

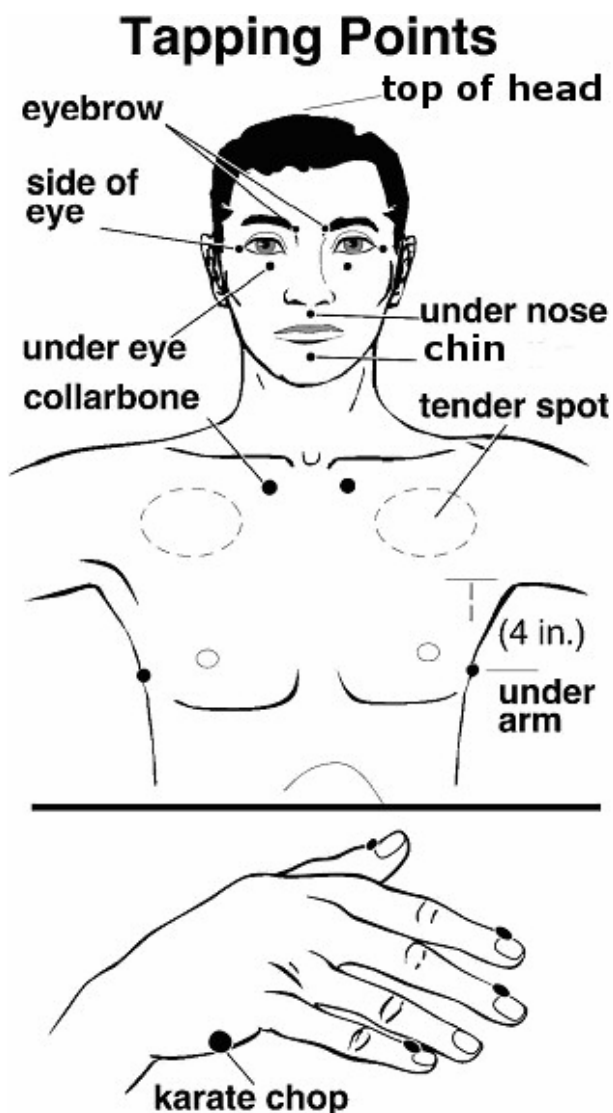
Emotional Freedom Techniques (EFT): Using Self-Acceptance to Allow Yourself to Change

"The curious paradox is that when I accept myself just as I am, then I can change." -- Carl Rogers

1. Identify something that is bothering you that you would rather not be feeling/thinking about/doing, e.g., being depressed, craving sweets, not feeling able to forgive your dad, not exercising, having pain in your back, feeling like a failure, etc.
2. On a 1(low) - 10 (high) scale, rate how much the issue is bothering you.
3. While tapping the karate chop point on one hand, repeat three times: "Even though I (insert whatever is bothering you), I deeply and completely love and accept myself."¹
4. While repeating a short reminder phrase about what is bothering you ("sweets craving," "can't forgive," etc.) use several fingers together to tap about 7 times on each of the following points.

- 1) Top of the head
- 2) Innermost points of eyebrows
- 3) Outermost points of eyebrows
- 4) Bones under the eyes
- 5) Between the nose and mouth
- 6) Chin right under the lips
- 7) Under the collar bone
- 8) Four inches down from your underarm
- 9) Outside of thumb
- 10) Side of index finger
- 11) Side of middle finger
- 12) Side of baby finger
- 13) Side of hand (karate chop point)

5. Now rate again on a 1 - 10 scale how much the issue is bothering you. Feel free to repeat the sequence focusing on more specific things about what is bothering you until your scale rating drops down further and further.



For a demonstration video, go to <http://www.youtube.com/watch?v=aQp0kA5a5OI&feature=related>, specifically minutes 1:06 - 4:40. While I don't necessarily agree with the spiritual and philosophical assumptions this demonstration video attaches to EFT, this portion of the instruction video appears helpful.

¹ If you are a person of faith, feel free to alternate between the self-acceptance phrase and: "Even though I (insert whatever is bothering you), God deeply and completely loves and accepts me."