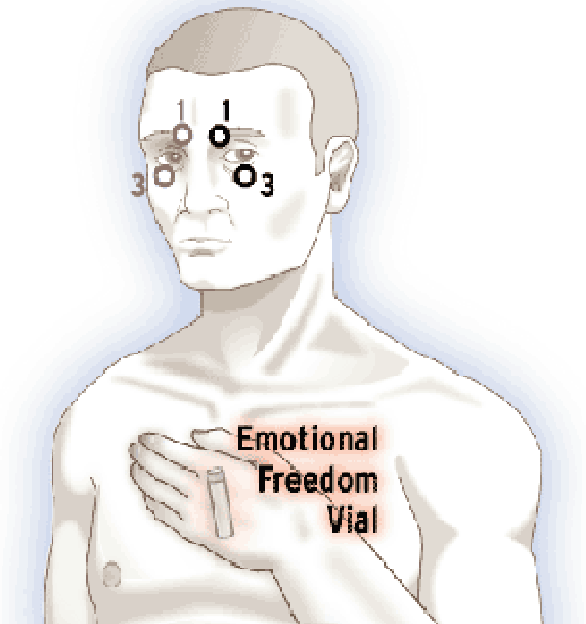


Instructions: Emotional Freedom (EF) Vial Technique 3

3.1 Technique 3 is similar to 1 and 2, except with Technique 3 use your custom statements, not the established EF File names. Custom statements like:

- "why is this bank teller giving me a hard time"
- "anger at my stupid brother"
- "my mom is being absurd"
- "my strained knee"

3.2 For this Technique 3, simply do Technique 1 or Technique 2, and now insert your custom statement at Technique 1.3 or Technique 2.1, because you are not using established EF file names, you are using your custom statements.



3.3 Comparing techniques:

Technique	Established EF File Names	Your Custom Statements	Tapping	SUDS
1	Yes	No	No	No
2	Yes	No	Yes	Yes
3	No	Yes	Up to you	Up to you

3.4 One advantage of Technique 1 is its ease of use because you say established EF File names, with no tapping and no SUDS to do. Technique 1 is even easier to do with a Pendant EF vial, because this vial is hanging near your thymus. Now all you have to do is place your left hand over it, say up to 4 established EF File names and "run" the vial.

3.5 One advantage of Technique 2 is you get a SUDS level (Subjective Units of Distress Scale). Technique 2 is also a great transition technique for people coming from standard EFT who are accustomed to tapping.

3.6 One advantage of Technique 3 is that you simply talk to yourself - - you say what's on your mind. You blend your custom language with Technique 1 or 2. Examples: You can go for a walk in the park or talk on the phone and blend this custom language with Technique 1 or 2.

Notes:

- a) As long as the vial is never opened or broken, [even if the water evaporates](#), it can be used indefinitely.
- b) See EF Techniques 1 & 2 at <http://www.aboutef.ehdef.com> for different ways to use the vial.