



# Change Your Life

## Shortened EFT

### **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?

### **Balancing:**

Say three times out loud as you tap the side of your hand (karate place)....”Even though I ...(describe the problem)...I truly and deeply accept myself”

### **Clearing:**

Tap with two fingers on the eight acupressure points, shown below saying a few reminder words about the problem “this problem” to focus your attention. For example – ‘This headache, this pain in my head, it’s throbbing, this headache that began when I woke up, makes me feel ill, this pain over my left side of my head, this headache, this tension’ Tap the crown of your head last with all fingertips. It works better with good description of whatever you are working on. One phrase for each tapping point.

- 1 Edge of Eye (Middle of Eyebrows)
- 2 Side of eye
- 3 Under center of eye
- 4 Above top lip
- 5 Middle of chin
- 6 Knob at end of collar bone
- 7 Under arm at bra strap level
- 8 Crown of Head

Lastly, if you have email, you may be interested in a free EFT Newsletter I send out every Monday containing a free EFT Tip. Email me and I can send it to you.

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