

EFT Session Notes

Your Name:

Session Date:

Session Number:

Client Identifier:

Client Issue:

Client Session:

What they asked for help with and what you observed at the start ?

How you started tapping? Did you use Gentle Techniques?

False truths or memories that emerged? How? Were they cleared?

How did the session conclude? How did you test?

What did you learn? What did you find difficult?