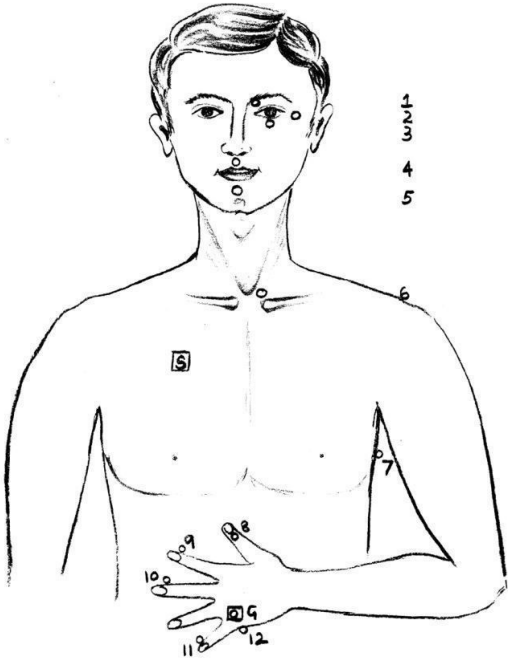


Emotional Freedom Techniques – ‘The Basic Recipe’

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

	<p style="text-align: center;">Tapping Points</p> <p>S Sore Spot</p> <ol style="list-style-type: none"> 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 	<p style="text-align: center;">The 9 Gamut Procedure</p> <p>G : Gamut Point</p> <ol style="list-style-type: none"> 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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