

Emotional Freedom Techniques (EFT)

What Is EFT?

EFT (Emotional Freedom Techniques) is an energy psychology technique based on the principles of Chinese acupuncture founded by Dr. Gary Craig; an engineer and performance coach. EFT helps to clear the blocks to healing from painful experiences, stress, physical pain etc. with remarkable speed and long lasting effects. It is basically an emotional version of acupuncture without needles.

Traditional Chinese medicine believes there are 12 meridians that move throughout the body that brings energy to all the organs in the body. In acupuncture; needles are used to unblock the energy and restore health. In EFT; instead of using needles, you stimulate certain energy/meridian points on your body by tapping on them with your fingertips while you tune into your particular issue. By restoring the balance of the energy system, we are also neutralizing and reducing negative emotions. It is a simple easy method to apply and you will often be surprised at the results you achieve. In all my years of practice, I have never seen or witnessed a technique that the client can achieve results on their own; whether it be for healing, growth or change. This is a most phenomenal approach to work with just about anything.

The premise of EFT is "the cause of all negative emotions is a disruption or blockage in the energy system". These blocks includes fear, anger, phobias, grief, trauma, anxiety, and other restricting emotions that can create physical problems as well. When you clear the disruption, you have **physical and emotional freedom**.

In the 1920's Einstein told us that everything (including our bodies) is composed of energy as described in his theory of relativity. EFT views the human body as an "energy configuration". Physicians use devices such as the EKG and EEG which measure the electrical activity of the heart and brain. So, it makes so much sense that we utilize energy sources to heal from problems which conventional methods have overlooked. Whether you experience grief, loss, hurt, fear or anxiety; EFT is a superb way to help relieve your body, mind and spirit of the conflict and tension. In my 26 years as a clinician, this has been one of the most profound tools for **lasting change** that I have ever seen.

Basic Instructions - How To Do EFT

Step 1: Choose a problem to work on and try to be as specific as you can. Example: I have stress (general problem)

Specific: I am stressed I can't get all my chores and deadlines done

Step 2: Rate your anxiety or discomfort on a scale of 0-10 (this is called the SUDS scale) 0 = no disturbance and 10= highest disturbance. When you think about it right now, how disturbing or upsetting is your stress? Write down your number.

Step 3: Perform the Set-Up phrase (see the picture below for the tapping points)
)While tapping on the Karate point, say the following phrase 3 times

"Even though I feel _____, I deeply and completely accept myself".

Example: Even though I have this stress with chores and deadlines, I deeply and completely accept myself

Now, use a short reminder phrase that represents the problem, such as "this anxiety" or "this stress of chores" when you tap on the stress points

Step 4: Tap on the stress points (see picture). As you tap on each point, say your reminder phrase "this anxiety". Tap several times (at least 7 taps)

EB - this anxiety - (tap)

SE - this anxiety - (tap)

EU - this anxiety - (tap)

UN - this anxiety - (tap)

CH - this anxiety - (tap)

CB - this anxiety - (tap)

UA - this anxiety - (tap)

Head - this anxiety - (tap)

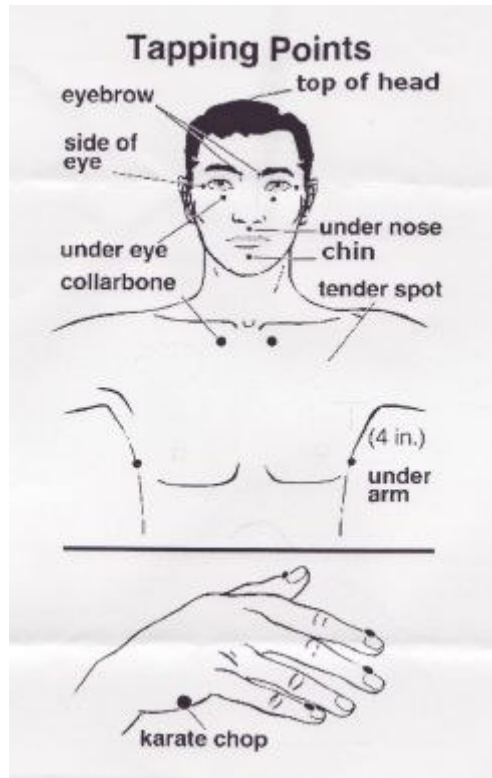
Take a deep breath!

Step 5: Now rate your anxiety or stress. Ask yourself how stressful or disturbing this is to you now on the 0-10 scale. If the SUDS number is going down, perform another round of tapping starting with the Karate chop and say "Even though, I still have some of this stress, I deeply and completely accept myself". Then tap on all the rest of the stress points, using a short reminder phrase.. "This remaining anxiety" on each point.

Step 6: If the number is not going down or going down very little - ask yourself- what else am I feeling about this. Or, if you are not sure, ask yourself...what could I be feeling about this? Take a guess and go with that guess. Often your guess is very accurate. This is important ; as you want to tap on all the feelings that are feeding into the problem.

Example: I am also feeling angry that I have no time for me.

Step 7: Start with the Set- Up again with your new phrase: "Even though I'm angry that I have no time for me, I deeply and completely accept myself". Tap on all the stress points with your new reminder phrase "this anger". Measure your upset feeling again on the SUDS scale. Do another round until you feel little or no upset.



Tapping diagram was used with permission of Gloria Arenson, author of [Five Simple Steps To Emotional Healing](#).

EFT Tapping Points

You will be tapping with your fingertips (using 2 or 3 fingers) and tap at least 7 times on each stress point (I tap pretty quickly)

Karate Chop Point (KC) - With the fingertips of the index and middle finger, you tap the other hand vigorously. . You are tapping on the fleshy part of the outside of the hand – the part of your hand you do a karate chop. You can tap on either hand and switch hands if you like.

Eyebrow (EB) – Tap at the beginning of the eyebrow, just above and to one side of the nose

Side of the Eye (SE) - Tap on the bone bordering the outside corner of the eye

Under the Eye (UE) – Tap on the bone under the eye about 1 inch below the pupil

Under the Nose (UN) - Tap between the bottom of your nose and the top of your upper lip

Chin (Ch) – Tap in the crease of your chin

Collarbone (CB) – Tap where your breastbone and collarbone and first rib meet. To locate it, put your finger in the U-shaped notch at the top of the breastbone (above

where a man would knot his tie). From the bottom of the U. move your finger down toward your navel and then go 1 inch to the left or the right. You are tapping an indent under the collarbone.

Under the Arm (UA) - Tap about 4 inches down from your armpit on the side of your body. For men, it is even with the nipple and for women it is where your bra strap would hit.

Top of the Head (H) – Tap on the top of head in a circle towards the front