How to Do an EFT Session

1) Get into a comfortable position, in a place with minimal distractions with a pen and paper. Write down what is bothering you

2) Ask yourself details about what you are feeling. **Examples:** What thoughts made you feel this way? When did it start? What am I doing when I feel this way? Who is involved? Where and how do I notice the feeling in my body?

3) From 1-10, with 10 being the most intense, **how intense is this feeling and the surrounding feelings?** Write down the number(s).

4) Number and note any underlying emotions or self-talk statements that you can determine as well.

5) Begin tapping across your chest as you state your issue and/or feelings. Be as specific as you can and repeat 2-3 times.

6) Tap above your eyebrow as you say, **"Even though I have this feeling of , (breathe) I deeply and completely accept myself."** If it doesn't feel true say, **"Even though I have a hard time accepting these feelings, I forgive myself."**
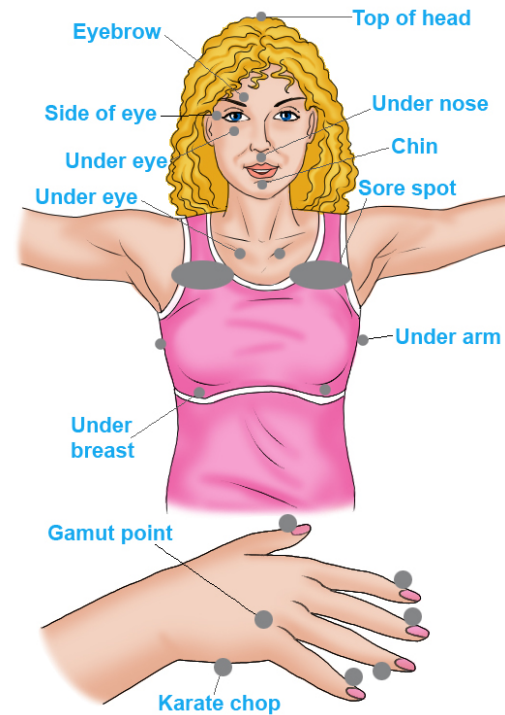
Continue to tap the other points indicated on the picture and cycle through them multiple times as you restate and abbreviate the basic issue and surrounding feelings. Use the words that come naturally to you, eventually including **"love, acceptance, respect and forgiveness for all those who contributed to me feeling this way".** Also, admit your feelings of a lack of love, acceptance and forgiveness.

Repeat this process for each major feeling or statement until you feel it is a "1", or completely cleared. Then, start the process again for each remaining feeling.

7) Continue weaving love, respect, forgiveness and acceptance into your statements of how you feel about yourself and others. Breathe throughout.

8) Try to feel open to the possibility that what you want is available, easy, and natural for you, as well as anyone involved. Breathe.

9) One-by-one, tap all the points as you state the most positive versions of what you want. Breathe after each statement.

10) Tap on any similar painful memory that arises. Take note as you go, checking to see if the intensity levels drop.

11) Tap specifically on key hurtful statements, facial expressions, or beliefs in memories that still carry a significant charge, until they are gone.

12) Begin to experiment with forgiving anyone involved (starting with yourself) who contributed to you feeling this pain. Include parents, caregivers, friends, teachers, lovers, spouses/ partners, coworkers, churches/religions and society