

# KORALIJN

## Emotional Freedom Techniques

Basic recipe EFT:

- Determine the problem and its current intensity (scale 1 to 10)
- Then apply the basic recipe

1. The setup
2. The tapping sequence
3. The 9-gamut procedure
4. Closing or repeating the tapping sequence

### 1. The setup

Pronounce a sentence (neutralizing affirmation) 3 times while tapping the side of the hand (between the wrist bone and the base joint of the little finger, at the level of the fold of the hand, also called the karate impact point). Formulate the sentence in the present tense.

The sentence is:

Even though ..... yet I deeply and completely accept and love myself.

Examples:

Even though I feel insecure to present in front of a group, I deeply and completely accept and love myself.

Even though I feel sad because..., I deeply and completely accept and love myself.

### 2. The tapping sequence

Tap the following points (about 7 times per point) while saying the reminder phrase for each point. The reminder phrase is a short version of the affirmation.

Examples of the reminder phrase: this uncertainty, this sadness, this fear of heights, this headache.

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- 1. Start of the eyebrow**

This point is located at the base of the eyebrow, right next to the nasal root.
- 2. Outer side of the eye**

This point is located on the bony part directly next to the outer corner of the eye.
- 3. Under the eye**

This point is located on the cheekbone just below the eye.
- 4. Under the nose**

You will find this point centrally between the nose and upper lip.
- 5. On the chin**

This point is midway between the tip of your chin and lower lip.
- 6. Inside of the collarbone**

You can find this point where the breastbone (sternum), collarbone and first rib meet.
- 7. Under the arm**

This point is on the side of the torso, halfway between the inside of the elbow and the height of the armpit.
- 8. Under the nipple**

For men, this point is located two to three centimetres below the nipple, for women in the breast fold.
- 9. Thumb**

This point is on the outside of the thumb
- 10. Index finger**

This point is located on the thumb side of the index finger at the level of the nail base.
- 11. Middle finger**

This point is on the thumb side of the middle finger at the level of the nail base.
- 12. Pinkie**

This point is located on the outside of the little finger at the base of the nail.
- 13. Side of the hand**

This point (karate impact point), is located on the side of the hand between the wrist bone and the base joint of the little finger at the level of the palm crease.

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## 3. The 9-gamut procedure

You tap the gamut point as you move your eyes, hum, and count. The gamut point is located on the back of the hand in the centre behind an imaginary line between the base joints of the ring finger and pinkie. Keep the head straight and calm. Before performing the procedure, try to connect with the feeling/problem.

Tap continuously on the gamut point while going through the following nine steps:

1. Close the eyes
2. Open the eyes
3. Look at the bottom left
4. Look at the bottom right
5. Turn your eyes clockwise once round
6. Turn your eyes counter clockwise once round
7. Hum (out loud) a song (Happy birthday to you)
8. Count (out loud) from one to five
9. Hum (out loud) a song like in point 7 (Happy birthday to you)

It doesn't matter if you look left or right first; nor whether you first turn the eyes clockwise or counter clockwise.

Repetition of the tapping sequence

Do the tapping sequence as in point 2 again and say the reminder phrase at the same time.

## 4. Closing

Close your eyes and breathe in and out deeply twice. Reconnect with the disturbance or ailment (e.g. headache, anxiety, etc.). Now again estimate the intensity of your complaint *at this moment* on a scale of 0 to 10.

After exhaling, feel whether:

1. The complaint has calmed down and/or
2. Something new emerges

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## 1. The complaint has calmed down

If the complaint has calmed down (for example from 9 to 5) and nothing new came up, repeat the basic recipe until you reach zero.

- With a number 4 you add to the set-up sentence: little
- With a number 3 or 2 you add to the set-up sentence: last bit
- With a number 1 you add to the set-up sentence: very last bit.

For example: Even though I still have (or: feel) a bit of a headache, I deeply and completely accept and love myself.

In the reminder phrase it becomes.... this residual headache.

## 2. Something new emerges

If something else comes up, there are four possibilities (trap effects):

- An emotional shift
- A physical reaction
- A new scene/event
- Or another piece from the same scene

Always proceed with the step of the staircase that presents itself (Steps 1 and 2 only), over and over again. When the bottom step is reached and calmed down (score is 0), walk back up the stairs step by step, calming each step, ending with the original problem.

