

Quantum Energy Psychology™ Basic Procedure

Use the Basic Procedure below with any emotional or physical problem by customizing it with an appropriate Setup Phrase (see below) and Reminder Phrase.

Be **very specific** where possible and if appropriate, aim QEP at the specific emotional events in your life that may underlie the problem. If dealing with an emotional issue, make sure you pick a particular incident/event; it won't work nearly as well if you apply it to a big, general problem, e.g anger or unhappiness.

Where necessary, repeat the process on each aspect that surfaces until all aspects of the problem have been addressed.

The Basic Procedure

Calibration

Recall the event vividly and determine the distress level you are feeling (physical or emotional) on a scale of 0 (none) to 10 (maximum).

Setup

Repeat this phrase three times, while continuously rubbing the "sore spot" area (Pt 1, where your shoulder meets your chest) or the Karate Point (outer side of your palm): **"Even though I have this _____ [name the problem], I deeply and completely accept myself."**

Tapping Sequence

Tap firmly and quickly about 7 times on each of the following energy points while repeating the Reminder Phrase (e.g. this strong anxiety) at each point.

- 2 Eyebrow: inner end of eyebrow
- 3 Side of Eye: on eye socket bone
- 4 Under Eye: on bottom of eye socket bone
- 5 Under Nose: in hollow
- 6 Under Lip: between lip and chin crease
- 7 Under Collarbone: 1" beneath and 1" out from the notch at base of throat
- 8 Under Arm: one hand-width below armpit, midline with side of body.
- 9 Top of Head: on a line front to back
- 10 Breastbone: mid-chest

Run through this sequence a couple of times and then check in on your level of discomfort: How intense you are feeling the symptom/issue now, on a scale of 0 to 10?

If higher than 0, do another round of the Sequence. Repeat the process until your distress level is as close to 0 as possible.

Important note: In subsequent rounds, adjust The Setup affirmation and the Reminder Phrase to reflect the fact that you are addressing a new flavor or aspect of the problem. For example: “Even though I’m still worried, I deeply and completely accept myself” and “remaining worry.”

Feel free to contact me with any questions you may have!