

EFT Basic Recipe for Emotion

Practice / Cheat Sheet

- 1) Identify the main emotion(s) they are feeling
 - a) If more than one, make a note of all
 - b) (optional) *“Do you feel this ___ (emotion) in your body anywhere?”*
 - i) If yes: *“Where do you feel it in your body? What does it feel like?”*

- 2) Rate the Intensity of emotion, if more than one, get rating on each.
If there is a physical sensation, get a measurement on that as well.

-SUDs (0-10)	-Hands	-Color	-Size
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- 3) Tap on side of hand and repeat set up statement 3 times
 - a) *“Even though I am feeling __, that is just how I feel”*
 - b) *“Even though I feel ____, that’s just where I am at right now”*
 - c) *“Even though I am so ____, I deeply and completely accept myself”*

- 4) Tap through the points focused on the main emotion and the body sensation (if there is one)
 - a) *“I feel ___”*

- 5) Check back with original emotion & Body sensation (if there is one)
 - a) Rate intensity
 - b) Ask if it has changed at all

