

<b>List 3# things in your life that you don't like</b> Stress issues, Anxiety, Pain, Illness, Bad Habits	<b>Write a resolution / Positive resolve for the issue.</b> One that you personally have access to
<b>Be specific – create choices that your pulled toward – Go for the best possible outcome*</b>	
Even Though 1.	I choose to
Even Though 2.	I choose to
Even Though 3.	I choose to

Be as specific as you can, example - Not just you choose to exercise. I choose to find it delightful and invigorating to exercise everyday. Create choices that will pull you to them, easy to pronounce – High energy descriptive words like – Surprise, is an excellent word to introduce to your choices practice. Not to choose something for anyone else to do or be.

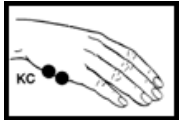
**Phrase Examples**

- Even though I am stressed out, I choose to be more relaxed and joyful.
- Even though I don't like to workout, I choose to find it delightful and invigorating to exercise everyday
- Even though I'm in debt, I choose to approach my life with abundance.
- Even though I'm restless, I choose to fall asleep quickly and wake up well-rested.

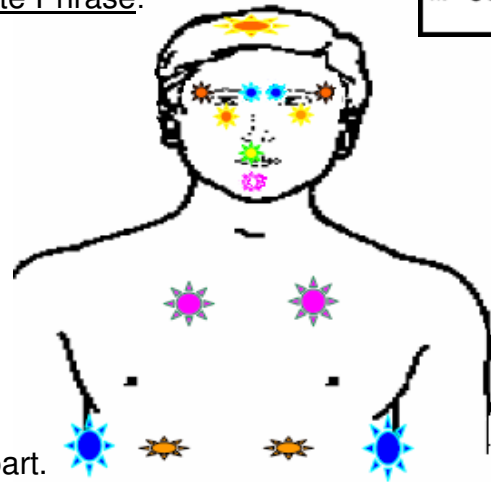
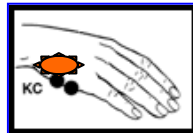
**STEP 1:** Choose one issue to work with, **How intense is it?** Stress level [0-10], (10 = extreme feelings)

**STEP 2:** While tapping on the Karate Chop Point, ●●, say you're Phrase **out loud 3 times.**

**STEP 3:** SEQUENCE: **Tap at each point, while stating complete Phrase:**



- 1) Inner edge of EYEBROW ☀
- 2) Outside of EYES ✨
- 3) Under EYES ☀
- 4) Under NOSE ✨
- 5) Under MOUTH ✨
- 6) Both – Under COLLARBONES ✨
- 7) Side - Under ARM [4" down] ☀
- 8) TOP RIB [aprox.6"under nipple] ☀
- 9) KARATE CHOP ●● ☀
- 10) Gamut spot  
This is a full round – ☀



**STEP 4:** Tap 'sequence 1) - 10) only say the 'I choose to \_\_\_' part.

Hint: What is the feeling you want to have about this issue? When have you felt that feeling? Think about that positive feeling – Now go for that feeling during your 'I choose to - statement.

**STEP 5:** Every other – tap on 1<sup>st</sup>) spot say the Even though \_\_\_\_, 2) spot - say 'I choose to \_\_\_\_ phrase 3) spot the Even though – *retraining your consciousness to make the shift to the positive.*

Shake your hands out softly – Take a deep-slow breath; **OBSERVING**, your feelings, physical and emotional. Notice your thoughts. Rate current stress level (0-10) \_\_\_\_

Repeat process with a more specific Phrase to continue to lower stress rate.  
The more you practice the process the better it will effect your emotions – and reactions.

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 calming 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> EFT choices method is inspired by Pat Carrington