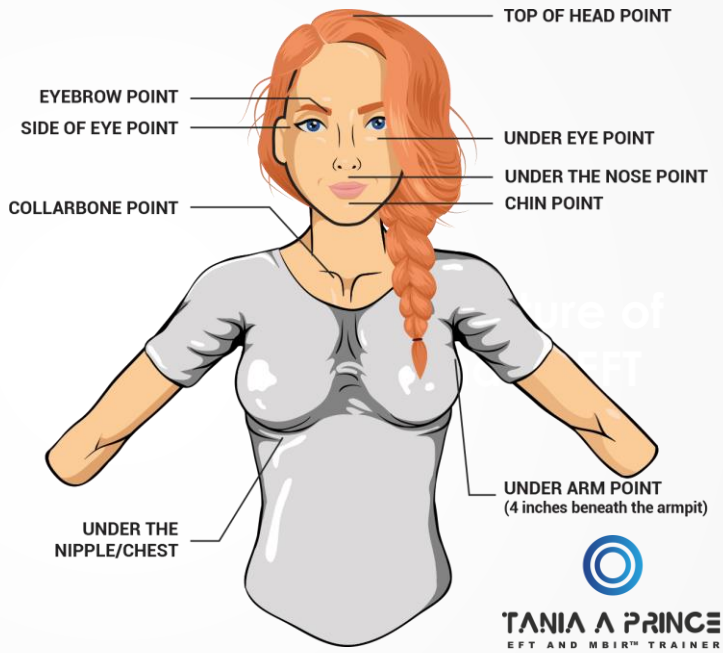


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Tapping Sequence



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STRUCTURE OF THE EFT STATEMENT

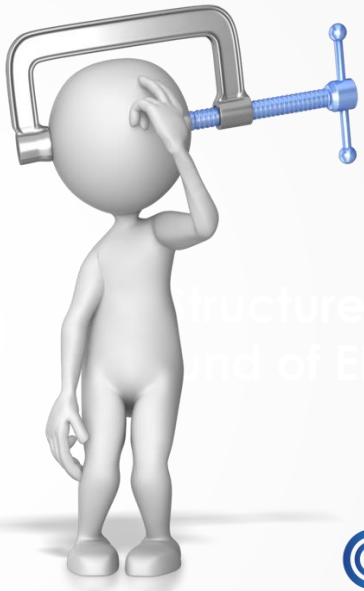
1	2	3	4
Even though	I have	this problem	Affirmation or Solution *Focussed Words*

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Step 1: Physical "the problem" Describe the Quality and Location



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Step 1: Emotional "the problem" Feeling + Thought



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