

Gold Standard EFT basic protocol – specific event

1. In which *moment* do you have the negative emotions or feelings?

Step into this moment as if it is a film fragment. Be *in* the situation (look through your own eyes) and relive it as if it is happening *now*. What do you feel now? Which emotions come up now? Name the strongest one and give this an intensity score between 0 (nothing) and 10 (maximal). Now you know what to tap on:

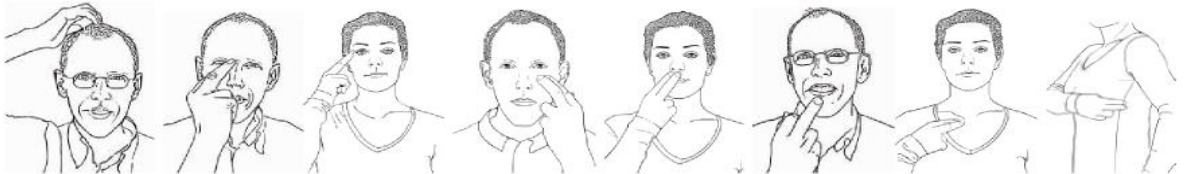
Set Up Phrase

Say out loud while tapping on the karate chop point: “Even though I feel ... with intensity ... I accept myself completely.”



2. The Tapping Sequence

Tap approx. 5-7 times on the following tapping points while repeating the emotion or feeling that you inserted in the startup phrase:



1. top of head 2. Eyebrow 3. side of eye 4. under eye 5. under nose 6. on chin 7. collarbone 8. under arm

3. Step into your film fragment, relive the same moment and assess the intensity

Repeat the startup phrase and the tapping sequence.

4. Keep repeating 1,2 and 3 until all emotions and/or feelings are zero.

5. Testing

When *all* emotions in this moment seem to be at a zero, step into this film fragment once more and really do your best to evoke a negative reaction (emotion or feeling). When this doesn't happen: you're finished with this moment. When you can still feel something: more tapping to do!

Note: If a film fragment is longer than 10-20 sec, you need to divide it into smaller parts that need to be addressed one by one.

Note: When the emotions become intense: don't stop but keep tapping!