

EFT Focus Sheet

Date Started _____ Date Completed _____

a. Negative Image (picture in your mind) _____

b. What negative emotions are associated with this image? _____

c. EFT Set Up statement “Even though I have this _____ problem, I deeply and completely accept myself”

~ EFT 1st round statement “This _____ problem.”

~ EFT 2nd round statement “This remaining _____ problem.”

~ EFT remaining rounds statement “Still some remaining _____ problem.”

d. Body scan. Where do you feel the negative emotions/feelings in your body? _____

e. How disturbing is this image to you (now) 0 1 2 3 4 5 6 7 8 9 10

Where zero is no disturbance at all and ten is the highest disturbance possible.

Now ready to do EFT.

Continue rounds until the negative emotions are completely to 0!