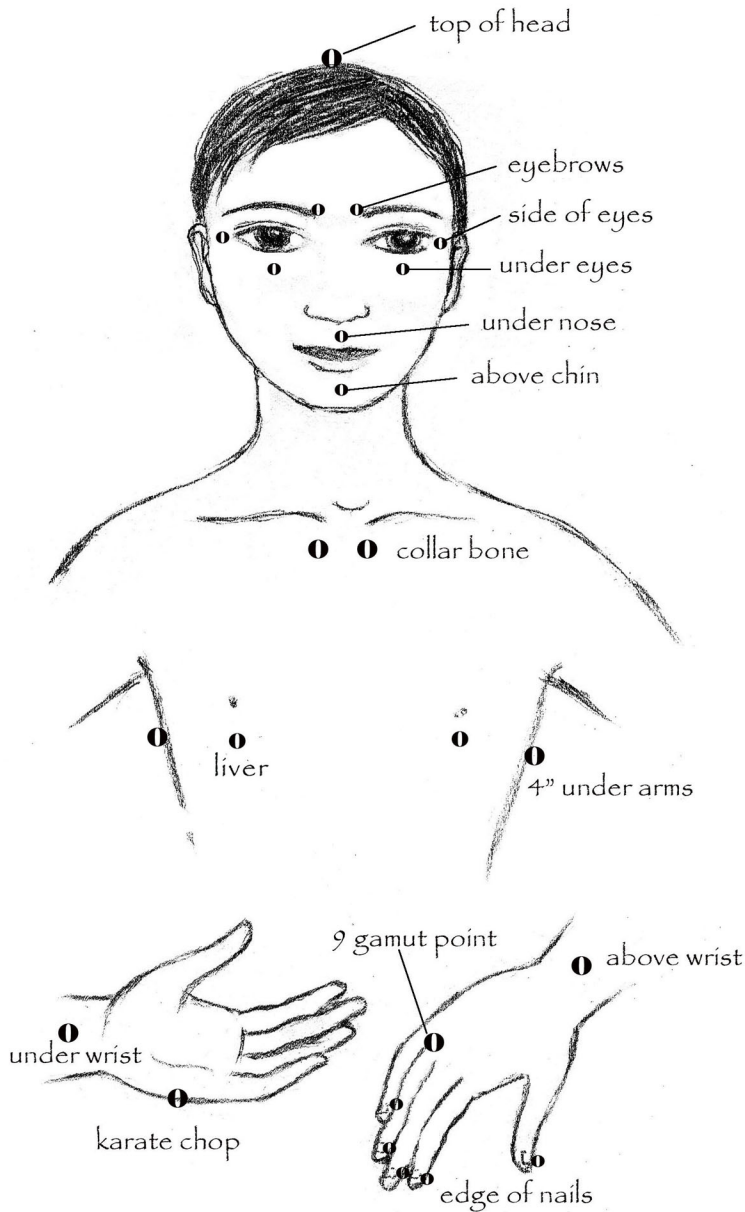


# Emotional Freedom Techniques

## EFT Tapping Points



## What is EFT?

Emotional Freedom Techniques is a way of hacking directly into the central nervous system and the non-verbal parts of the limbic brain that control fight or flight.

Developed by Gary Craig back in the mid-90s, millions of people now use "tapping" as a stress reduction technique.

## EFT in 5 Simple Steps:

1. State the Problem
2. Check the SUD Level
3. Set-Up Statement (KC point)
4. Tapping the Points
5. Re-Check the SUD Level

## Tips for Best Results

1. Be Specific!
2. Focus on the Negative
3. Use a Timer
4. Try it on Everything

Tap anytime you're upset or worried, before important meetings, to get rid of nagging thoughts, when you blow it or feel guilty, or lose the car keys It really works!

## Classic Set-Up Statements:

Even though I have this \_\_\_\_\_,  
I deeply love and completely accept myself  
I forgive myself as best I can  
I want to get to a calm and peaceful place



Tapping the Matrix Academy.com

Rob Nelson, MS  
robnelson.eft@gmail.com