

Participant: _____

Date: _____

Life Enhancement – Health – Happiness & Peace
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➤ **From extreme Trauma to things in your life that bug you, the stuff you want to throw away**

- **Stress issues:** Rate current stress level*
- 1). _____ **(1-10)** * ____ | ____ | ____ | ____ >
- 2). _____ **(1-10)** * ____ | ____ | ____ | ____ >
- 3). _____ **(1-10)** * ____ | ____ | ____ | ____ >

- **Anxiety:**
- 1). _____ **(1-10)** * ____ | ____ | ____ | ____ >
- 2). _____ **(1-10)** * ____ | ____ | ____ | ____ >
- 3). _____ **(1-10)** * ____ | ____ | ____ | ____ >

- **Pain – Illness:**
- 1). _____ **(1-10)** * ____ | ____ | ____ | ____ >
- 2). _____ **(1-10)** * ____ | ____ | ____ | ____ >
- 3). _____ **(1-10)** * ____ | ____ | ____ | ____ >

- **Ritual or Bad Habits:**
- 1). _____ **(1-10)** * ____ | ____ | ____ | ____ >
- 2). _____ **(1-10)** * ____ | ____ | ____ | ____ >
- 3). _____ **(1-10)** * ____ | ____ | ____ | ____ >

☞ it's likely that at one time the 'bad habit' was your solution to a problem

- **Other areas of significance:** _____
- 1). _____ **(1-10)** * ____ | ____ | ____ | ____ >
- 2). _____ **(1-10)** * ____ | ____ | ____ | ____ >
- 3). _____ **(1-10)** * ____ | ____ | ____ | ____ >

re-assess after each round>

Circle the issues you feel O.K. about working on in this environment.

- **Positive reinforcements** work wonderfully with EFT, try some of these, adjust to fit your desires and needs: **I approach my life with abundance.** I will fall asleep quickly, wake up well-rested, with a healthy body. Even though I have issues to resolve, I will get a full night sleep & have my answers in the morning. I am becoming a more relaxed and joyful person. **I am accomplishing so much.** I enjoy the calm and peace that I have...

Personal work: When was the first time you had this feeling _____ What were the circumstances?
Picture it in your mind, focus... write... express...

'For your work to be terrific you need to be specific'

Now go to the step-by-step EFT directions – you're on your way to gaining control over how your issues affect your life.

Emotional Freedom Techniques – EFT

Anxiety Relief: EFT can successfully alleviate acute anxiety attacks, generalized anxiety

Take a slow deep inhale and exhale at each tapping point, (a tap just firm enough that your fingers slightly bounce back.)

Now using your inquiry form locate an issue that is mid range 5 or 6 as a place to start (as you get familiar with the process and learn how to allow the work, you can get to the more intense issues. If you've been stuck with an issue it may take some time – even months of EFT to get measurable relief, stick to it, contact a consultant for assistance.)

STEP 1: Identify the emotion or problem – work through the feeling - what is behind it. Is it the TRUE issue!

STEP 2: How intense is it? Stress level [0-10]

STEP 3: State it: Even though I have anxiety about _____, I deeply and completely accept myself."

~I respect & love myself ~ I'm still a good person ~ I know I'm O.K. or other positive wording

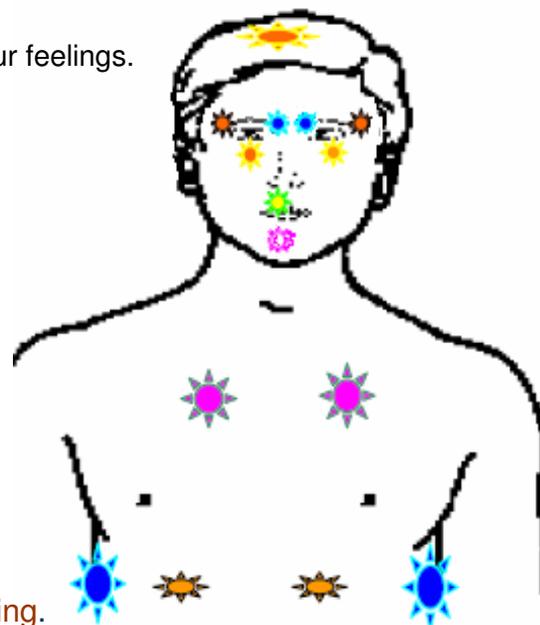
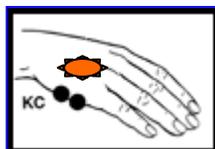
STEP 4: SET-UP: While tapping on the Karate Chop Point, state your affirmation **out loud 3 times**.

Choose an easy, short Reminder Phrase that represents the issue your working on, such as "this anxiety problem" "health issue" relationship horror" or "my chocolate cravings."

This can be adjusted as you go through the Taping process, go with your feelings.

STEP 5: SEQUENCE: **Tap**, while stating the problem or issue:

- 1) Both – inner edge of EYEBROW ✨
- 2) SIDE OF EYES ✨
- 3) UNDER EYES ✨
- 4) UNDER NOSE ✨
- 5) UNDER MOUTH ✨
- 6) Both - COLLARBONE ✨
- 7) Each side - UNDER ARM [4" down] ✨
- 8) TOP RIB [aprox.6"under nipple] ✨
- 9) KARATE CHOP ●●
- 10) TOP of HAND ✨ below last 2 fingers



Shack your hands out softly – Take a deep-slow breath; OBSERVING, your feelings, physical and emotional. Notice your thoughts, you may get further insights as you sit quietly after tapping.

STEP 6: Reassess Stress level [0-10] has it changed? Adjust statement with consideration to Aspects: An 'aspect' is a different part of the problem. You've tapped for 'this anger' and the anger is gone – instead you feel sadness. "Even though I feel this sadness about it now" etc.

STEP 7: Reassess the intensity of the problem, Measure your anxiety or stress level on 0-10 scale

STEP 8: At a Reassessed Stress level that has changed 0-2, Adjust statement* to a complete positive and tap again adding the TOP of head as the last point. ✨

Anxiety Relief - Phobias - Guilt, Shame and Low Self-Esteem - Pain Control - Trauma Relief: Emotional Freedom Technique (EFT) is a unique form of acupressure" to relieve stress and physiological pain. EFT a tapping procedure. restoring balance on our energy system, it neutralizes emotional conflicts at their source, allowing the body and mind to resume their natural healing abilities. EFT is easy to apply, non-invasive.

Designed by Gary Craig, a personal performance coach. EFT belongs to a new class of treatments referred to as **Energy Psychology**. Scientists agree that the body is an "energy configuration" made up of positive and negative electrical charges in the form of atoms, the basic "building blocks of all matter." EFT capitalizes on this to assist you in claming your body and mind. While the technique is simple and effective, we recommend you receive thorough training in its use by visiting Gary's web site, <http://www.emofree.com>



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EFT Tapping Points

Eb Eyebrow **BLADDER** meridian

Where: Slightly off center, above bridge of nose **For:** Inner direction, peace & harmony

Corrects: Fear, anxiety, dread, impatience, frustration, restlessness, trauma, miffed

SE Eye Corner **GALL BLADDER** meridian

Where: Outside corner of the eye at the temple **Corrects:** Rage, fury, wrath, fear of self-growth and issues of growth and change, resentment, rage, muddled thinking

UE Under Eye **STOMACH** meridian

Where: Lower edge of eye socket, in the midline of each eye **For:** Contentment, tranquility **Corrects:** Disgust, greed, emptiness, deprivation, nausea, hunger, fear, disappointment, bitterness, nervousness

UN Under Nose **GOVERNING VESSEL**

Where: Midway between the upper lip and the base of the nose **For:** Inner connection

Corrects: Embarrassment, grief, physical disturbance, guilt, fear of failure, success

Ch Chin **CENTRAL VESSEL**

Where: Midway between the lower lip and the point of the chin

For: Self-Empowerment

Corrects: Shame, embarrassment

Cb Collarbone **KIDNEY** meridian

Where: About one inch below the depression where clavicles meet in the upper chest, about one inch to either side of centerline, between upper two ribs

For: Gentle spirit energy, sexual assuredness

Corrects: Fear, anxiety, craving, sexual indecision, paranoia, worry

UA Under Arm **SPLEEN** meridian

Where: Midline on either side, about

four inches under armpit **For:** Choice making, confidence, empathy, centeredness

Corrects: anxieties, future, obsession, hopelessness, insecurity, low esteem

UB Under Breast **LIVER** meridian

Where: Just beneath the rib cage on both sides, down from the nipples

For: Transformation, happiness, forgiveness, self-esteem, respect

Corrects: Anger, unhappiness, complaining, frustration, bitterness

Th Thumbnail **LUNG** meridian

Where: Corner of the base of the thumbnail, toward your body

For: Worth, humility, correctness, feeling good about oneself

Corrects: Negative thinking, disdain, scorn, contempt, false pride, prejudiced, intolerance.

IF Index Finger **LARGE INTESTINE** meridian

Where: Corner of the base of the fingernail, thumb side **For:** Letting go, self-worth

Corrects: Guilt, grief, lack of initiative and openness, forgiveness, dogma

MF Middle Finger **CIRCULATION-SEX** meridian

Where: Corner of the base of the fingernail, thumb side **For:** Bonding, relaxation, generosity

Corrects: Regret, remorse, jealousy, stubbornness, sexual tension, painful memories that are kept out of awareness, unhappiness, insatiability

LF Little Finger **HEART** meridian

Where: Corner of the base of the fingernail, ring finger side

For: Unconditional love, forgiveness, compassion, care for one's self

Corrects: Anger, over-excitement, over-achievement

KC Karate Chop **SMALL INTESTINE** meridian ■■

Where: Middle of the fleshy side of either hand

For: Joy

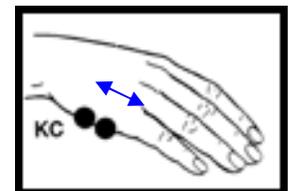
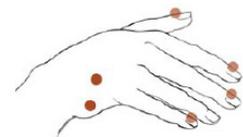
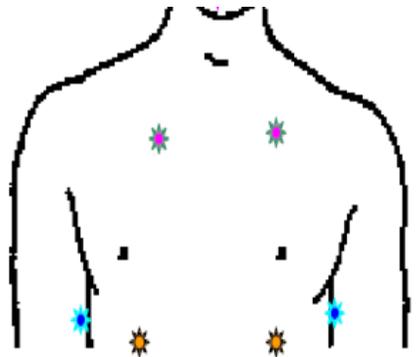
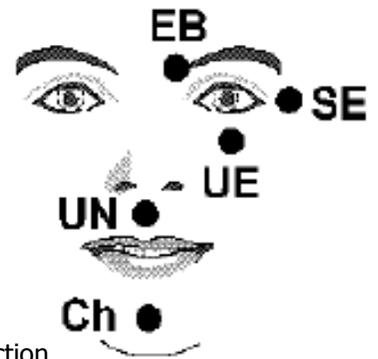
Corrects: Sadness, loss, sorrow, worry, obsession, compulsiveness, vulnerability

G Gamut Spot **TRIPLE WARMER (thyroid)** meridian ↙↘

Where: Back of the hand, about one inch toward the wrist from the knuckles, between the carpals of the little finger and ring finger

For: Hope

Corrects: Depression, despair, grief, hopelessness, despondency, loneliness, solitude



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