

EFT (modified) in a page

Observe the discomfort

- **Physical**, (pain, tightness,)
- **Emotional**, (anger, sadness, fear, shock, frustration,)
- **Thought/Belief** (It's hard, They won't...)

Articulate the issue as clearly and precisely; as possible

Address the issue with the Set up Phrase

"Even thoughI have this (stress, fear, pain, issue with ____, etc.),
... I feel (dismissed, belittled, irritated,)

... I deeply and completely accept myself."

... I deeply and completely love, accept, and forgive myself."

... I am worthy & deserving of a resolution to this issue

... I am worthy of goodness

... I am worthy of all that I desire

... I am worthy of

Repeat the statement (with or without minor modifications) three times.

Address the issue with the Compassion Key Phrases. "I'm so sorry" from several angles

Proceed down the list of points for reducing Tension several times – repeating the primary concerns

Take a deep breath – observe any shift in sensation and note (listen for) what is next.

- Repeat the same set up statement three times and a few more round of points
- Modify the set up statement slightly to note shifting aspects.
- Apply a new set up statement to take into account multiple layers.

Repeat until the tension is manageable or reduced completely on that issue.

Observe Desired State (has there been a shift?)

- **Physical**, (Relax, less sensation, less tension , ,)
- **Emotional**, (peace, ease, confident, ease,...)
- **Thought/Belief** (I can do this, they are open to it, money comes to me easily,...)

Articulate the desired state as clearly and precisely; as possible

Address the issue with the Set up Phrase

"I choose toI have this (comfort, joy, peace, .),
....I have this (comfort, joy, peace, .),

... and I deeply and completely accept myself."

... and I deeply and completely love, accept, and forgive myself."

Repeat the statement (with or without minor modifications) three times.

Proceed down the list of points for reducing Tension several times. – Stating the desired goal

Take a deep breath – observe any shift in sensation and note (listen for) what is next – what else is in the way of you achieving what you desire.

- Repeat the same set up statement three times and a few more round of points
- Modify the set up statement slightly to note shifting aspects.
- Apply a new set up statement to take into account multiple layers.