



Release Your Emotional Upset – Fast!

TapAndBitch.com



Emotional Freedom Technique – Summary Overview

Choose an issue to work on and Rate **SUDS intensity**

SETUP: Tap continuously on **KC** while saying Setup Phrase 3 times:

“Even though {problem statement} I deeply and completely love and accept myself.”

While saying **reminder phrase** (the “short version” of the problem statement) tap about 7 times on each spot while tapping through the sequence:

EB, SE, UE, UN CH, CB, UA, Top

Do 2 or more rounds of tapping through the sequence and then check **SUDS** again

If **SUDS = 0**, you are probably done with that aspect. **TEST** to be sure!

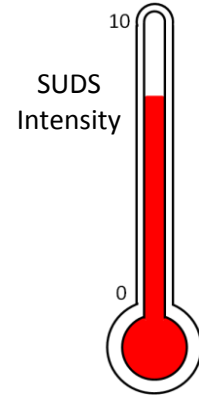
If **SUDS has decreased** do another round of tapping with “...REMAINING...”

- SETUP: **Even though I still have some of THIS REMAINING {problem statement} I deeply and completely love and accept myself.**
- Reminder Phrase:
THIS REMAINING {short version of problem statement}
- Do 2 or more rounds of tapping through the sequence and then check SUDS again

If **SUDS has increased**: Is it REALLY the same issue?

- Yes: tap on KC & say SETUP OUT LOUD WITH EMPHASIS! Then tap 3 or more rounds while focusing on issue
- No: It' a new aspect or issue
– Start from the beginning again.

Focus on the feeling while saying reminder phrase & tapping!



Top
EB
SE
UE
UN
CH
CB
KC
UA

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