

# Emotional Freedom Technique **Shortcut**

As designed by Gary Craig

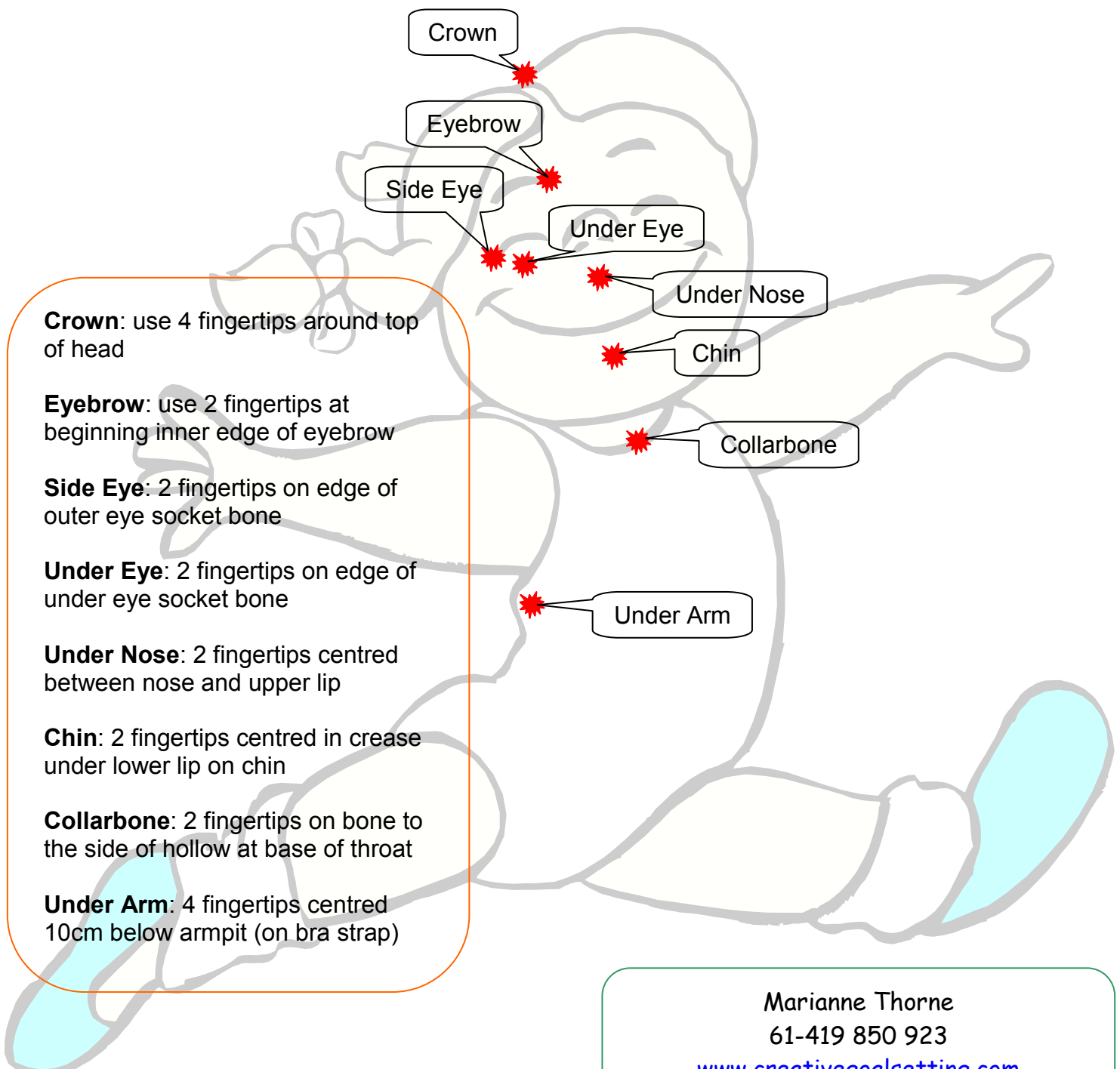
## Gary Craig's Discovery Statement:

*"The cause of all negative emotions is a disruption in the body's energy system."*

**Setup phrase:** *"Even though I have this ....., I deeply & completely love & accept myself."*

Repeat the **set-up phrase** 3 times while tapping with fingertips on the **Karate Chop** point on the side of your other hand.

**Shortcut Sequence:** tap 5-7 times on each of the following points while saying a reminder phrase.



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