

The EASY EFT Worksheet

- 1) State the Problem (include limiting emotions and/or limiting beliefs identified):

- 2) What do I want to experience instead?

- 3) Create your Set-up Phrase(s):

Sample: Even though I am ' _____state-limiting-emotion_____ ' because I ' _____state-limiting-belief/experience_____ ', I deeply and completely love, accept and forgive myself. And, what if I " _____state-the-opposite-of-the-problem-that-you-want- instead_____."

Even though...

Even though...

Even though...

(Hint: The above 3 set-up statements can be identical or slightly different as long as the 'target problem' is your singular focus.)

- 4) My negative reminder: (Hint: Use the negative emotion/thought that is the most provocative emotionally.)

- 5) My positive intention: (Hint: Use the positive desire that you want instead with opening words such as -> What if.... I am I am so grateful that... I am pleasantly surprised... I am willing... I courageously...)

- 6) Check-in. If emotion is ANY negative emotion and NOT completely neutral do this same round again trying out some or all of the following 2nd round statements:
 - a. Even though I still have this remaining... (problem)
 - b. Even though I refuse to let go of this... (problem)
 - c. Even though I cannot seem to get EFT to work for this (problem)
 - d. Even though I cannot imagine my life without this ...(problem)
 - e. Even though I'm afraid to release this... (problem)

- 7) Continue to EFT until the emotion is absolutely neutral and you are so bored to tears of this entire process that you just HAVE to go do something else!!! (But, be mindful not to stop in avoidance but because you really are 'over this issue.')

