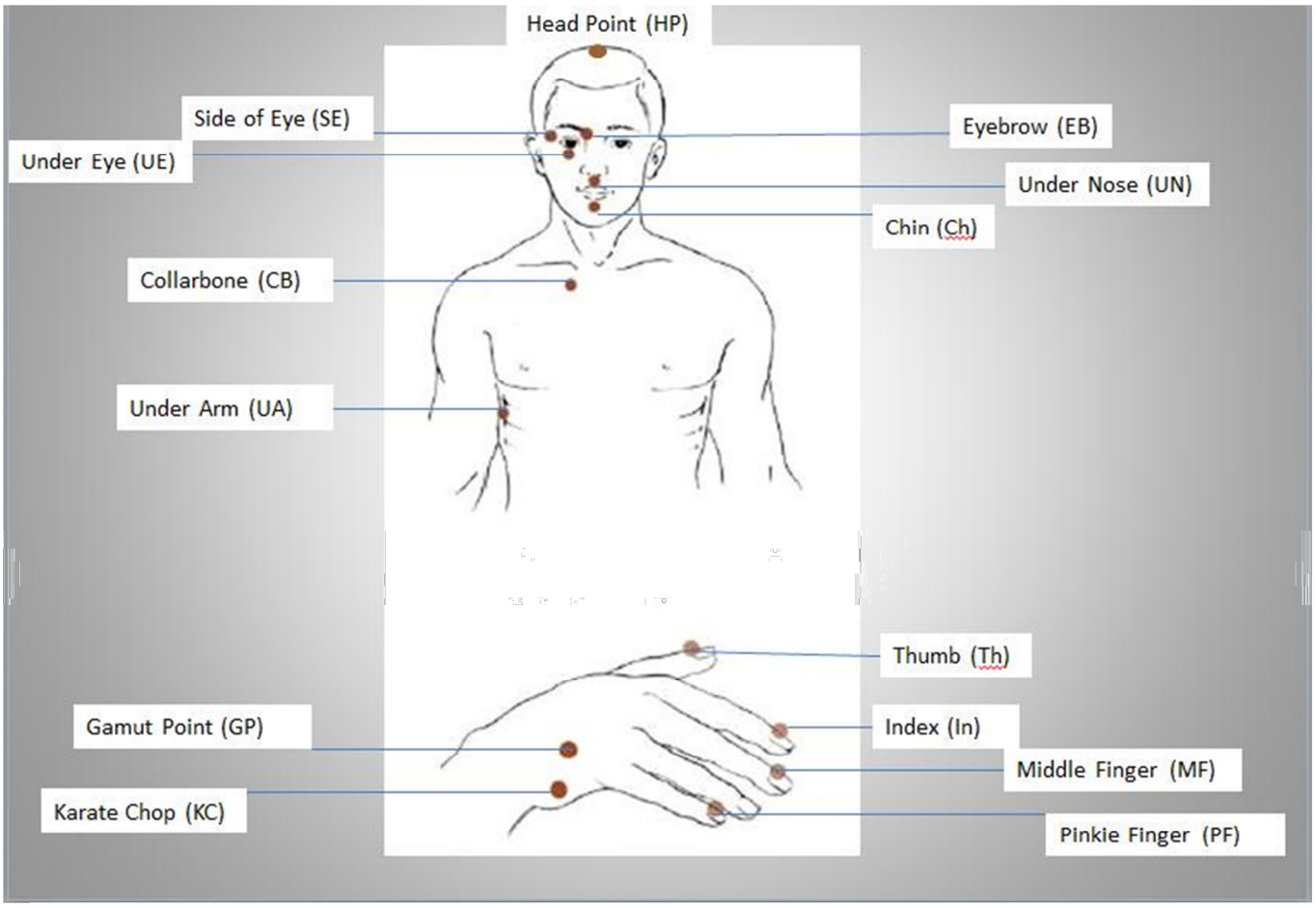

Alina's EFT Short Cut Recipe

1. **Assess the S.U.D.s (subjective units of distress or how much discomfort are you experiencing on a scale of 0-10) level.**
2. **Tap on Karate Chop point (located on the side of the hand between the base of the pinky and the start of the wrist) using the 4 fingers of your dominant hand while repeating the following set-up affirmation 3 times: "Even though I have/am_____, I deeply and completely love and accept myself."**
3. **Tap on the points approximately 3 times at a rather fast pace while repeating the reminder phrase aloud, "This _____."**
4. **Check the S.U.D.s**
5. **Repeat as necessary. Look for Shifting Aspects and continue until the discomfort has cleared.**

Tips: The two most common errors that I see repeatedly in my practice are being too general & jumping to the affirmative (positive statements) too quickly. Remember the mantra, "In order for EFT to be terrific, it's got to be specific." STAY with the momentary discomfort of the negative long enough to actually heal from it and it will never bother you again! For a comprehensive understanding of EFT please consider downloading the manual, purchasing it online, or attending one of my live workshops

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