

*Tools for Emotional
Self Mastery©*

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Feelings

Anger

Boredom

Fear

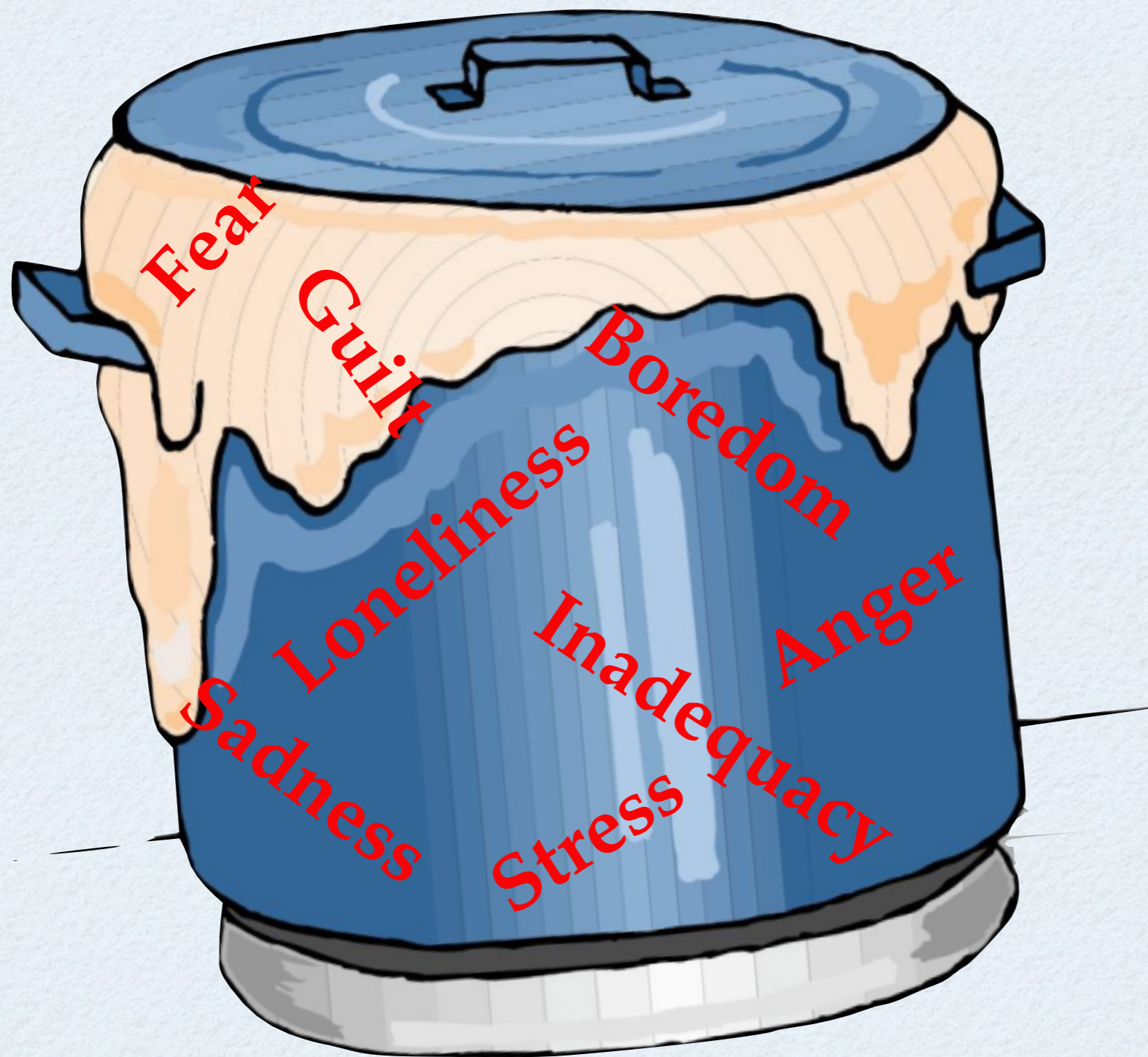
Guilt

Inadequacy

Loneliness

Sadness

Stress





Fear

Guilt

Boredom

Loneliness

Anger

Sadness

Inadequacy

Stress

Frustration

Depression



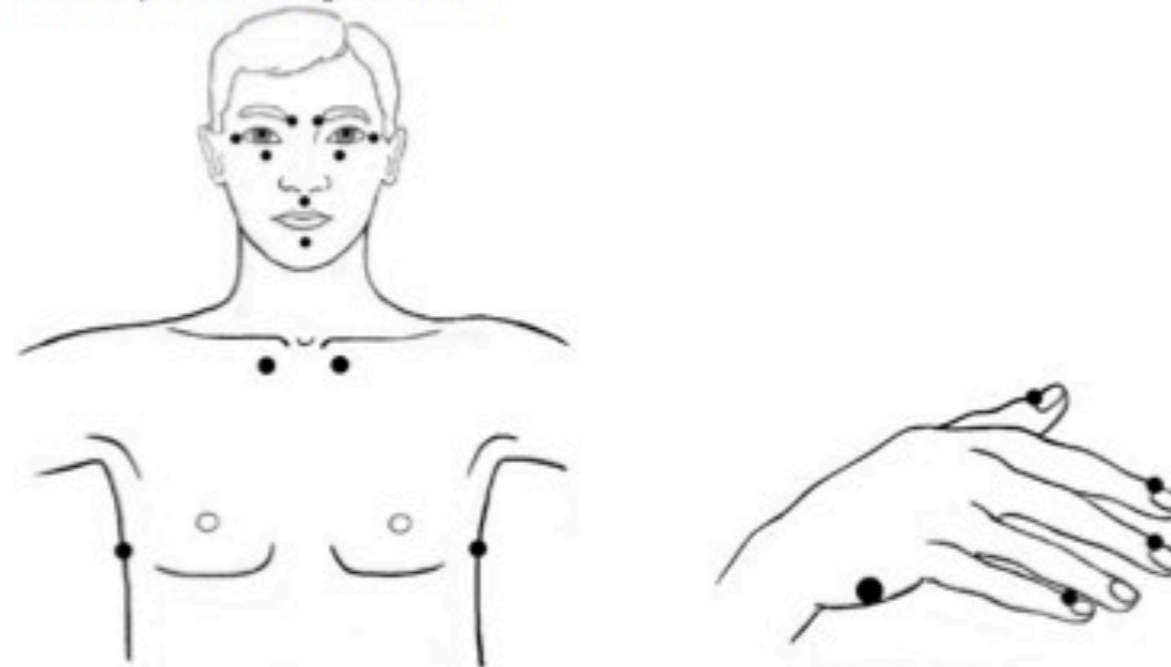




EMOTIONAL FREEDOM TECHNIQUES (EFT)

The Basic Recipe

1. **Where in your body** do you feel the emotional issue most strongly?
2. **Determine the distress level** in that place in your body on a scale of 0 to 10, where 10 is maximum intensity and 0 is no intensity:
10, 9, 8, 7, 6, 5, 4, 3, 2, 1, 0
3. **The Setup:** Repeat this statement three times, while continuously tapping the Karate Chop point on the side of the hand (large dot on hand diagram below)
"Even though I have _____ (name the problem), I deeply and completely accept myself."
4. **The Tapping Sequence:** Tap about 7 times on each of the energy points in these 2 diagrams, while repeating a brief phrase that reminds you of the problem.



5. **Determine your distress level** again on a scale of 0 to 10 again.
If it's still high, say:
"Even though I have some remaining _____ (problem), I deeply and completely accept myself."
6. **Repeat from Step 1** till your distress level is as close to 0 as possible.

Homolateral Repatterning

A Lift the fingers of your right hand
and lift the toes of your right foot
at the same time then let them relax.
Lift the fingers of your left hand
lift your toes of your left foot at the same time
then let them relax.
Go back and forth lifting one side and then the other about 10 times.

B Lift the fingers of your right hand at the same time as you lift
the toes of your left foot then lift the fingers of your left hand at the
same time as you lift the toes of your right foot. Repeat this pattern
about 10 times with the final round of B about 15 times.

A B A B A B+

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You are made of light
go and dance with life
and
Never ever
forget that you are
Magic
on two feet

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Credit to Cal Banyan for
'The Secret Language of Feelings'
Theory

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