

ISSUES PACKET

DATE _____

NAME _____

No.	ISSUE	SUD*	ASPECTS/THOUGHTS THAT ARISE	SET-UP PHRASE - EVEN THOUGH...	SHORT PHRASE
1	Can't lose weight	8/4	I can't lose any more weight. I m stuck in a plateau.	Even though I'm stuck in this plateau I deeply and completely accept myself	I'm stuck
2	Afraid I won't succeed	9/7	I'm afraid the weight will come back after I lose it	Even though I'm afraid I'll gain back the weight I lose I choose to make healthy choices.	Weight coming back
2	Hate dieting	4/1	I feel deprived, like I can never be like a normal person but instead must eat like a bird	Even though I feel deprived, I choose to follow my system	This deprivation
3	I'm sick of all the effort	7/1	This is starting to really make me mad! Why do I have to do this? Do I even care?	Even though I'm angry for not being where I want to be ... I choose to do my best	This anger

* SUD - (Standard Units of Distress 1 - 10 scale)

Work through each issue, initially noting the starting SUD level, and filling in the end number when you finish that round. This helps you have a log of results while you work through an issue.

Notice on the first round (No. 1), the initial issue was Can't lose weight. The initial set-up phrase chosen was Even though I m stuck in this plateau. In round No. 2 the issue changed to Afraid I won t succeed. Round No. 3 was Hate dieting. You may swing back and forth during sessions, or concentrate on one aspect.

When we work in person, we ll stick to one aspect to clear it entirely, but for your practice, don t be afraid to let mind wander wherever it wants. The notes you take here will give you much insight into what is going on under the surface of your awareness. This is fine. You can change the phrasing at any point during a tapping session. You may also use whatever comes up as language for subsequent sessions, if your SUD level isn t at a 1 or less.

The second half of the set-up phrase is either the acceptance statement, I deeply and completely accept myself, OR you may instead choose a "Choice" phrase, which indicates what you want instead. Both are very effective means of communicating with your subconscious mind in precise language.

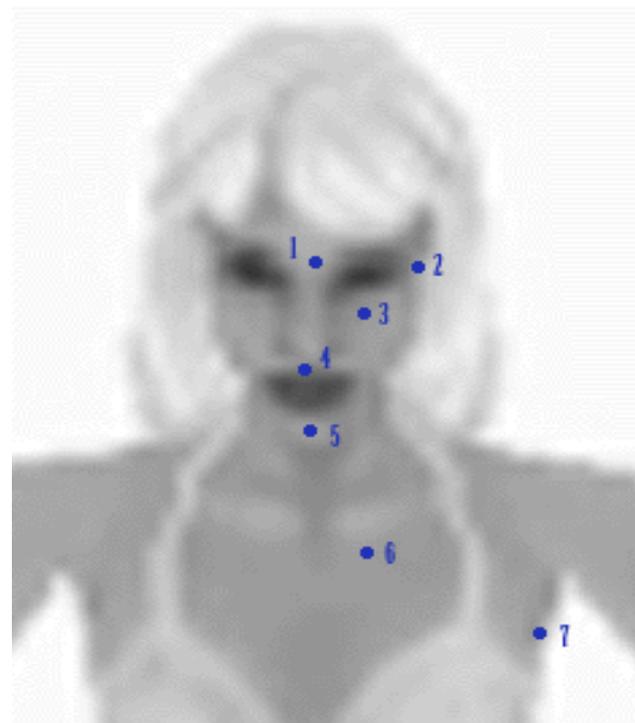
EFT Steps

1. Decide what issue you want to address.
2. Think of the issue and determine your beginning SUD level.
3. Begin with the Set-up Phrase, tapping on either the side of the hand or the sore spot while saying your chosen setup phrase.
4. Tap the first round, beginning with the eye brow point and ending with the under arm point, once through.
5. Again determine your SUD level.
6. If you are not yet at a 1 or less, repeat the round from step 2.
7. On second and subsequent rounds, change the set-up phrase to address any new issues that come up, and say, Even though I still have some of this problem, I deeply and completely accept myself, OR I want to be completely over this (fill in with your own words) issue.

The words aren't as important as is just thinking about the issue you want to address and tapping the sequence. You want to bring up the emotions associated with the issue, not hide behind them. EFT will disrupt the energy pathways until you will no longer experience the same emotional charge to these issues. If you have very highly charged emotional issues, it is best to work with a competent EFT practitioner so you'll have someone to help guide you gently through the process.

Specific Tapping Points

- EB (eyebrow) At the beginning corner of either eyebrow, just above and to one side of the nose.
- SE (side eye) On the bone bordering the outside corner of the eye.
- UE (under eye) On the bone under either eye, about 1 inch below your pupil.
- UN (under nose) On the small area between the bottom of your nose and the top of your upper lip.
- CH (Chin) Midway between the point of your chin and the bottom of your lower lip. Technically it is not directly on the point of the chin, but it is easier to remember by calling it the chin point.
- CB (collarbone) Directly under the collarbone. and the first rib meet. To locate it, first place your forefinger on the U-shaped notch at the top of the breastbone (about where a man would knot his tie). From the bottom of the U, move your forefinger down toward the navel 1 inch and then go the left (or right) 1 inch.
- UA (under arm) On the side of the body, at a point even with the nipple (for men) or in the middle of the bra strap (for women). It is about 4 inches below the armpit.



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1				Even though ... I deeply and completely accept myself	
2				Even though I still ... I choose to ...	
3				Even though I ... I choose to ...	
4				Even though I still ... I choose to ...	

* SUD - (Standard Units of Distress 1 - 10 scale)