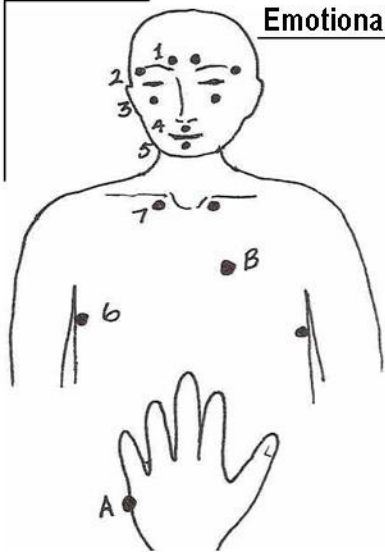


Emotional Freedom Technique



I. Think of an issue to work with and measure your anxiety level: Using a scale of 0—10, measure the level of anxiety that you feel when thinking about the issue. (0 means no anxiety, 10 means extremely high level of anxiety).

II. Breathe deeply and tap 7-9 times with index & middle fingers :

1. Points above where the eyebrows begin
2. Points at the side of the eyebrows
3. Points below the pupils of eyes on bone
4. Point below the nose
5. Point below the lips on the chin
6. Points 4 inches below armpits
7. Points below clavicles on side of sternum

III. Tap point A at side of hand and say 3 times:

“In spite of this problem, I’m OK, I accept myself.”

Repeat sequence II & III until anxiety level is down to 0-2

IV. Rub the Sore Spot B:

Rub or press the Sore Spot located on the left side of the chest about 3 inches below the left collar bone and 2-3 inches to the side of the sternum.