

Blank Clinical EFT Recipe Template

Step 1: Identify Your Most Pressing Issue

- Take a moment to think about the problem, issue, or concern that is weighing on your mind the most. Get specific.

(Example: "I'm feeling really anxious about an upcoming job interview.")

- Write your most pressing issue here:

Step 2: Identify the Emotion

- What emotion comes up when you think about this issue?
(Examples include anxiety, sadness, frustration, guilt, fear, etc.)

- Write the emotion here:

Step 3: Tune Into Your Body

- Where in your body do you feel this emotion or sensation the most?
(Example from a client's perspective could be like this: "I feel a tight ball in my chest, it's red, hot, getting bigger, and has no sound.")*
 - Location in the body: _____
 - Does this sensation have a color? _____
 - Does it have a shape? _____
 - Does it feel still or moving? _____
 - Is there any texture? _____
 - Does it have a sound? _____
 - Does it have a smell? _____

Step 4: Rate the Intensity

- On a scale of 0 to 10, how intense does this emotion feel right now? (0 = no intensity, 10 = the most intense)
 - Intensity level: _____

Step 5: Create Your Setup Statement

Combine what you've identified into a setup statement that resonates with you. The Setup Statement NAMES the problem, then uses an acceptance statement to bring self love to this area (this is actually where the power lies). Use this structure as a guide:

"Even though *[insert your emotion, sensation, and what this is stopping you from doing]*, I deeply and completely accept myself."

Feel into what acceptance statement resonates with you.

Even though I [...], I deeply and completely love, honour and accept myself

Even though I [...], I choose to be open to loving myself in this moment.

Even though I [...], I choose to acknowledge and honour my feelings now.

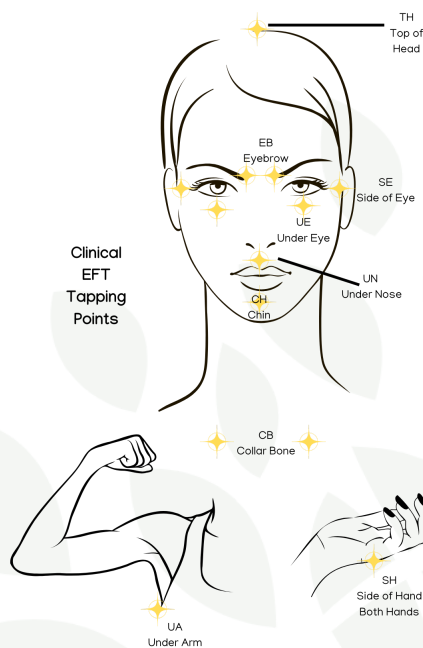
Example

"Even though I feel anxious about my job interview, and I sense a tight red hot ball in my chest that's getting bigger, and it's making me doubt myself, I deeply and completely accept myself."

- Now, write your own setup statements below. Feel free to experiment with different thoughts and wording.

1. _____
2. _____
3. _____

Start tapping on the Side of Hand (SH) point, which you will find in between the base of your little finger and your wrist, while saying your set up statements. (see image below)



Step 6: Begin Tapping

Move through the tapping points below, using reminder phrases to stay focused on what you're feeling. These phrases don't need to be complicated. They can include simple phrases like "this emotion," "this feeling," or "this red hot ball." Trust yourself beautiful and let flow onto the page whatever comes up.

Tapping Points

Round 1

EB (Eyebrow)

SE (Side of the Eye)

UE (Under the Eye)

UN (Under the Nose)

CH (Chin)

CB (Collarbone)

UA (Under the Arm)

TH (Top of the Head)

Round 2

EB (Eyebrow)

SE (Side of the Eye)

UE (Under the Eye)

UN (Under the Nose)

CH (Chin)

CB (Collarbone)

UA (Under the Arm)

TH (Top of the Head)

Round 3

EB (Eyebrow)

SE (Side of the Eye)

UE (Under the Eye)

UN (Under the Nose)

CH (Chin)

CB (Collarbone)

UA (Under the Arm)

TH (Top of the Head)

Step 7: Reassess Your Intensity

- After completing one or more rounds of tapping, stop and take a deep breath. Check back in with how you feel.
 - On a scale of 0 to 10, how intense is the emotion now? _____

If the intensity is still high, repeat the process. You may notice shifts in the emotion, the sensation, or where it shows up in your body. Adjust your wording as needed, and keep tapping until the emotion feels manageable or resolved.



This EFT template is here to help you connect with and release what you're feeling in a safe and powerful way. Repeat the process as often as needed!

Need more support? feel free to find me on socials @themindsetmedic if you have any more questions 😊 or visit me at www.kazwaters.com.au

Look out for my book *"Stress-Free Perimenopause with EFT to Heal, Balance & Thrive"*

And KazGPT is coming soon!