



## Emotional Freedom Technique

### 1. Focus on the problem

Think about a current **problematic situation** in your life that brings up some **emotional intensity** as you think about it **now**.

Notice **how** you **feel** about that situation. What **emotion** do you feel **NOW** as you think about it?

e.g. you might feel:

- anxious about a driving test
- overwhelmed about a work project
- angry about an argument
- sad about a break-up

As you focus on the emotion, it helps to notice *where* you feel that emotion most strongly in your body. Is it in your chest or stomach or throat or somewhere else?

### 2. Rate the intensity of the negative emotion on a scale of 0 to 10 where:

0 is no intensity at all and

10 is maximum intensity – couldn't be any stronger.

### 3. Perform the 'Set-up'

Use the four fingers of your dominant hand to tap on the side of the other hand (SoH) – the fleshy part between the base of the little finger and the wrist.



### Formulate a Set-up Statement

This comprises 2 elements:

- 1) name the problem
- 2) make a statement of self-acceptance

*“Even though I feel [insert negative emotion that you’re experiencing right now] ... I deeply and completely accept myself”*

So for example: *“Even though I feel sad ... I deeply and completely accept myself”*

**Say the set-up statement 3 times** while tapping on the Side of Hand (SoH) point.

You can be a little more **specific** by adding in a couple of words about the *situation* that is causing the negative emotion e.g.

*“Even though I feel [insert negative emotion] ... **ABOUT** [insert the situation causing negative emotion] ... I deeply and completely accept myself”*

It helps to say the set-up statement out loud while you’re tapping, but you can say it in your head if it is inconvenient to say it out loud.

#### **4. Perform the tapping sequence**

Staying focused on the negative emotion, tap roughly between 7 and 10 times (no need to count) on EACH of the following points:

**Top of Head point** (ToH) – with your hand in a claw shape and using all of your fingers - tap all around the crown of the head in a circle – like raindrops falling on your head

**Eyebrow point** (EB) – with two fingers lightly tapping at the junction of your nose and the start of one of your eyebrows – doesn’t matter which one

**Side of Eye point** (SE) – between the eye socket and the temple

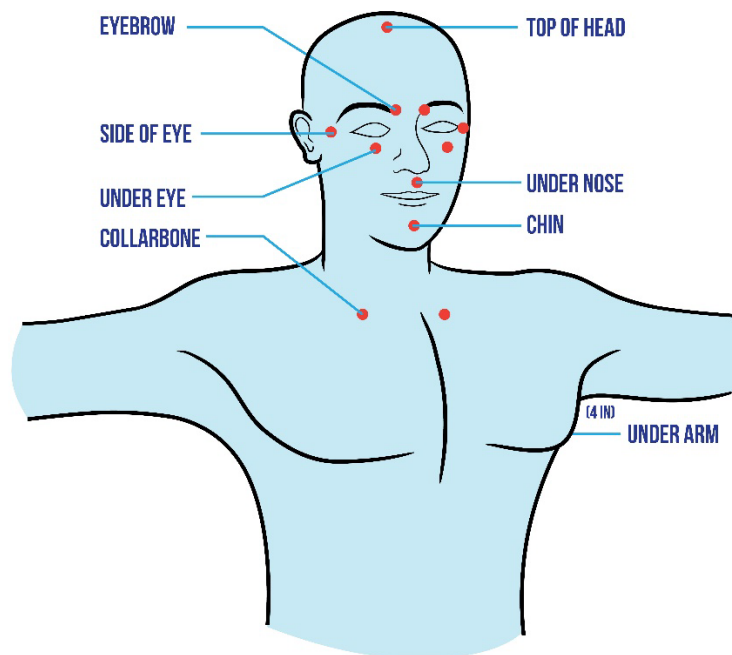
**Under Eye point** (UE) – under the middle of the eye – about a centimetre below the eye socket

**Under Nose point** (UN) – half way between the nose and top lip

**Chin point** (Ch) – fleshy part of the chin

**Collar Bone point** (CB) – to locate this point, press your elbows against your side raise your fore-arms and place your fingers just under the collar bones either side of the sternum / breast bone. Release your elbows before tapping. You can tap one side or both sides at once.

**Under Arm point** (UA) – using the whole flat of your hand to tap on the side of the ribs under the arm. To locate the point, put your hand in your armpit, the point you want to tap on is level with your little finger. For those who wear bras, it would be under the bra strap.



As you tap on each point repeat a **reminder phrase** – a short statement of the problem e.g. ‘angry about that argument’ or ‘sad about the break-up’.

Do **2 rounds** of tapping from ToH to UA.

**5. Take a deep breath** in through the nose and out through the mouth.

**6. Focus on the original problem** again. How do you feel *now* when you think about it? Rate the intensity 0 to 10.

If any intensity remains, perform further sounds of tapping as necessary amending the tapping phrases to reflect the emotion now.

**Remember:** stay hydrated during and after tapping. Shifting electro-magnetic energy when we tapping can be dehydrating. The technique is more effective when we are hydrated.

*Try it on everything!*

**Disclaimer:** While remarkable changes are observed in many emotional and physical issues, EFT should not be used instead of appropriate medical care. Always consult your doctor before any form of self-treatment. Do not use this tool with vulnerable individuals without appropriate training. In using this technique you agree to take full responsibility for the outcome.

With appreciation to Gary Craig (EFT Originator). See his website: <https://www.emofree.com>

To learn more about EFT Plus go to <https://www.eftplus.co.uk>