

New Horizons Clinic
ISSUES WORKSHEET for EFT

DATE _____

NAME _____

NO.	SPECIFIC ISSUE	SUD*	ASPECTS/THOUGHTS THAT ARISE	SET-UP PHRASE - EVEN THOUGH...	REMINDER
1				Even though ... I deeply and completely accept myself	
2				Even though I still ... I choose to ...	
3				Even though I ... I choose to ...	
4				Even though I still ... I choose to ...	

* SUD - (Standard Units of Distress 1 - 10 scale) NOTE - Only use I choose to when SUDs is at 4 or less.