NOVET
The EFT Standard

# GOLD STANDARD EFT BASIC PROTOCOL

## 1. At What *Moment* Do You Experience the Negative Emotion or Feeling?

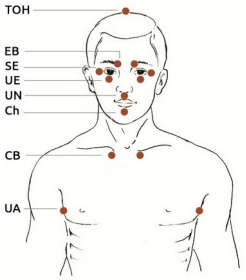
Step into this moment as if it were a film scene in which you are present. Look through your own eyes and pretend it is happening *now.* If an event lasts longer than 10-20 seconds, break it into smaller film clips and work on them one by one. Who and what do you see around you? What do you see, hear, smell, taste, or feel *now*? Act as if it is happening *now* - what do you feel *now*? What emotion do you have *now*? Start with the strongest one, determine if it belongs to fear, anger, or sadness, and rate its intensity from 0 (none) to 10 (maximum). You may also use a combination of emotions if they are equally intense. Now you know what to tap on:

The setup phrase: While tapping on the side of your hand, just below the base of your pinky, say: "Even though I feel [this sadness, anger, or fear] at a [number], I fully accept myself."




## 2. The Tapping Round

Gently tap 5-7 times on each of the following points while saying out loud my [sadness, anger, or fear] at each point:




1. **TOH** With a flat hand on the crown of your head.
2. **EB** With your index fingers at the start of both eyebrows.
3. **SE** With your index fingers on both outer corners of your eyes, on the eye socket.
4. **UE** With your index fingers under both eyes, directly below the pupils, on the eye socket.
5. **UN** With one finger under your nose, in the center of the groove.
6. **Ch** With one finger on your chin, in the center of the groove.
7. **CB** With a fist at the start of both collarbones, making sure to touch both.
8. **UA** With a flat hand on either the left or right side of your ribcage (a hand-width below your armpit).

## 3. The Test

Step back into your moment and determine the intensity of your sadness, anger, or fear. Give it a number. Repeat the setup phrase and the tapping round. Test again and keep testing, repeating the setup phrase and tapping round until all emotions or feelings from this moment reach 0.

## 4. Final Test

If everything seems to be at 0, test again by trying to trigger a negative reaction. If needed, make it a bit worse or exaggerate it slightly. Still feeling something? Keep tapping! If everything feels neutral and there's no reaction left, you are done. Testing helps you find any remaining emotions. The more thoroughly you clear every emotion and feeling, the better the result!

**Note: If strong emotions arise, do not stop - keep tapping!**

You haven't done anything wrong - you're simply feeling your reaction more clearly in this moment. By tapping through it now, you will truly clear it. Be mindful not to jump from one memory to another or bring in more situations. You can only neutralize one event at a time.