

# My Untapped Potential .com

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## Emotional Freedom Technique- EFT Basic Process

1. Pick a situation that is troubling you (trauma from the past, pain in your body, current emotion emotional upset). The more specific the better, and make up a brief phrase that reminds you of the situation.
2. On a scale from 0 (doesn't bother me at all) to 10 (I'm in total agony), determine how much emotional charge does this have for you. What kind of emotion is it and how big is the feeling? Write down the number.
3. Close your eyes and think about the problem. Where in the body do you feel it the strongest, and how does it feel?
4. Tap karate chop points on outside edge of palms and say your Set Up Statement 3 times.  
Even though I'm feeling \_\_\_\_\_ (emotions) about \_\_\_\_\_ (name the situation)...  
...I'm doing the best I can in every moment, and I'm ok.  
...I'm learning to love, forgive and accept myself through this.  
...I chose to love, forgive and accept myself completely anyway.
5. Start a round or two of going through all the tapping points 1-8 while telling the difficult story, describing the pain or recalling the trauma. Really feel the emotions that come up, and notice how your body responds. Try to observe the feelings without judgement. Where does your brain go...what story does it tell? Gently tap about 10 times on each point before moving to the next while putting words around the experience. Accept the emotions are there, feel them fully while moving through the tapping points, breathing deeply.
6. Is this emotion something you have experienced before? Ask yourself, "Where in my past does this feel familiar?" and pay attention to whatever memories come up, as minor as they might seem. Tap on those memories as your younger self.
7. What's the upside to keeping this problem? What would happen if you didn't have it? What would you have to step into that feels worse than where you are now? Explore the "worst case scenario" your mind automatically goes to and tap on the feelings as your future self.
8. Where is the opposite of your situation also true? Look for the ways the exact reverse of your problem is also true.
9. After you feel you have completed the story, felt the emotions deeply and feel lighter about the situation, do another round or two of acceptance and positive thoughts. Some suggestion statements might be:  
I release this tension/pain/fear from my body now...letting it go  
I thank the fear/pain for trying to protect me...letting it go  
I'm willing to see the situation differently...letting it go  
It's served me well by getting me to be here now...letting it go  
I learned a valuable lesson and can now take back my power from the fear/pain...letting it go  
I forgive my body for responding to stress in this way...letting it go  
That was then, this is now... it's no longer serving me to feel that way...letting it go  
I was little when I learned how to cope this way, now I can see a new way that's better  
I/they did the best with what they knew and the tools and resources they had...letting it go  
I choose to feel better now...letting it go  
Light/Love/God/Jesus/Holy Spirit- I surrender this to you and ask for your guidance and clarity
10. What emotions do you think you'll feel when you think you have what you want? Do more rounds to tap in these emotions as your new "wanted" response to a situation. Really see and feel what your new vision is for yourself, the new way your body can respond. Practice being in this good feeling place, and it will become your new reality.
11. Determine the stress level again and write the number down. If it's still high, you setup statement can be "Even though I still feel \_\_\_\_\_ about \_\_\_\_\_, I love and accept myself anyway". Repeat until your stress level is as close to 0 as possible. Or, what new emotions have come up now the first ones are lower? Start a new set up with these emotions.

