

Gold Standard EFT Basic Protocol – Specific Event

1. In what *moment* do you experience the negative emotion or feeling you want to work on?

Step into this moment as if it were a movie in which you are present. Look through your own eyes and pretend it is happening now. If the movie or event lasts longer than 10-20 seconds, then break it down into smaller movie clips lasting no more than 20 seconds, which you can then work on, one by one. For each moment, notice who and what you see around you. What do you hear, smell, taste or feel? Allow yourself to really *experience what it feels like* to be in the moment. What do you feel now? What emotions (or bodily sensations) are coming up? Start with the most intense emotion, determine whether it belongs to fear, anger or sadness, and then rate the intensity between 0 (no intensity) and 10 (maximum). You may also start with a combination of emotions and bodily sensations if they are equally intense. Now you have identified exactly what to work on. Start with:

The Setup phrase: Say out loud while tapping on the KC (Karate chop) point: “Even though I feel ... with intensity ... I accept myself.”



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 Setup phrase:

TOH (Top of Head):

Use a flat hand to tap on the top of the head. Do not tap in circles around this point, tap on the point.

EB (Beginning of Eyebrow):

Tap with one or two fingers on the beginning of the eyebrow, where the hairs of your eyebrow start (not above the bridge of the nose).

SE (Side of Eye):

Tap with one or two fingers on the bone bordering the outside corner of the eye, on the rim of the eye socket. Stay very close to the eye, not your temple.

UE (Under Eye):

Tap with one or two fingers about 1 inch below the pupil, on the bottom rim of the eye socket.

UN (Under Nose):

Tap with one or two fingers on the area between the bottom of your nose and the top of your upper lip, in the middle of the groove.

Ch (Chin):

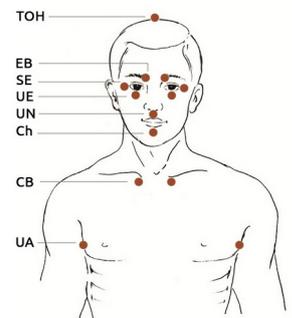
Tap with one or two fingers in the area halfway between the bottom of your lower lip and the point of your chin, in the groove.

CB (Collar Bone):

Tap with your fist on the beginning of both collarbones, where you would knot a tie, making sure you are touching both sides.

UA (Under Arm):

Tap with a flat hand on the side of the body under your arm (a hand width below your armpit).



3. The Test

Step back into your moment and relive it, engaging all of your senses. Assess the intensity of the negative emotion and/or bodily sensation. If it is not yet zero, repeat the Personal-Peace-Procedure (i.e. tap on KC point while repeating the Setup phrase then do the Tapping Sequence) and test again. You may notice that the original emotion has disappeared but another one has come up. Continue this process, addressing any emotion or feeling that arises, until the intensity of all emotions, and all bodily sensations in this moment, are reduced to zero.

4. Final Test

Once the emotional intensity of the moment seems to be zero, test once more by reliving the moment and doing your absolute best to trigger another negative emotion or bodily sensation. When you do so, you may imagine that the moment is even more intense or worse, exaggerating the sights and sounds. Notice if you can feel anything at all. If so, then do the Personal-Peace Procedure and test again. Once you are certain that you feel absolutely neutral, then you are done. Testing is key, as it helps you find any remaining emotional response that may be hidden. The more thoroughly you test, the better your results will be!

Note 1: If you feel an intense emotional reaction: don't stop, just keep tapping! You haven't done anything wrong, you're doing well as you are allowing yourself to really feel your reaction in this moment. If you continue now, you will actually clear it.

Note 2: Focus on one moment or event at a time. Our minds have a tendency to go from one memory to another, and to keep coming up with more events, but stay focused on the one you are working on. You can only neutralize one event at a time.