



Emotional Freedom Technique/Tapping

EMOTIONAL FREEDOM TECHNIQUE

EFT tapping is an alternative acupuncture therapy treatment used to restore balance to your disrupted energy. It's been an authorised treatment for war veterans with PTSD, and it's demonstrated some benefits as a treatment for anxiety, stress, depression, physical pain, and insomnia amongst other things.

The Set Up

This wording is an essential part of the process because it tells our system what we are working on. Negative emotions come about because we are tuned into certain thoughts or circumstances which, in turn, cause our energy systems to disrupt. Otherwise, we function normally.

Your discovery statement and your positive belief statement

The key is that these must be right for you....

Firstly the discovery statement:

- How are you feeling?
- Where are the feelings?
- How would you describe those feelings?
- What word, sentence or statement comes to you whilst you experience this, so what you want to address -This is referred to in EFT as the discovery statement.
- Adapt to be something like: 'even though I have this pain', even though I feel angry', 'even though I am scared', 'even though I'm feeling anxious in my tummy', 'even though my chest feels tight', or it could be 'even though I have this pain in my head', 'even though I have too much on', 'even though there is part of me that wants to vape..'

Following by the positive belief statement

- How you want to be, what are you aiming for...
- Then add a positive belief statement, an affirmation i.e. 'I completely love myself for who I am', 'I am learning to let go of things I cannot control', 'I am learning to love and accept myself' or 'I am learning to prioritise what's important to me', 'I am becoming vape free to find peace'

When you 'tap' you say out loud (or in your head if needs be) the 2 statements, one after the other, so starting with the negative (or problem) part of the Set Up, which is then followed by the affirmation:

"Even though I feel I can't cope at work, I deeply and completely love and accept myself."

To engage as much neurology as possible it is preferable to speak the affirmation out loud, and with emphasis and feeling.

The Tapping Sequence

Once tuned into the issue, the Tapping stimulates the energy pathways thereby balancing the resulting energy disruptions. The points we use are at or near the end points of the energy pathways (meridians and vessels) ... OR ... at points along these pathways that are close to the body's surface.

Then tap whilst repeating the problem and the affirmation:

Karate Chop - Small Intestine Meridian

On the side of your hand where you would deliver a karate chop

- Now tap the Karate Chop – saying 'even though I have this pain', then repeat, 'I completely love myself for who I am'.
- A good point to use quickly for a state of overwhelm
- Check to see if you are happy with this statement, does it feel right for you? You can adapt it before progressing.

The Wrist Point

- On the inside of the wrist where the veins are visible or the area under the watch strap.
- Either tap one wrist point with the fingers of the other hand or tap or rub the insides of both wrists together.
- A good point to use quickly for a state of overwhelm.

Now follow this procedure with the other points on the hand:

- **The Thumb- Lung Meridian** - On the outside edge of your thumb at a point even with the base of the thumbnail.
- **Index Finger - Large Intestine Meridian** - On the side of your index finger (the side facing your thumb) at a point even with the base of the thumbnail.
- **Middle Finger - Heart Protector** - On the side of your middle finger (the closest to your thumb) at a point even with the base of the fingernail.
- **Gamut Point** – valley between 4th finger and little finger
- **Little Finger - Heart Meridian** - On the inside of your little finger (the side closest to your thumb) at a point even with the base of your fingernail.

Now move to the face and then rest of body using the reminder phrase

This can be the discovery statement from the setup statement or a comment about the feelings i.e. 'even though I am feeling angry', or you could simply just say 'angry'

The Reminder Phrase allows your neurology to literally tune into the problem being addressed, telling your system which problem needs to be the receiver of the treatment. The Reminder Phrase is simply a word or short phrase that describes the issue which can be repeated out loud each time you tap one of the points in the Sequence. In this way you continually 'remind' your system about the problem you are working on.



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The best Reminder Phrase is usually identifiable during the set up. For example, if you are working on a fear of heights, the Setup affirmation would go like this:

Even though I have this fear of heights, I deeply and completely love and accept myself.

Within this statement, 'fear of heights' is ideal for use as the Reminder Phrase.

- **Beginning of the Eye Brow - Bladder Meridian** - At the beginning of the eyebrow, just above and to one side of the nose.
- **Side of the Eye - Gall Bladder Meridian** - On the bone bordering the outside corner of the eye.
- **Under the Eye - Stomach Meridian** - On the bone under an eye, about 1 inch below your pupil
- **Under the Nose - Governing Vessel** - On the small area between the bottom of your nose and the top of your upper lip.
- **Chin - Central Vessel** - Midway between the point of your chin and the bottom of your lower lip.
- **Beginning of the Collar Bone - Kidney Meridian**- The junction where the breastbone, collarbone and first rib meet. To locate it, first place your forefinger on the U-shaped notch at the top of the breastbone. From the bottom of the U, move your finger down towards your stomach 1 inch and then go to the left (or right) 1 inch. It just underneath the beginning of the collarbone.
- **The Sore Spot - Neurolymphatic point** – Lower down from the collar bone. Dig around to feel it. Massage 3 times anti clockwise
- **Top of the Head - Governing Vessel** - On the crown of the head.
- **Under the Arm - Spleen Meridian** - On the side of the body, at a point even with the nipple (for men) or in the middle of the bra strap (for women).

Tapping Tips

- Some of the Tapping points have twin points on each side of the body. For example, the "eyebrow" point on the right side of the body has a twin point on the left side of the body. Years of experience have taught us that you only need to tap one of these twin points. However, if you have both hands free you can certainly tap on both sides for good measure.
- You can also switch sides when you tap these points. For example, during the same round of The EFT Tapping Basic Recipe, you can tap the "karate chop" point on your left hand and the eyebrow point on the right side of your body. This makes the Tapping process more convenient to perform.

- The Tapping can be done with one finger, but try with two or more fingertips. This is so you can cover a larger area and thereby insure that your Tapping covers the correct point.
- While you can tap with the fingertips of either hand, most people use their dominant hand. For example, right handed people tap with the fingertips of their right hand while left handed people tap with the fingertips of their left hand.
- You tap approximately 5 times on each point. No need to count the taps because anywhere between 3 and 7 taps on each point is adequate.
- There are many versions of the approach, google will give you multiple diagrams of approaches which are similar with a few adaptations, try to use the one that I have taught you.
- As we discussed, if you are short of time go with the places that feel best for you i.e. just tap the karate chop and massage the sore spot anti clockwise 3 times. Or go with the collarbone and underarm, what feels best for you?

Subsequent Round Adjustments

Sometimes the problem will disappear after just one round of EFT while at other times, one round will only provide partial relief. In the latter case, you will need to do one or more additional rounds.

These rounds need to be slightly adjusted to eliminate the problem. Since the unconscious mind is literal, the subsequent rounds of The Basic Recipe needs to address the remaining problem. Therefore, the statement in the Setup needs to be adjusted, as does the Reminder Phrase.

For example: Just put the word still or remaining before the previously used phrase.

“Even though I still have some of this xxxxxx I deeply and completely accept myself.”

Check the feelings between rounds, feelings and sensations may change so use those as the new phrase rather than adapting the original one.