



Alix Jones

EFT TRACKER

STEP #1

1.) **WHAT** is your issue?

2.) **TUNE IN:** Notice and feel how your issues feel. Give it an SUD number 0-10. Mark your SUD number.



3.) **SET UP:** Tap Karate chop point and say 3 x's: "Even though I have this issue, I deeply and completely accept myself."

4.) **SEQUENCE:** Reminder phase. Tap each remaining point 8 x's while you say: "This issue" and "This issue" etc.

5.) **DEEP BREATH:** Notice how you feel. Repeat as desired. Reassess your SUD number 0-10. Mark your SUD number.



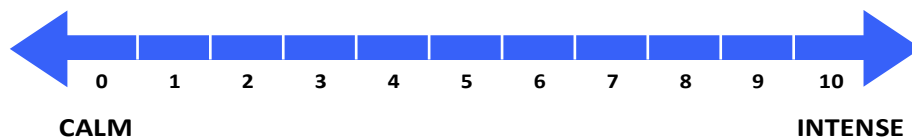
STEP #2



1.) The issue I'd like work on is:

2.) Some thoughts, feelings, emotions, memories, impressions and/or sensations that come to mind that may relate to this are:

3.) Tune into the issue. Rate your intensity from 0-10. Mark your SUD number.



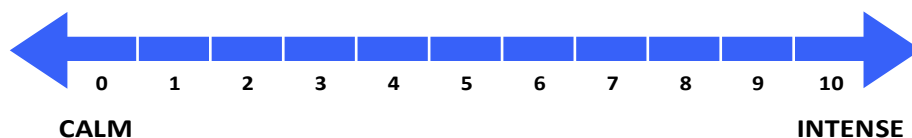
4.) **SET UP:** "Even though I have this [enter issue], I deeply and completely accept myself."

5.) Repeat the above sentence 3x's.

6.) Stop, take a breath and tune in. What came up or shifted for you? Consider physical sensations, emotions, feelings, thoughts, mental impressions and/or memories.

List them here.

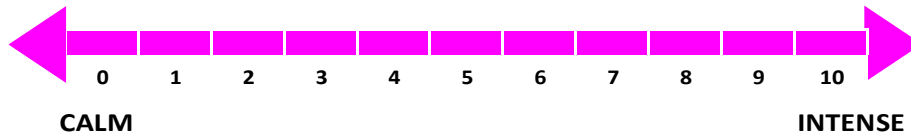
7.) Tune into the issue. Rate your intensity 0-10. Mark your SUD number.



STEP #3



1.) Tune into the issue. Rate your intensity from 0-10. Mark your SUD number.



2.) **SET UP:** "Even though I have this [enter issue], I deeply and completely accept myself."

3.) Repeat the above sentence 3x's.

4.) Stop, take a breath and tune in. What came up or shifted for you? Consider physical sensations, emotions, feelings, thoughts, mental impressions and/or memories.

List them here.

5.) Tune into the issue. Rate your intensity 0-10.

