



These points are on both sides of the body and it doesn't matter which side you use.

### Setup Process

1. Measure your Level of Discomfort (SUD) to the problem.
2. Start by rubbing the sore spot, thinking of the situation and stating the opening statement:

Even though \*\*\*\*\* I deeply and profoundly accept myself

Repeat this 3 times.

2. Tap on each point, repeating the reminder statement.

Repeat steps 2 and 3 until your level of discomfort has reduced or is measured at 0. If you feel you need to change the wording in the opening statement then go back to step 1, otherwise perform the 9 Gamut.

### 9 Gamut

These steps access all parts of your brain and will speed up the EFT treatment.

Keep tapping on the gamut point (back of the hand) while repeating the reminder phrase. Keep your head still whilst doing the following:

1. Close both eyes
2. Open both eyes
3. Move the eyes hard down right
4. Move eyes hard down left
5. Rotate eyes clockwise 360 degrees
6. Rotate eyes anti-clockwise 360 degrees
7. Hum a few bars of a tune aloud
8. Count to five aloud
9. Hum a few bars of a tune aloud

Then perform the setup process one more time.

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Bear in mind that another reason for things not changing is that the opening statement you are using is not quite right. Try changing some of the words in it. Perhaps you are being too positive about how you feel.

Maybe the statement you used has worked and the feelings have changed into something else. For example you may have been saying "I hate the fact I can't do this" and now that hate has changed into "I'm not sure if I can do this" or "I really wish I could do this". This is a subtle difference, but to your mind it is an important one.

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Two practical tips are to go and drink some water or to just give the tapping a break for a while and come back to it later. Your mind may just need a while to process the new thoughts.