

## EFT TAPPING PROCEDURE

### - The Shortcut -



Would you like to introduce your organization to the benefits of Emotional Freedom Techniques (EFT)? Please contact Jeanine at [Jeanine@EFTforlife.com](mailto:Jeanine@EFTforlife.com)



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## BORROWING BENEFITS PROCEDURE

1. Identify 1 specific bothersome memory, or 1 specific event
2. Each memory or event should be 2 or 3 minutes long
3. Each memory or event needs to be short enough to have only 1 emotional crescendo
4. Make a mental movie of each specific event/memory
5. Give a brief title for each event/memory
6. Estimate the crescendo's intensity on a 0-10 scale as the intensity shows up NOW (not when the event originally happened)
7. Write down the movie titles and the 0-10 intensities of the corresponding crescendo's
8. Select 1 of these specific events/memories for which you would like to Borrow Benefits
9. Tap along with the demos in the class
10. When the intensity is zero, choose another specific event/memory and resume tapping along with the class

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