

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.

