

EFT for Self-Care Tutorial

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What is EFT?

Emotional Freedom Techniques is a stress reduction technique. It is perfect for self-use. It is incredibly fast, effective when done well and lasting.

We focus in on a feeling, event, belief or physical sensation while we tap the acupressure-points along the energy meridians that are the same ones used in Acupuncture, only without the needles. When we do tapping while mentally focusing on an issue, we stimulate the energy system and neuro-chemistry to create relaxation and release the charge held by the body on physical symptoms, negative emotions or beliefs that hold you back.

Gary Craig, the founder of EFT, hypothesized that 'The cause of all negative emotion is a disruption in the body's energy system' and if we can stimulate the flow of energy, the negative emotions would collapse too.

Our nervous system is designed to protect us, and often times overreacts as if minor issues are life threatening, leaving us stuck in the fight or flight response where we are in a continuous state of stress and production of stress hormones that affect every cell in our body and contribute to physical and mental stress.

EFT is now in its 3rd decade. Recent research supports the belief that acu-point tapping calms the body's neurochemistry to release physical and emotional symptoms. Research studies show that when we stimulate these acu-points, we see decreases in the production of the stress hormones of adrenalin and cortisol, which can result in boosting our immune system and decreasing inflammation and help to support health, memory, learning, etc.

During the past decade EFT's popularity has taken hold on television, in newspapers, and is used by professional athletes. I even usually see at least one person at the airport or on airplanes tapping for fear of flying!

It is called the most successful psychology self-help technique ever discovered!

Fear is the emotion behind almost all of our feelings and it can change the course of our lives by influencing decisions every day.

Most fears are created by age 7 or earlier. Identifying the beliefs from earlier in life can help us to use EFT to clear current negative emotions and problems.

- **Imagine not being able to see your family for years because the only way to get there is to drive over the Golden Gate Bridge and you are afraid of driving over bridges. That was the case for one woman who released a decade of fear in only minutes of EFT tapping.**
- **What if your job was on the line because you had to speak to a large auditorium of professionals and were scared to death to do it? One woman did just that after less than an hour of tapping on the fears, present and past. (You have to pull the weeds out by the roots!)**
- **What if you have struggled with a promise to yourself, like giving up candy or wine, but no matter how hard you try you keep failing? One of my clients effortlessly forgot to eat candy after she identified and used EFT to clear the biggest stresses in her life!**
- **One woman spent decades of her life with debilitating insomnia, only to tap it away in an hour by identifying the TRUE cause of it.**

What else to use EFT for: anxiety, fingernail biting, fear of spiders, coffee addiction, physical pain, guilt, insomnia, body image, chronic illness, panic attacks, fear of elevators, negative memories, anger, grief, business fears.....

The EFT Motto: *Try it on everything!*

What EFT Can Do For You

- **Have confidence in your ability to transform your thoughts and feelings about any topic, to create lasting change in any area of your life**
- **Be able to relieve stress, anger, physical symptoms, fear, worry, regret, cravings, overwhelm and other negative emotions quickly, easily and safely**
- **Finally “get past your past” and all the limiting beliefs the have been holding you back from the life you desire and deserve**

EFT is often used by psychotherapists, counselors, acupuncture, hypnotherapy, coaches, etc.... What you are learning here is only for self-use! Those wanting to use EFT professionally with others will need advanced training.

EFT has excellent techniques for working with trauma, but they are not for self-use because you need both the skill and support of a trained practitioner for that. Also, if you have a psychological disorder, using EFT for yourself is not for you. EFT has no known negative side effects, (other than maybe feeling relaxed or energized, but focusing in on traumatic events can in itself can create emotional discomfort and strong emotional reactions if you don't know how to use the more advanced EFT techniques

Don't go where you don't belong! Do not use EFT for yourself for 'big T' traumas. So, when I ask you to think of feelings, events or beliefs, for the purposes of this training, please choose only those with more mild or moderate intensity. Even clearing your 'little t' traumas can have a huge beneficial impact.

The 3 primary areas of focus for this training will be:

- 1) Negative Emotions**
- 2) Physical Issues**
- 3) Success Issues**

How to do EFT

Please see the EFT Basic Recipe Script and Tapping Points Chart at the end of this tutorial.

Note: In using this tutorial to do tapping, you agree to take responsibility for your use and any negative outcomes.

See the basic recipe chart. Locate the Karate Chop and tapping sequence points.

We are using the shortcut version. This saves time and works around 90% of the time.

Tapping has to be 'aimed' at a specific target problem.

Choose a problem to work on: Be Specific!

Problems are like Puzzles. Work on one puzzle piece (aspect), feeling or event at a time.

Let's name some possible aspects for the problem of fear of flying;
Feeling claustrophobic, The smell of the jet fuel, The fear of turbulence, etc..

Next, choose just one of these aspects with strong feelings attached to it to tap on. Rate the intensity, tap a few rounds, and notice if the intensity goes down. Sometimes it your intensity drops so much that a different or new aspect pops up creating a new opportunity to collapse one more piece of the puzzle.

Generalization Effect: After working on several specific pieces/aspects you will sometimes collapse the entire problem. If you are too general you will not.

Problem:' I'm Lonely' is too general and won't get you long term results.

Choose specific events that still have a negative charge:

The time when mom forgot to pick me up at school.

The time when my boyfriend broke up with me at the dance.

State the Problem: 'Embarrassment' is too general. Get more specific!

Events Present and Past:

- Fear of speaking to the conference at work tomorrow.
- I felt embarrassed when I said something wrong in the meeting last week.
- The time when I forgot my lines in the 3rd grade school play.

Choose one event that has the most charge right now and tap on it. To get the best results, look for the earliest or the worst event that comes to mind.

Please do not use traumatic events or any feelings with high levels of intensity without the assistance of a trained professional.

Tapping Practice for an embarrassing moment:

- Pick an embarrassing moment that still has a charge and narrow it down to a two minute event.
- Give the event a title and play a movie of the event in your head.
- Notice what the emotion is and where you feel it in your body.
- How much does it bother you NOW? (not when it happened)
- Rate the intensity from 0-10 with 0= not a problem 10= worst it ever was. Please choose something that is a 5 or less unless working with a practitioner.
- Write down the movie title and the intensity number. (SUD)

Use the Basic Recipe and tapping chart for help with where to tap and what to say.

EFT Tapping has two parts: The Set –Up Phrase and the Reminder Phrases

Set-up Phrase is said while tapping on the Karate Chop point/side of hand spot.

It includes:

- 1) Statement of the Problem (i.e. Even though I have this headache, etc.)
- 2) Statement of self-acceptance (i.e. I deeply and completely love & accept myself, or I want to accept myself, or I'm a good kid, etc.)

Use the set-up phrase 1-3 times before moving on to the tapping sequence.

(This addresses self-sabotage and resistance to change so don't skip it if your numbers are not going down.)

Tapping Sequence using the Reminder Phrases

Create short phrases to keep you tuned into the problem.

Use the movie title or the name of the emotion or where you feel it in your body as you tap on all of the spots from the top of your head to under the arm around 7 times at each spot, always staying tuned into the feeling.

(It is more important to tune into the feeling than what you say!) Sometimes you can just feel it and not say anything and get great results

Use either hand or both to tap the spots. It doesn't matter which hand or which side of the body you tap on. Tap approx. 7 times on each spot.

Re-rate the intensity: Play the scene in your head again. See what you saw, feel what you felt, hear what you heard, etc.

Create a new set-up phrase. If you still have a charge on the same event or aspect say: "Even though I STILL have some of this _____ I deeply and completely love and accept myself. (If the issue is 0 go to the next issue)

OR, if the issue has shifted create a new set-up based on the current feeling or event, ie. If it went from anger to sadness, start a new-set up with 'Even though I have this sadness when I think about forgetting my lines in the 3rd grade play.

Pick a piece of the puzzle (aspect) and adjust your set-up phrase to what you are feeling now and re-rate the intensity of the aspect you are feeling into right now. (i.e. The smell of the gym, the look in my teacher's eyes) Tap on as many aspects as necessary, sights, sounds, smells, words, thoughts, sensations, until the event loses its charge.

Persistence Pays! Be a good detective and keep digging and clearing.

EFT for Emotional Issues

Tap for the superficial symptom first. I.e. I'm angry that he didn't take out the trash. (Sometimes tapping on the superficial brings up deeper feelings to tap on.)

Ask, what am I REALLY upset about? I.e. I'm feeling disrespected and unloved because he couldn't even do this one little thing for me! Now that's tap-able!

Look for beliefs and conclusions you are holding that contribute to the negative feelings and tap on those, i.e. Feeling unloved, unworthy, never right

Tapping on those deeper feelings will help you to release the 'cause' and will generalize to other emotions and events with a similar theme.

Phobias and anxiety: Look for the first time you felt this way. What beliefs hold the fears in place? I.e. The world isn't safe, I never get what I want, and Life isn't fair. Then come up with an experience that led you to believe that way.

One woman who had to speak to a large corporate group to keep her job identified that the fear reminded her of the time when she forgot her lines in the 3rd grade school play. She tapped on that and fear of public speaking vanished!

Questions to identify Tap-able issues and go deeper:

What in my life is not the way I would like it to be?

What do I wish never happened in my life?

What other time does this feeling remind me of?

When was the first or the worst time I felt this way?

What do I over-react to in my life now? (Disproportionate responses)

What to include when creating a set-up phrase and reminder phrases for emotional issues:

- **What is the emotion I feel when I think of this event? i.e. fear, anger, shame**
- **Where do I feel it in my body? I.e. tightness in my chest, stiff neck, etc.**
- **What is the thought or belief? I.e. I screwed up, I was a bad girl, no wonder she left me.**

Combine one, two or three of the above into your set-up phrase.

Set-up phrase: (Tap the Karate chop and Tune In) ‘Even though I feel this fear in my chest when I remember how I screwed up that night, I love and accept myself.’ **Reminder phrases: This tight fear in my chest, I screwed up**

Signs that release has occurred:

- **Relaxation, yawn, easy breath, shoulders relax; the memory of the event goes from color to black and white, less focused, etc.**
- **Cognitive shifts occur, New way of seeing things objectively, i.e. I was only 13, I didn’t know better, maybe dad was not happy with himself when he yelled at me, it’s over, I’m safe, I’m ready to move on.**

3 great EFT Techniques for clearing emotional issues

1. **Chasing the Pain:** A great technique for emotional issues! Follow the sensation of the emotion as it moves around the body in response to tapping. Each set-up phrase reflects the current sensation in your body.
2. **Movie Technique:** Play the story in your head and stop to tap at each part of the story where you feel intensity before moving on to the next part of the story. Play the story again when you think you are finished to test your work. If you find any intensity, you are not finished.

3. **Talk and Tap:** Great for relieving excess intensity: Tune into an event or emotion and express yourself out loud while continuously tapping on the tapping sequence spots. Rant, rage, cry, and feel while you tap!!!

EFT for Physical Pain and Illness

Don't ignore important physical symptoms. See your physician as needed.

- 1) Tap on the actual very specific physical symptoms starting with the most painful items first; knee then shoulder, etc.
- 2) If you just injured yourself just tap! You are tuned into the problem so you don't have to say: 'Even though I dropped this hammer on my toe.'
- 3) Describe the sensation very specifically. Sharp? Hot? Cold? Color? Movement? Vibration? Use these in the set-up and reminder phrases and do several rounds on the symptoms. 'Even though I have this hot pain the size of a quarter on the outside of my right knee'.
- 4) Keep changing the set-up phrase and reminder phrases as the pains shifts in intensity, location or character.
- 5) Ask where and when the pain symptom is triggered. (when I play tennis)
- 6) Tap for how you feel about having this symptom. (angry I can't surf)
- 7) What was going on when it started?
 - For a sprained ankle: Even though I tripped on the curb ...
 - For back pain: Even though my dog died....
 - For insomnia: Even though the nuns 'clacked' on the bed doors.....
- 8) Ask, "If there were an emotional issue behind this, what would it be?"
- 9) Ask yourself: 'What is the worst thing that could happen if I got over this?' and then tap on the answer. i.e. 'Even though I'd have to risk getting a new job, 'lose my relationship' etc. NEVER blame yourself for creating a pain or illness! The emotional causes are usually subconscious.

EFT Tapping for Cravings:

Focus in on the feelings. i.e. 'Even though I really want this chocolate, coffee, etc. Note: This does not usually cause the cravings to go away permanently but can get you through temporarily until you clear the emotions that lead to the cravings.

Breaking-through Roadblocks to Success

Choose something you want to create in your life; more income, a better relationship, more clients, more time.

Apply this 3 step Success Formula:

- 1) State a goal/affirmation in present tense, using only positive words. Make it believable and measurable. i.e. "I easily earn \$100,000 a year doing work I love." "My clinic sees 40 satisfied paying clients each week."
- 2) Listen for the negative voices and make a list of at least 5 of them. These are your tap-able 'yes buts'. Give each one a score of how true it is on a scale of 0-10 with 10 being the most true.
- 3) Choose the 'yes but' that feels most true and apply EFT to it. Use specific events that contributed to the belief when possible.

Tapping in Positives

Don't jump into the positive tapping until the negative is cleared.

Once you have cleared a feeling, belief or event, do a few positive rounds.

'Even though I have blamed myself all of these years, the truth is I did the best I could and I love and accept myself.'

‘Even though I am still struggling with this anger, maybe I have a right to be angry, I am doing the best I can and I honor and accept myself and I choose to accept it as a healthy feeling and choose peace.’

(Even if you are not finished with clearing an issue, you can tap in positives to wrap up the tapping session on a positive note.)

When EFT Doesn’t Work

- **Are you being too global? Get more specific with emotions, events & aspects! Dig deeper, FEEL more, be a good detective.**
- **Tap for the cause and not just the symptom.**
(i.e. smoking is a symptom, stress is a cause: ‘this pressure at work’, etc.)
- **Tune into the feelings and sensations, not the thoughts or words. (Get out of your head ;-)**
- **If your symptoms come back you didn’t clear all the aspects, describe and tap on additional details of the experience or belief.**
- **Fish for related events, other times when you felt this way and tap. Raise your voice, exaggerate, generalize, and swear!**

It is always recommended to work with a skilled EFT Practitioner for traumas and serious issues.

See www.DaleTeplitz.com for Disclaimers

The EFT Tapping Basic Recipe (Shortcut Version)

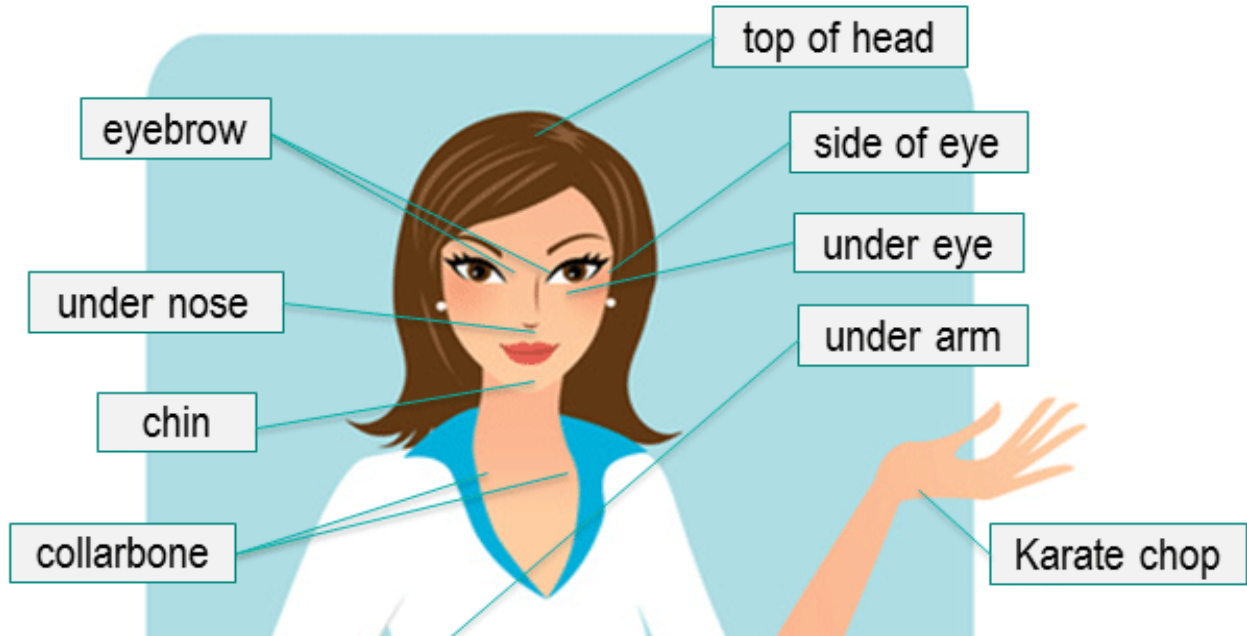
- 1. Choose an emotional issue (i.e. sadness, anger, fear, etc.) or a physical symptom (i.e. a headache) to focus on. Be as specific as you can. For emotional issues use specific events such as: ‘This sadness’, ‘*This fight with my boss*’, ‘This anger at my teacher’. For physical issues, be specific, i.e. ‘*This stabbing pain in my right knee*’.**
- 2. Determine the distress level that you are feeling on a scale of 0 to 10, where 10 is maximum intensity and 0 is no intensity at all.**
- 3. The EFT Setup: Repeat this statement three times, while continuously tapping the Karate Chop point on the fleshy side of the hand while saying:**

“Even though I have this _____ (name the specific emotion or physical symptom), I deeply and completely accept myself.”
- 4. The Tapping Sequence: Tap about 7 times on each of the energy points in the diagram below, while repeating a brief phrase that reminds you of the problem. i.e. ‘This headache’, ‘This anger at my mother’. Top of head, Eyebrow, Side of eye, Under eye, Under nose, Chin, Collarbone, Under arm.**
- 5. Determine your distress level again on a scale of 0 to 10 again. If it’s still high, tap the Karate chop point and say: “Even though I still have some of this _____ (state the problem), I deeply and completely accept myself.” and repeat the tapping sequence with a reminder phrase for each tapping point.**
- 6. Repeat from Step 1 until your distress level is as close to zero as possible.**

See tapping points in chart below.

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EFT Basic Recipe Tapping Points



It is recommended that you save the basic recipe above and this tapping points chart for a handy reference.

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