

# About EFT

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## What is EFT?

EFT stands for Emotional Freedom Techniques and is commonly referred to as "Tapping" or "psychological acupuncture". The developers of EFT see it as being similar to acupuncture without the use of needles.

To us, EFT is a technique of *awareness and insight without judgement*. EFT helps you to privately and safely discover the personal truths about your discomforts or about the changes you want in your life. As if it were aligning all the aspects of the mind and physical body, EFT forges a singular awareness and a powerful purpose to get the personal differences people want.

EFT can be used on Every Feeling Thing; emotional or physical, specific or general, past present or future.

## EFT Premise

- Negative emotional experiences disrupt the energy meridians that run through our bodies. Each energy meridian has two end **points**. The physical changes we feel from those disruptions, (e.g. nausea / anxiety), become attached to the memory of that experience and affect the way we see the world...until we heal that disruption
- EFT quickly realigns the energy meridians with respect to negative memories, it disconnects the physical discomfort that we attached to it, and quite often removes the resulting symptoms
- To direct the releasing effects of the tapping to the required area, we focus the mind on the problem by using a statement of the problem: "I am afraid of heights"
- Preferably, this is spoken out loud to engage as much of the neurology as possible and to contact the problem as directly as possible
- The more forthright, direct and truthful you can be, the more profound a change you will experience

**NOTE:** It's not important to believe in energy meridians or any other part of this explanation about how EFT works. It's the technique that's important.

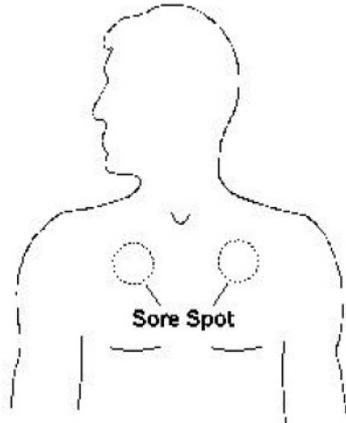
## EFT- The Technique

- *Points* are stimulated by tapping on them with 2 fingers, the index and middle fingers
- The strength of tapping should be comfortable and you should be able to feel a resonance spreading out across the adjacent area of your body from the point you are tapping
- We have noticed that different people have different speeds of tapping. We generally show a tapping speed in line with the rhythm of "Jingle Bells"
- Tap on each spot approximately 7 to 10 times before moving on to the next spot.
- A '**setup statement**' is formulated such as "***Even though I am afraid to go to the interview, I DEEPLY and PROFOUNDLY accept myself***" while tapping all the meridian end-*points* (see the next page)

## The Basic Recipe for EFT

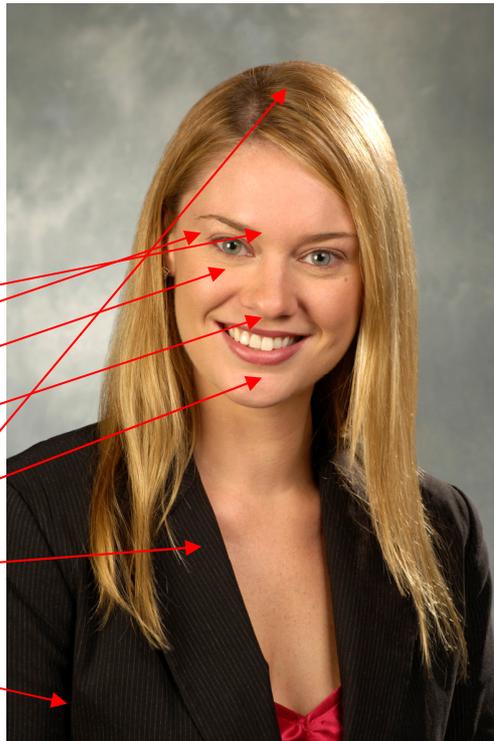
1. Rate your level of feeling or emotional discomfort out of 10 (0 is none & 10 is the worst you can imagine).
2. Tap or rub on the 'sore spot' on the chest or the 'karate' chop point on your hand 3 times, while saying your setup statement:

*"Even though I'm feeling anxious about that public talk I have to give, I DEEPLY and COMPLETELY accept myself".*



3. Tap all eight points; six on your face and two on your body while saying the shortened version of the setup statement, e.g. "*feeling angry with my boss*". Tap approx 7 times on each

1. EB - eyebrow
2. SE - side eye
3. UE - under eye
4. UN - under nose
5. Ch – just above chin
6. CB - collarbone spot
7. UA - under arm
8. TH - top of head



4. Take a deep breath in and out when you have completed the eight points.
5. Check your feeling rating out of 10
6. Repeat tapping on each point again and reflect on how you feel & check your rating out of 10 again
7. Repeat the tapping sequence with the shortened setup statement 3 to 4 times or until the discomfort level is at "0"
8. If there is any remaining discomfort repeat the tapping sequence with the statement "this remaining.....(usually a feeling)"

## What can EFT be Applied to?

**Every Feeling Thing, i.e. everything you have a feeling or sensation about**

- Food Cravings
- Body Shape-change and fat burning
- Stress and Anxiety
- Sports Performance
- Trauma, Memories
- Physical Pain
- Illness
- Addiction
- Children - Set Up Statements for children are different to those used for adults. Eg: Even though I feel.....I am a great kid!!!!

## The Generalization Effect

After you address a few related problems with EFT, the process starts to generalize over all those problems. For example, someone who has 100 traumatic memories of being abused usually finds that after using EFT...they all vanish after neutralizing only 5 to 10 of them

This is startling to some people because they have so many traumas in their life they think they are in for unending sessions with these techniques. Not so...at least not usually. EFT often extinguishes that whole fire after putting out just a few hot spots.

## Possible endings for the setup statement

- ..... I completely and sincerely accept myself
- .....I deeply and completely accept myself
- .....I completely love/like and accept myself
- .....I deeply and completely love and accept myself anyway
- .....I deeply and completely forgive myself
- .....I deeply and completely love and accept my feelings
- .....I choose to love and accept myself
- ..... I am OK

## Possible endings for the setup statement for use with children

- .....I am a good girl, mommy and daddy love me
- .....I am an awesome girl, and my brothers and family love me
- .....I'm still a terrific kid
- .....I'm a really great kid
- .....I deeply and completely love my self and I'm the best kid in the whole wide world.
- .....and I am safe with my mum & dad/grandma & grandpa
- .....all I have to do is walk into the next room, and I am not alone.
- .....my family is in the house with me and I have a lot of love protecting me
- .....I am okay now- safe in my home.
- .....I'm a good boy/girl and everything is going to be okay

## Tapping on the Positive

After completing the tapping on the problem you can then install positive statements:

Eg. Problem is of "fear of change"

Setup statement: "Even though a part of me is afraid to change and achieve my goals, I sincerely and completely accept all of me and choose to succeed anyway"

As per the regular EFT protocol you would tap on the negative until the feeling has reduced to a 1 or 0 then do a round by tapping on the same points with these positive statements

Eyebrow: I do want to change

Side of Eye: They can handle it

Under Eye: I could be safe embracing this change

Nose: I love realising my potential

Chin: I deserve to achieve my goals

Collarbone: I appreciate all the abundance I have already

Under arm: I appreciate who I am

Head: I feel free to release this conflict once and for all

**You tap on all points using a single positive statement or you can make up a few by just letting your thoughts run with whatever positives come up**

## Using "I Choose" Statements

The "I Choose" method can assist you to consolidate and make permanent the beneficial changes brought about by EFT, thus helping these EFT-created changes to generalize to many aspects of your life.

- Even though I feel my mother never loved me, I choose to love myself anyway
- Even though I feel deprived when I don't have....., I choose to be fit and healthy
- Even though I'm nervous about giving that talk on Tuesday, I choose to be calm and confident

For more information about "The Choices method" visit <http://www.scribd.com/doc/6875815/The-Magic-of-Personal-Choice-in-EFT> or visit youtube at <http://www.youtube.com/watch?v=C-Efiu-vBU0> to see Dr Patricia Carrington discuss this topic

## Tips for Using EFT

- Here are some questions that may help getting to core issues... tap on all of your answers!
  1. If there was an emotional contributor to that symptom, what could it be?
  2. If you had life to live over again, what person or event would you prefer to skip?
  3. What would it be like to have none of your symptoms/problems?
  4. What benefits are you getting from this illness/behaviour/problem?
  5. What would you have to give up if your illness/problem went away?
  6. Who or what are you most angry at?
  7. Why might you deserve this illness/problem?
- Start with the issue, e.g. "*I always procrastinate*". Ask yourself how you FEEL about it, e.g. "*I feel angry that I procrastinate because I am wasting time*"
- Tap on the FEELING
- If you get stuck at a particular rating level of discomfort eg: at 2 or 3. Ask yourself the question " What is stopping this issue/feeling from getting to a 1 or 0?" You may find there is a blocking or limiting belief. If so tap on the belief. "Even though I don't believe....., I completely and sincerely accept myself."
- Also it's possible while doing the tapping rounds on an issue a different issue or feeling may come up. This is probably the underlying or more important **Aspect** of an issue so start a new setup statement and round of tapping with this issue/feeling.
- Are there any particular issues or events that seem stubborn about resolving? If so run a movie of the event with you sitting in the audience watching the event on the movie screen. Each time something comes up in the movie that you have a feeling about tap on that feeling/issue or event then return to the movie. Do this for each issue that arises. When you think you have finished run the movie one more time to be sure. (For more information on the run the movie technique visit [www.emofree.com](http://www.emofree.com))

## Are the results with EFT due to placebo effects or distraction?

No! Placebo effects require some belief in the process and this is rarely the case for newcomers to EFT. Also, although EFT may appear to be distracting, it will not work if the client is, in fact, distracted. That is why the client continually repeats a reminder phrase which "tunes in" to the problem. Also, placebo effects usually only last for a few days to several weeks.

**[www.emofree.com](http://www.emofree.com) for more information about EFT  
numerous articles and case studies**

# Terms and Definitions in EFT

**1. SUD's Rating:** SUD's stands for Subjective Units of Distress, is used to describe a rating system for measuring the client's level of distress/discomfort or emotional pain. Clinicians use a **0 to 10** point scale. For example, you rate the current level of craving for chocolate on this 10 point scale to get an initial reading before treatment and then compare it with a rating at post-treatment.

**2. Setup:** The Setup is believed to prepare the client's energy system so it is as receptive as possible to the treatment. The Setup is used to correct possible Psychological Reversal and involves 2 components:

1. either tapping on the karate chop point (KC) or rub the sore spot
2. while repeating an Setup Statement three times.

**3. Setup Statement:** This statement encompasses both the identified problem and an affirming, accepting acknowledgment of yourself. For example, ***"Even though I have this anxiety when I feel hungry, I deeply and completely accept myself"***

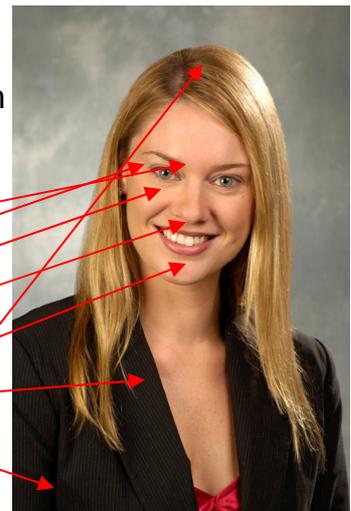
**4. Shortened version of the Setup statement ( Reminder Phrase):** This is simply a word or two that summarises the original identified problem that you raised in the Setup statement. Eg. ***"anxiety"*** or ***"anxiety when hungry"***. This helps the client focus on the problem, or tune in to the issue for the treatment to be effective. As the client taps on each treatment point to complete a round of tapping they repeat this shortened statement out loud.

**5. Psychological Reversal (PR):** This term was coined by Dr. Roger Callahan. It refers to a reversal of the polarity in the energy system so pervasive that no treatment will be effective until this condition is corrected. This often takes the form of unconscious beliefs that are opposite to what the person consciously says they want.

**6. Treatment or Tapping Points:** The Treatment or Tapping Points are the designated points on the body where a person is to tap. They are believed to be the endpoints of the channels, or meridians, of the body's energy system.

In the short version of EFT there are 8 treatment points as shown here.

1. EB - eyebrow
2. SE - side eye
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**7. Aspects:** Aspects represent different layers of an identified problem, or co-existing feelings about the same issue. For example, for someone who suffers from a phobia related to air travel, separate Aspects might be fear of taking off, discomfort in small spaces, and panic about landing. Generally, for an issue to be resolved all aspects of the problem will need to be treated. Sometimes generalisation occurs but not always. If this isn't done it may appear that the treatment hasn't worked when it is likely that another aspect has arisen associated with the same issue.