

The A B C of Emotional Freedom Technique

A

Awareness:

What bothers you? Notice what tension, pain, memory or craving is there. Name it. Be really specific and detailed. How does it make you feel? Can you give it an intensity number on a scale of 0 to 10?

B

Balancing:

Say three times as you gently massage the tender place....
"Even though I have this...(describe the problem).....I truly and deeply accept myself"

C

Clearing:

Tap with two fingers on the eight acupressure points saying a few reminder words about the problem. Tap the crown of your head last with all finger tips.

Now....Take a deep breath and close your eyes for a moment. Tune into the problem. Notice what has changed or what emerges. Measure again and repeat ABC on the remainder of the problem or on another aspect of the problem.

