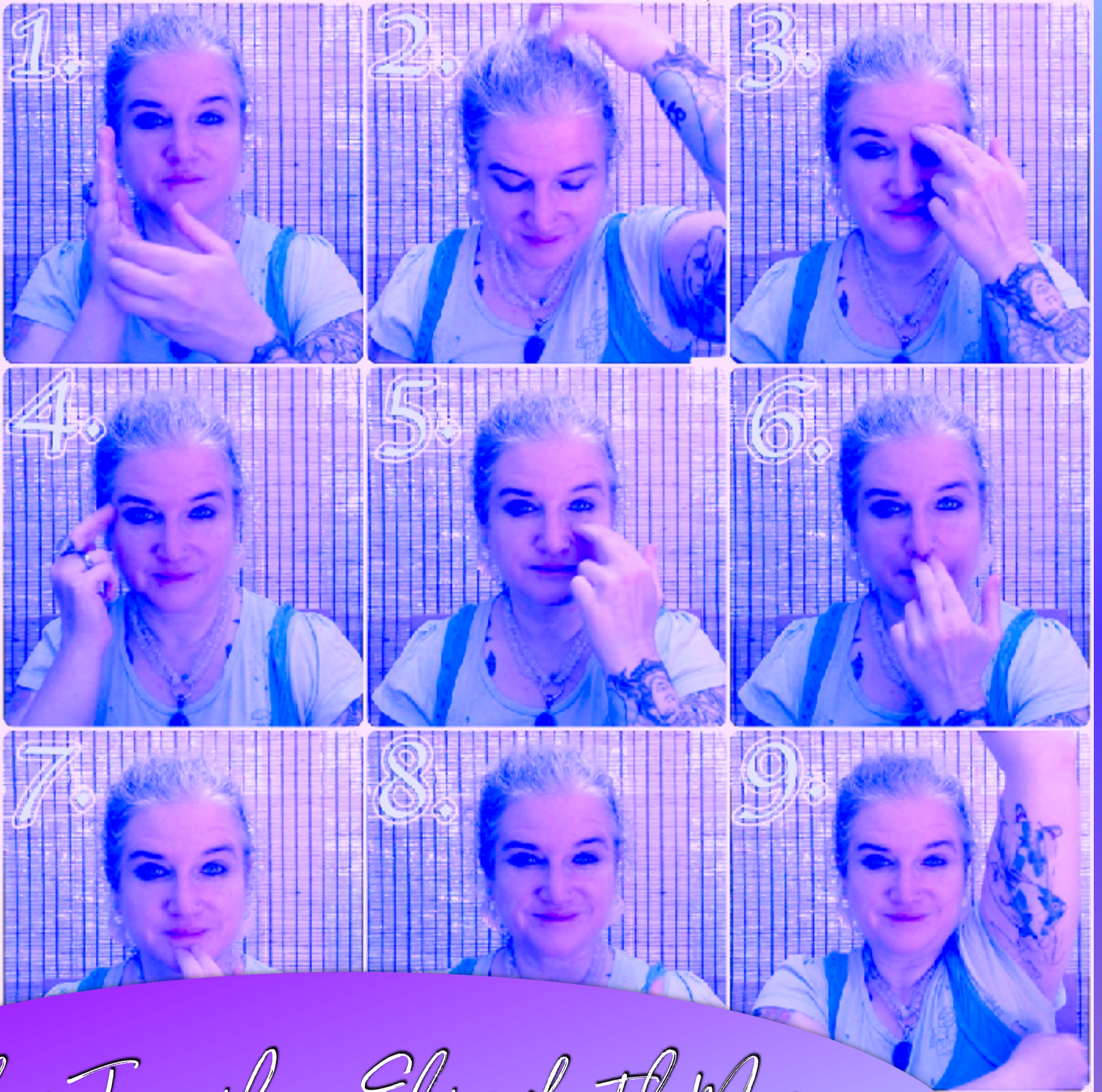


# Empathic Mastery

## Emotional Freedom Techniques Guide



by Jennifer Elizabeth Moore

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# Greetings

*I'm so glad you're here!*

The following guide shares my EFT guide for you that is designed to supplement the information contained in my book. If you haven't already purchased a copy of the book please visit [EmpathicMasteryBook.com](https://EmpathicMasteryBook.com) to grab yours.

It's my hope that by experimenting with tapping you will discover a new way of being in your body, how you feel emotionally and how you perceive the world around you. May your diligence reward you with shifts that set you free.

WELCOME to my world!  
Keep up the good work!

Xoxo *Se*

# Jen's Favorite Tool



Emotional Freedom Techniques  
AKA Tapping

# What is EFT?

Emotional Freedom Techniques  
also known as Tapping is...

A mindful acupressure procedure for  
stress & pain reduction.

While focusing on a stressful event, we  
tap on acupuncture endpoints until we  
experience a shift & sense of relief.

*EFT is a form of emotional acupuncture*

**WITHOUT** *needles.*

...a way to balance & reboot the body's energy system that calms thoughts and feelings and promotes relaxation so you can think more clearly and release negative emotions and beliefs.

It incorporates stimulation of the meridians by tapping or using light pressure while focusing on distressing thoughts, feelings or sensations



*EFT is a tool you can use  
on yourself*

# *EFT Basics*

1. Define & Test
2. Setup
3. Tap

# Define & Test

*On a scale of 0-10 how intense is this?*

Identify Issue & Evaluate Intensity on a scale of 0-10

- ① Where is this in your body?
- ① What does it remind you of?
- ① If this had an emotion what would it be?
- ① How old is it?
- ① What are you noticing?
- ① What is the level of intensity? If 0 was no sensation at all and 10 was the most extreme you could possibly imagine how would you rate this?

*How would you like to feel?*



# Set Up

The set up defines and acknowledges what we are focusing on.

It accomplishes 3 things...

1. It allows us to tune into the issue and express what we know about it.
2. It creates room for both the negative and positive feelings and helps to neutralize resistance
3. It gives us the opportunity to claim & affirm how we want to feel

We start by tapping on the side of the hand and repeating this 3 times.

"Even Though..."

(state problem, issue, core belief)

"I accept that it is what it is and I love myself anyway."

(or any other positive statement that works best for you)

Awareness "Even Though..."

# The Turn Around

What if I'm uncomfortable saying  
"I love & accept myself"?

One of the challenges for many people (particularly when they are new to EFT) is that the classic "love and accept myself" turn around doesn't feel true and if anything can cause more dissonance and distress than positive feelings. It's more important to make statements that with buy in than to repeat affirmations that do not resonate. Often we can introduce this concept by offering a few possibilities and also asking what feels like a comfortable turn around for the tapper. This is called flexing the set-up statement. (Here are some examples)

- 🌀 I'm just acknowledging this
- 🌀 I'm willing to accept this is what it is right now
- 🌀 I can love myself anyway
- 🌀 I'm just going to breathe and let myself relax about it
- 🌀 It's safe for me to let this go
- 🌀 I 'm doing the best I can & I'm okay
- 🌀 This is how I feel and it's okay

# Reminder Phrase

The Reminder Phrase helps us to target the issue and dial in precisely what we are tapping on. Tapping is quite effective and efficient when we narrow down to a specific detail, sensation, or memory particularly when there is a high emotional charge.

It's not necessary to describe every single piece of the story, we can use a single word that serves to sum up the issue and repeat that through all the points and tap down the distress before elaborating and unpacking the event.

*This \_\_\_\_\_ Pain This reactivity, That time when...*

# The Tapping Sequence

After repeating the Set-Up 3x and tapping on Side of the Hand

tap through points 2-9 and then back to 2 While repeating

REMINDER PHRASE

"This \_\_\_\_"

(state problem, be specific, include details and tune into your feelings and sensations around it.)

1. Side of Hand
2. Top of Head
3. Inner Eyebrow
4. Outer of Eye
5. Under Eye
6. Under Nose
7. Under Lip
8. Collarbones
9. Under Arm

At the end of the round come back to Top of Head

Take a deep breath, and assess any shifts you are experiencing. Re-evaluate intensity on a scale of 0-10

After each round of the Basic Recipe, re-test and tap until intensity zeros out.



TH: Top of the Head

EB: Eyebrow

SE: Side of the Eye

UE: Under Eye

UN: Under Nose

CP: Chin Point

CB: Collar Bones

UA: Under Arm

SH: Side of Hand

Extra Points  
LP: Liver Point  
SS: Sore Spot  
GP: Gamut Point

# SUDS ≠ VOC Scales

SUDS = Subjective Units of Distress

0-10 rating

0=NO issue or distress at all

10=pain, distress and intensity as bad as it  
can possibly be

VOC = Validity of Cognition

0-10 rating

0=Completely untrue, no belief or  
investment

10=Absolute conviction and agreement

# Finding Your Words for Tapping

**Use Your Own Words:** Tune into your mind, heart and body. Notice the messages you've been telling yourself. Notice where there may be congestion in your body. Notice the sensations, colors, feelings and images that arise. Distill this down to a sentence or two to summarize and then choose an even simpler phrase to tap through the points.

**Setup:** While tapping the Side of Hand (SH), say: "Even though (summarize your situation) I deeply and completely accept myself (or other positive turn around)"

**Sequence:** While tapping through the points, repeat: "*this feeling of...*"

Notice whatever comes up, rinse, lather, repeat!

*When in doubt repeat the exact words*

*& tap through the points*

# The Questions

- What immediately comes to mind as you start tapping?
- What's the YA BUT to your positive statement?
- As you tap where do you feel energy in your body?
- What are you remembering or feeling?
- Is there any specific memory or event that tapping has revealed for you?
- As you consider what these rounds of EFT brought up, what do you recognize you need?
- What feels possible?
- (Finish this statement) I am open to the possibility that...



# What Next?

- Want to learn more about EFT? Visit [EFTinstrucion.com](https://EFTinstrucion.com) for details about live practitioner classes with Jen.
- CHECK OUT my [Tap-Along Playlist on YouTube](#).
- Visit [EFT International](#) for state of the art research, a listing of accredited practitioners AND trainings and events all over the planet.
- If you haven't already done this please sign up for [my mailing list](#) to receive exclusive content, insight and inspiration for empaths.
- add [jen@modernmedicinelady.com](mailto:jen@modernmedicinelady.com) to your contacts so I land in your inbox

*It took years to get here, so it's a process to create lasting shifts*

*Thank You for Connecting!*

Your questions are most welcome  
Find & Follow me at

On Facebook <https://www.facebook.com/ModernMedicineLady/>

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On YouTube <https://www.youtube.com/c/EmpathicMasterySystemwithJenniferMoore>

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