

# Simple EFT for Rapid Stress Relief

(An adaptation of the original Emotional Freedom Technique developed by Gary Craig:  
[www.emofree.com](http://www.emofree.com))

**Purpose:** To relieve stress, anxiety and upsets; defuse the 'emotional charge' on painful memories, experiences and traumas; to balance and restore energy flow in the body; to re-connect mind, body and emotions.

## Use When:

- Feeling stressed, anxious or upset
- Feeling rattled, frazzled or disconnected
- Feeling hurt, scared or traumatized
- Need to calm down and re-connect
- Need to re-align mind, body and emotions

## Common Experiences:

- Reduction or release of emotional distress
- Feeling calm, balanced, more relaxed
- Better able to focus and to be present

## Steps:

1. Think of a stressful or upsetting memory or experience.
2. Tune and rate the emotional intensity 0 – 10, where 0 = 'no intensity;' and 10 = 'overwhelming.'
3. Tap the Karate Chop points together, while repeating this Statement 3X:  
-Even though I have this \_\_\_\_\_, I deeply & completely love and accept myself."
4. Gently tap the Sequence of points, 7 – 10 taps per point, on either or both sides, while holding the stress in mind.
5. Check in: what do you notice now? If you still have some remaining emotional intensity, go back to Step 3, and repeat the Statement and tap the Sequence as needed, until the emotional intensity is down to 0.

**Note:** All your distress may not dissipate after just one round of tapping! But after each round you should feel a release or lightening of the distress; as well as feeling more relaxed, balanced, and integrated.

**Follow along with the video:** <https://youtu.be/3XtU8aSEQZY>

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### EFT Tapping Points:

Side of hand/karate chop

Top of head

Eyebrows (inside corner of either eye brow)

Side of eyes (outside the bone to the side of either eye)

Under eye (upper edge of ocular ridge, below the pupil)

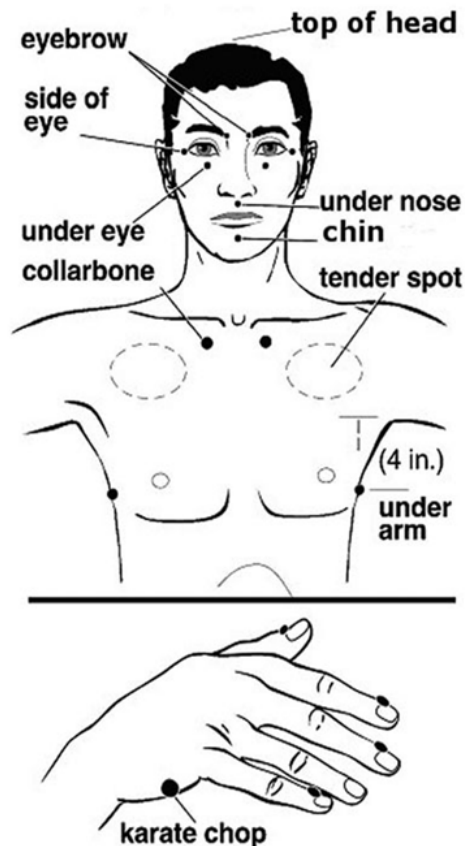
Under nose

Chin (in the crevice of the chin, under the lip)

Under collarbone (in a small depression just under collarbone, and approx. 2" to either side of the midline)

Under arms (on the outside medial line of torso, or outer seam of your shirt, approx. 4" below the armpit)

Side of ribs (CLAP with open hand on the side of lower ribs)



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