

Personal EFT Template

EFT Self-care worksheet

1. Think about LOSING WEIGHT or a trigger. How does it feel? Give a rating for your feeling. The higher intensity for you, the higher the number (0 = low and 10 = high).
2. Tap on the side of your hand (KC). Meanwhile, read aloud the following three sentences:



Even though _____

I deeply and completely accept myself

Even though _____

I forgive myself

Even though _____

I completely appreciate and respect myself.

3. Tap 7 times on the following points and say the corresponding sentences. There are 3 tap rounds: first with the A-sentences, then the B-sentences and finally with the C-sentences.

Top of Head (TH)

A) _____

B) _____

C) _____

D) _____

Eyebrow (EB)

A) _____

B) _____

C) _____

D) _____

Side of Eye (SE)

A) _____

B) _____

C) _____

D) _____

Under your Eye (UE)

A) _____

B) _____

C) _____

D) _____

Under your Nose (UN)

A) _____

B) _____

C) _____

D) _____

Chin Point (CP)

A) _____

B) _____

C) _____

D) _____

Collarbone Point (CB)

A) _____

B) _____

C) _____

D) _____

Under your Arm (UA)

A) _____

B) _____

C) _____

D) _____

4. Re-rate the feeling of your losing weight problem. Use EFT regularly and you will notice that the score will decrease. Losing weight will generate less unpleasant feelings.

DISCLAIMER - While using EFT you agree to take full responsibility for your own physical health. EFT is not intended to replace qualified health care, so we strongly encourage you to discuss the use of EFT with your doctor.

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