

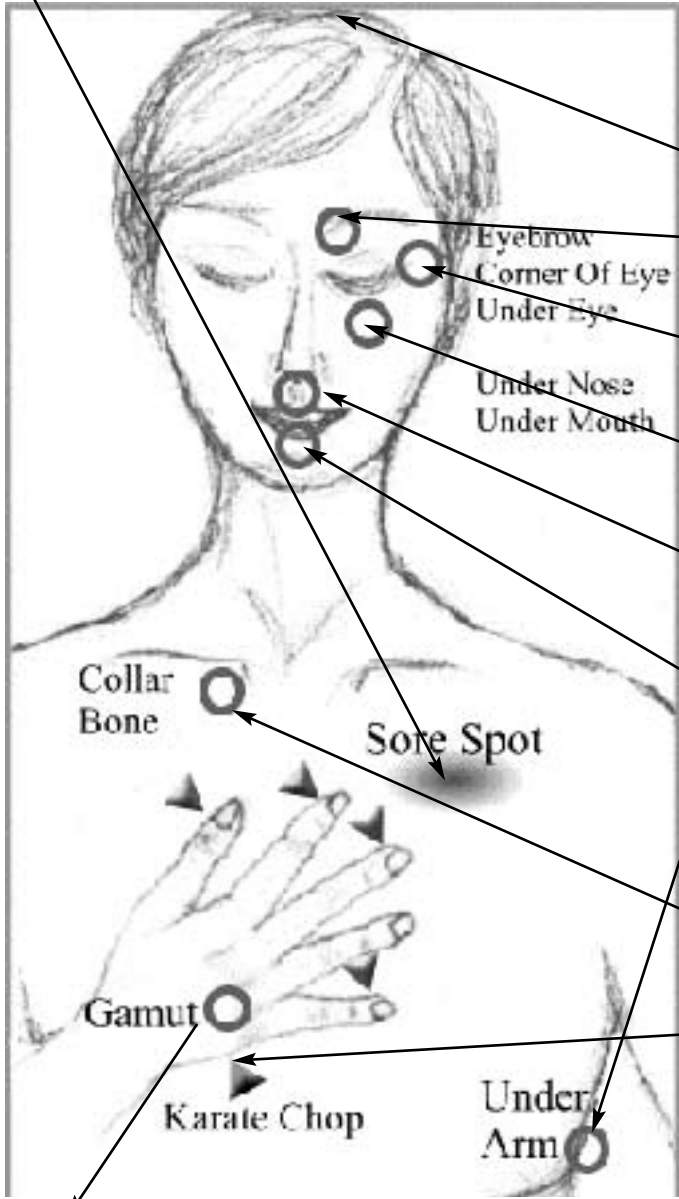
EMOTIONAL FREEDOM TECHNIQUES

A. Preparation

1. Connect with your **targeted emotion** and **stimulus** for that.

2. **Evaluate** the degree of disturbance SUD felt when you bring the stimulus to mind.

3. **Correct Reversal** - On your chest rub or tap on side of hand, with affirmations. Even though I feel _____. I deeply and completely accept myself. Then: I want to be free from this _____.



B. The Sequence - Moving the energy tapping each point 7 -10 times repeating reminding words.

1. **Top of the head**- with all of the fingers so that they are too are stimulated by the tapping.

2. **Start of The Eyebrow** - Where the bone behind your eyebrow turns into the bridge of your nose.

3. **Corner Of The Eye** - On the bone in the corner of your eye.

4. **Under The Eye** - On the bone just below your eye, in line with your pupil if you look straight ahead.

5a. **Under The Nose** - Between you nose and your upper lip

5b. **Under The Mouth** - In the indentation between your chin and your lower lip

6. **Under Arm** - in line with a man's nipples on the side of the body

7. **Collarbone** - In the angle formed by your collarbone and the breastbone

8. **Karate Chop Point** - on the side of your hand, roughly in line with your life line.

The tapping procedure is done **3 times** as you focus on the memory, thought and emotion.

C. Balancing the energy -

Gamut Point - just behind and between the knuckles of your ring and little finger.

a. Eyes **closed**.

b. Eyes **open**.

c. Eyes hard **down right** while holding the head steady.

d. Eyes hard **down left** while holding the head steady.

e. Roll eyes in a **circle** as though your nose was at the center of a clock and you were trying to see all the numbers in order.

f. Roll the eyes in the opposite direction.

D. Repeat the sequence - in same way until the emotion is cleared (If there is emotional disturbance - allow to be released)

E. Close with positive projection of self feeling, secure, capable, confident, worthy, peaceful & loving in that situation.