

Easy Introduction

to

EFT

(Emotional Freedom Technique)

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<http://www.myfavoriteselfhelpstuff.com>

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What is EFT?

EFT stands for emotional freedom technique and is an amazing energy medicine technique that helps with quickly easing fears, anxieties, and other distressing emotions or sensations.

EFT or Emotional Freedom Technique has been developed and created by Gary Craig from several similar but far more complicated approaches to self-healing. EFT and its precursors all work by tapping certain acupuncture meridian points. You will find a wealth of additional resources on Craig's website: www.emofree.com.

Like other energy work approaches, EFT works with your energy, and it helps to imagine it as a kind of needle-less acupuncture.

It can help you achieve an amazing range of results. I have found it especially useful for relief from intense distressing emotions – fears, anxiety, stress, and similar feelings.

EFT is performed by repeatedly tapping lightly on specific points on your body, most of them in your face. You will generally tap with the fingertips of your index and middle finger, in specific sequences, while you repeat statements relating to the painful feelings you are trying to ease.

How to do EFT?

There are two main parts to doing EFT tapplings:

The set-up and the actual tapping sequences.

For the set-up you will tap as follows:

You start by tapping the “karate chop” area of your hand, i.e., the area where you would hit the bricks if you were to attempt to break them with your bare hands. Tap with pads of finger tips of other hand.

For the tapping sequences, you will tap on the following points, in that order:

Top of Head: tap with all fingertips flat on the top of your head.

Eyebrow: tap just above the inner portion of your eyebrow. Note: For this point and all the other points below, tap with the fingertip pads of your index and middle finger.

Side of Eye: tap on the bony part next to the outside corner of your eye

Under Eye: tap underneath the center of the eye, about where the top of the cheekbone is located.

Below Nose: tap the area between nose and upper lip.

Chin: tap below lower lip

Collarbone: tap the center area of either collarbone.

Under Arm: tap the area about 4 inches below your armpit (if you're out in public, you may want to skip that one if it makes you too conspicuous. The tapping will still work without that particular point).



Here's a picture with the points on which to tap. Or you can check out Carol Look's pictures here:

<http://www.tapintoprosperitynow.com>

As you can see, there are several points that come in pairs (eye brow, side of eye, etc.) although I only drew in one of them each. You may also wonder whether you should tap on the left or the right one of those points, or maybe whether you should tap with your dominant or non-dominant hand.

Basically, you can chose either side, whichever one feels better to you. It does not matter much which hand you use nor on which side of your body you tap.

However, people differ in what works best for them. So you may want to experiment a bit. For example, you could do a round on the left side, and then another one on the right side. See if it makes a difference for you. If yes, you'll have your answer. If not, just do what's easiest for you.

Let's Get Started!

Step One: Assessment

Assess how distressing the condition (that's the specific feeling or condition you want to work on) is on a scale of 1 to 10, with 1 meaning "almost no distress" and 10 meaning "completely driving you out of your mind."

Write it down.

Step Two: Set-up

Start by tapping the "karate chop" area of your hand, i.e., the area where you would hit the bricks if you were to attempt to break them with your bare hands. Tap with pads of finger tips of other hand.

While you tap, say three times:

Even though I am afraid of public speaking, I totally and completely love and accept myself.

There's an alternative version, which you can either substitute for the above or alternate with it:

Even though I am afraid of public speaking, I choose to feel calm and confident.

Please note:

You may replace the underlined part with any phrase to fit your needs. I picked that example because originally I wrote this instruction manual for some of my students who told me they were extremely stressed about doing their classroom presentations.

Here are some examples of alternative phrases:

I am nervous of making phone calls.

I am afraid of dogs.

I am nervous about the test.

I am depressed.

I am worried about my bills.

I'm afraid I won't be able to sleep.

I have a headache.

(Yes, it can work for physical problems too!)

A quick note about the “bills” statement:

No, it probably won't make the bills go away. Sorry about that! I wish it would too.

However, what it can do is ease that extreme fight-or-flight anxiety that some people find quite paralyzing. Once you're feeling calmer, you'll be able to deal with whatever the problem may be much more effectively.

Step Three: Tapping Sequence

Tap with the pads at the tips of your fingers (with fingers held close together). Use two or more fingers. As you tap each spot, say aloud (if possible) or silently either an abbreviated version or the full version of your starting statement.

Example for abbreviated version: fear of speaking, fear of dentist, depression, headache, etc.

For the full version, just repeat the entire statement but without the “even though.”

For example:

I am afraid of speaking in public.

I am afraid of the dentist.

I am depressed.

I have a headache.

While you repeat the statement, tap approximately seven times on each of the following spots, in sequence:

Top of head (about center of head)

Eyebrow Point (towards inside of eyebrow)

Outside of Eye (toward hairline)

Below Eye (on top of cheekbone)

Below Nose

Chin

Collarbone

Below Armpit

(you may want to repeat that sequence once or twice)

Step Four: More tapping

Repeat the step above, but with the positive part of the statement:

I totally and completely love and accept myself.

Or, if you prefer:

I choose to be calm and confident.

Step Five: Take a Deep Breath

After every few rounds of tappings, especially when you're about to change topics, take a deep, slow breath:

Take a deep slow breath in, wait a second or two, and then let it out slowly. Repeat if desired.

Step Six: Reassess

Reassess where you are on that scale (1-10).

Write it down.

If it's not low enough for your taste, repeat the whole sequence as needed.

However, in subsequent rounds, you may want to change the set-up sentence as well as the phrases you'll use during the tapping as follows:

Even though I still have some remaining fear of public speaking, I choose to feel calm and confident anyway.

Step Seven: Dealing with “Aspects”

If you feel there is still room for improvement (a likely possibility), you might want to do additional rounds with related statements, statements that deal with “aspects,” as in aspects of the original issue.

Fear of public speaking is a complex thing. The same can be said for just about any other issue you may be tapping for.

Here are some examples of aspects relevant to the “fear of public speaking” issue:

I’m afraid I’ll looking stupid.

I’m afraid I’ll forget what I wanted to say.

I’m afraid my voice will sound squeaky.

I’m afraid I will blush.

I’m afraid I’ll start to cry.

I’m afraid I’ll pass out.

I’m afraid that people will laugh.

And so on. Just repeat the whole sequence with anything you can think of, and tap on each one till the number has gone down to 0 or at least no higher than maybe a 2 or 3.

You can alternate “I choose to feel calm and confident” and “I deeply and completely accept myself” or use one or the other, depending on which one you prefer or find more effective.

By the way, if you have a particularly vivid bad memory (or several) you can put this into your mind’s eye and do the tapping sequence while thinking about it and feeling how this made you feel. EFT should help a lot with defusing these scenarios for you.

If your issue is on something other than fear of public speaking, I’m sure the above example will give you a good idea of how you can add aspects for your own specific topic.

For the phone call scenario, you could probably use statements that are very similar to those listed above. You might also want to add statements like these:

I’m afraid they will hang up on me.

I’m afraid I’ll have to cough.

I’m afraid I’ll get a bad connection.

Just get all your anxieties out of the closet and tap away.

Additional Resources

InstantStressReliefStrategies.com

Are you stressed? There's no need to suffer. My downloadable book and toolkit will show you techniques that help you calm down almost instantly (with a few more in-depth and long-term strategies).

<http://www.emofree.com>

This is the website of Gary Craig, the person who has developed EFT in this form. It has an entire manual that you can download for free (really!!!). It's good too, though it introduces you to a more complicated version of this. However, if you get some of his advanced DVDs, you will find that he uses something closer to what I've described above.

www.tapintoprospertynow.com

This is Carol Look's website, one of my favorites. It is a terrific source for EFT materials, especially as they relate to prosperity, weight issues, smoking cessation, and even vision improvement.

Carol has a wealth of excellent resources on her website. Be sure to check out and subscribe to her truly outstanding monthly newsletter, where she provides tapping sequences for dealing with all sorts of aspects relating to prosperity.

[Brad Yates' Amazing Prosperity Tappings](#)

These are my absolute favorites! Brad takes EFT to an entirely new level. No, not more difficult. Just listen to the tapes and tap along. Hosted by Joe Vitale, these audios of a live teleseminar are great fun, and they do have a truly consciousness transforming effect!

Just one thing to watch out for: The tappings go on and on quite a bit and are far more expansive in subject matter than those by Carol Look for example.

I feel that this deepens their effectiveness. Just be sure to allow some extra time – some tappings go on for 20 minutes or more.

What I do: I sometimes take them for a walk in the park and tap while I walk, especially when I feel poverty thinking creep back in. It works every time!

Also contains some visualization exercises.

www.myfavoriteselfhelpstuff.com

My own blog with resources for body, mind, spirit, and prosperity. Please check back regularly for updates and additional resources.

Personalized Coaching now also available:

Check out my [Coaching Page](#) and my [About Page](#) for more information.

I also offer up to 10 FREE introductory sessions each month, and you're welcome to claim one of them. Just send me an email to the following address:

<mailto:Coaching@MyFavoriteSelfHelpStuff.com>

I hope you will find this booklet useful. If you would like to find out about additional resources and updates or would like to receive my newsletter/e-tips, please go to my website and enter your name and email address into the sign-up box on the top-right side of the first page:

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If you have feedback, please send me an email at

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Please note that even though Elisabeth Kuhn, the author of this e-book, has a Ph.D. as well as an MFA, and is a certified Quantum Touch® energy healing practitioner, she is neither a medical doctor nor a psychologist. She does not give medical or psychological advice.

EFT is still considered experimental, and while many people have found it immensely helpful, individual results will vary. For any psychological or medical issues you may have, please remember to consult your licensed health care professional

In conjunction with EFT, you may find coaching very helpful (note though that coaching too is not therapy nor should it replace therapy that is needed.)

If you would like to claim one of my FREE strategy sessions, please send an email to

<mailto:coaching@myfavoriteselfhelpstuff.com>

And if stress is the issue that's bothering you, just click here for quick relief:

[Instant Stress Relief Strategies](#)