Emotional Freedom Techniques – ‘The Basic Recipe’

1. Test for Subjective Units of Disturbance (SUD) on a scale of 0 - 10
2. Set up Affirmation at "Sore spot" or "Karate Chop Point"
3. Tapping Sequence (Points 1-12). Repeat Reminder Phrase at every point.
4. 9 gamut procedure (While tapping Gamut Point)
5. Tapping Sequence (Points 1-12). Repeat Reminder Phrase at every point.
6. Repeat SUD test
7. If SUD not 0, repeat procedure with modified Affirmation

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**Tapping Points**

- **S** Sore Spot
- 1. Under the Eyebrow
- 2. Side of the Eye
- 3. Under the Eye
- 4. Under the Nose
- 5. Chin
- 6. Collarbone (joint)
- 7. Under the Arm
- 8. Thumb (base of nail)
- 9. First Finger (side)
- 10. Middle Finger (side)
- 11. Baby Finger (side)
- 12. Karate Chop point

**The 9 Gamut Procedure**

- **G** Gamut Point
- 1. Eyes Closed
- 2. Eyes Open
- 3. Eyes hard down right while holding the head steady
- 4. Eyes hard down left while holding the head steady
- 5. Roll eyes in a circle - clockwise
- 6. Roll eyes in a circle - anticlockwise
- 7. Hum 2 seconds of a song (e.g.: Happy Birthday)
- 8. Count rapidly from 1 to 5
- 9. Hum 2 seconds of a song again

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