

# HOW TO USE EMOTIONAL FREEDOM TECHNIQUES FOR YOURSELF



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Developed by Personal Performance Coach Gary Craig, Emotional Freedom Technique has been called one of the "power therapies of this new century". It is a quick, painless protocol that applies the ancient principles of acupuncture to present day emotional issues without the invasive use of needles. By stimulating certain energy meridian points while holding in mind the emotional issue which is causing distress, these emotions, as well as accompanying problematic beliefs and behaviors, can be gently and rapidly shifted and neutralized. EFT is a state-of-the-art short-term psychotherapy technique that can easily be learned and used by anyone.

Read through the following description. Then use the flow chart at the end to experiment with EFT to reduce daily stress, anxiety.

## THE EFT "BASIC RECIPE" SHORT CUT

### ***IDENTIFY THE PROBLEM THAT IS CAUSING EMOTIONAL DISTURBANCE OR PAIN:***

Before tapping it is important to think about the problem, or, even better, write it down (i.e.: The time when....). *It is not necessary for the person who is practicing EFT to believe that it will work.* The only things that are required are that the person be able to identify the emotion, bring the traumatic incident to mind, or describe the physical pain, focus on it, and do the tapping protocol. If the memory has more than one really intense part (aspect) focus on just one to start, and do each aspect separately.

### ***GETTING THE INTENSITY (CALLED THE SUDS: SUBJECTIVE UNITS OF DISTRESS):***

Using a scale of 0 to 10, with 0 being no distress at all, and 10 being the most distress possible, rate the degree of distress at this moment. Write that number down.

**THE SETUP:** The Setup consists of two parts; a statement of the problem and a statement of self-acceptance. The more specifically the problem is described the better the results will be. The statement of self-acceptance does not need to be believed in the moment.

**Psychological Reversal:** Psychological reversal is an energetic block to releasing emotional distress. We correct for it by performing the setup.

### **THE SETUP**



1. **Using 4 fingers tap the karate chop spot, which is located on the outside edge of the hand at the point of impact if one were to do a karate chop.**
2. **Repeat 3 times while tapping: "I accept myself even though I have this problem." (Name the problem as specifically as possible.)** (*Note: It is not necessary to believe this statement for EFT to work!*)
3. **Begin tapping sequence.**

### **THE TAPPING SEQUENCE**

The actual tapping protocol, called *Sequence*, refers to places one taps on the body. Points can be tapped in any order, but are typically tapped from the top down.

While tapping it is necessary to have the mind tuned in to the problem so that the energy disruption is activated. Therefore, create a **reminder phrase** that is usually part of the set up statement. For example if the problem is "the argument I had with Nate about being late", the reminder phrase might be, "the argument" or "this anger at Nate", or "this anger sensation in my gut". It is important that the setup statement and the reminder phrase be *as specific as possible* in order to achieve the greatest success.

EFT is a very flexible system, and will work with quite a vague "Setup Affirmation" such as "Even though I have this problem, or this feeling, I accept myself anyway." However, it is always a good idea to be as specific as possible in identifying the problem or the feeling. So, "Even though I'm furious with Nate for being late again..." will be easier to treat than "Even though I have this feeling..." Success improves the more specific these statements are.

While thinking about the problem, tap the following locations (repeating the reminder phrase aloud):

- A. Top of head
- B. Inside eyebrow
- C. Side of the eye
- D. Under the eye
- E. Under the nose
- F. Under bottom lip
- G. Collarbone
- H. Under the arm

Remember your reminder phrase. Repeat it continuously while tapping. For example, "This anger..."

### **REVALUATE THE INTENSITY**

Expect the intensity to drop by at least two points. If it doesn't, try to create a more specific setup statement, or focus on the physical sensation created by the emotion and use that as the setup statement. For example, "this fear" might become, "this tightness in my chest". Repeat the tapping sequence.

In many cases two or three rounds of EFT will resolve a problem. If, however, there is still some emotional turmoil remaining, repeat the above protocol using the setup statement: "Even though I *still have some of this* \_\_\_\_\_, I'm doing the best I can."

If the intensity of the difficult emotion is below a 3 on the SUDS scale revisit the problem and literally *try* to get the higher distress level back. The reminder phrase while tapping then becomes "...*remaining*\_\_\_\_\_..."

### **ASPECTS**

An aspect is a different part, a related memory, a different physical sensation, or even an entirely different event. It is helpful to pay attention to what one is thinking to determine whether another aspect has appeared, especially if the treatment appear to have stalled. Treat each aspect as a separate issue.

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**Disclaimer:** Many of the individuals around the world who use Emotional Freedom Techniques consistently report remarkable relief from emotional and physical symptoms, as well as dramatic improvement in sport, music, and educational performance. Although Emotional Freedom Techniques are producing excellent clinical results and is rapidly gaining in scientific support, it must be considered as experimental, and, therefore, is not a substitute for medical or mental health treatment.

Individuals who participate in workshops, seminars, or individual EFT sessions will be required to sign a statement of informed consent, accepting responsibility for their participation. Although there is no guarantee of the remarkable results so consistently reported, it is our hope that you will benefit from using Emotional Freedom Techniques.

## EMOTIONAL FREEDOM TECHNIQUES BASIC RECIPE SHORT CUT



- 1. Identify the issue and tune into the problem**
- 2. Determine the level of distress on a 0 – 10 point scale (SUDS)**
- 3. The setup**

Tap the Karate Chop Point on the side of the hand while saying three times: “I accept myself even though I have this problem.” (Name it and be specific)

- 4. The sequence**

Tap continuously while repeating the reminder statement (“This problem...”)

Top of head  
Eyebrow  
Side of eye  
Under eye  
Under nose  
Under lip  
Collarbone  
Under arm

- 5. Re-evaluate**

Re-evaluate the level of distress and repeat the sequence until distress is below a 3.

If your thought has changed, or a different feeling emerges, it means that you have discovered a new aspect. Go back to the Set Up and begin again.