



weight management psychology

Expert Intervention Series
Emotional Freedom Techniques


EFT Tapping 'Cheat Sheet'

1. Identify issue, e.g. belief, emotion, action, event or sensation (this will form the 'problem' in your setup statement)

2. Rate the issue on a scale of 0-10

3. Tapping on the 'Karate Chop Point', repeat the setup statement 3 times

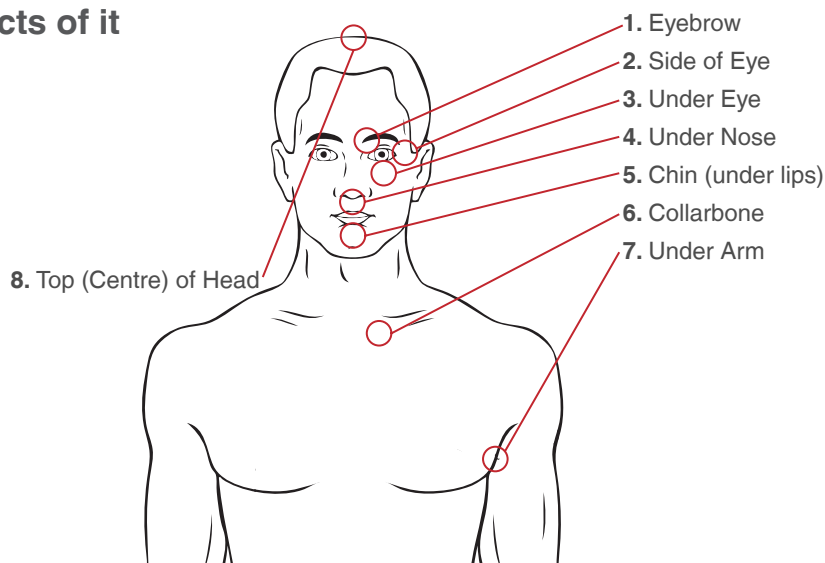
The Setup - Tap the Karate Chop Point
Tapping on the Karate chop point, repeat the setup statement 3 times



Here is a list of possible self-acceptance statements:

- Even though I have this problem, I completely accept myself
- Even though I have this problem, I love and accept myself
- Even though I have this problem, I accept this about myself and am open to changing it
- Even though I have this problem, I am taking steps to change this

4. Tap through each tapping point using 'Reminder Phrases' to help you focus on the issue or aspects of it



5. Take a breath and re-rate the issue after each 'Round' of Tapping

ROUND 1 ____ 2 ____ 3 ____ 4 ____ 5 ____ 6 ____ 7 ____ 8 ____

YOU GENERALLY STOP TAPPING WHEN YOU GET TO A ZERO OR CLOSE TO ZERO



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EFT Tapping Puzzle

Think of your issue as like a puzzle

Every issue has many aspects, which are like pieces of the puzzle

Aspects may have different elements, which are like sides of each puzzle piece

Use the Tapping Puzzle to help you identify and tap away every aspect of your issue

thoughts/attitudes/beliefs	feelings/emotions	physical feelings/sensations
sights/sounds	smells other	tastes/textures temperature
memories/past experiences/events	current events	/experiences predictions/future experiences/events