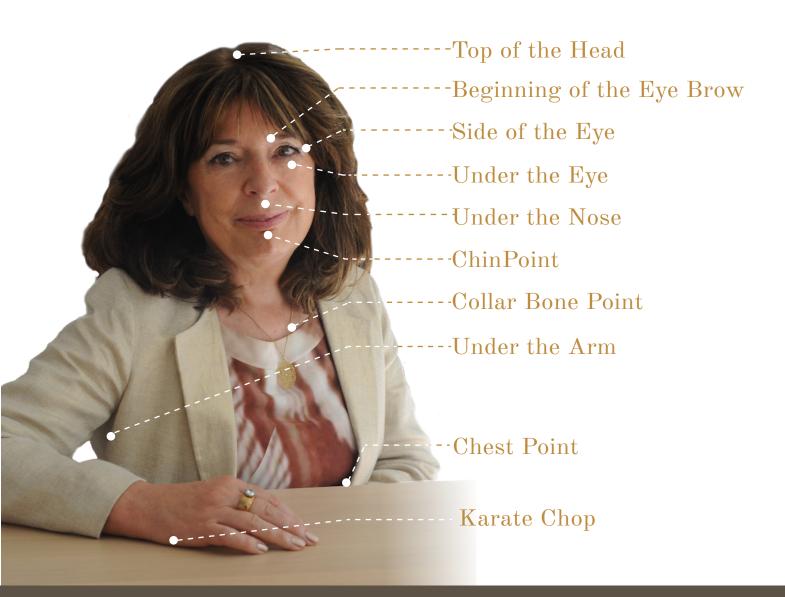
EFT for life

Jeanine Crombê

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

JEANINE CROMBÉ
EFT Trainer
Authentic Feminine Success Mentor
Founder of EFT for Life Academy
Creator of Authentic Feminine Success with EFT
www.EFTforlife.com



EFT for life



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

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

JEANINE CROMBÉ
EFT Trainer
Authentic Feminine Success Mentor
Founder of EFT for Life Academy
Creator of Authentic Feminine Success with EFT
www.EFTforlife.com

