



The Healing Collective

Emotional Freedom Technique



EFT 5 STEPS

collectivedc.org



The Healing Collective

EFT 5 STEPS

1. Tap and Talk Technique

A great way to start is at the end of the day before bed. This is most beneficial for younger children who might not have the capability to voice or isolate emotions they're feeling.

- Ask your child, “what was the best and worst part of your day?”
- As these events are being recounted, you can gently tap through the points (see the printable guide) starting on the top of the head, working your way down systematically. Only light pressure and 7-10 taps on each point are needed.

This helps your child to process the events at a subconscious level and deal with the associated emotions effectively without having to “zero-in” on specific issues.





The Healing Collective

2. Specific Event Tapping

This application is suitable if your child has experienced a particularly upsetting event i.e.: bullying at school, disappointing academic results, friendship troubles or other distressing experiences.



- Have them recall what happened (they don't have to tell you out loud, just bring it to their attention) and notice what feelings come up in their body.
- If they are old enough to rate the emotional intensity around the event out of 10 (10 being very intense), ask them to do so. If they are younger, get them to show you how "big" it is with their hands.
- Start off tapping on their karate chop point and create a "set-up" phrase which includes the words "even though ____ (name issue)" and a positive affirmation – "I'm a great kid anyway/I'm ok/I accept myself". An example would be "Even though I didn't get chosen for the sports team at school today, I'm still a great kid" Repeat the set-up phrase twice.
- Then tap through the points starting at the top of the head while talking about the issue. Keep it concise and don't worry if you repeat the same phrases. For example, "I didn't get chosen for the team", "I'm not good enough", "All the other kids performed better than me", "I feel so disappointed".
- Go through three "rounds" of this, finishing under the arm and then get them to take a deep breath in and out and re-rate the intensity of the event. It should have gone down. Ideally, you would get it down to 0 but often a 3 out of 10 or below means it's manageable enough for them to get on with their day.



The Healing Collective

NAMING AND RATING THE EMOTIONS

1. Have a child recall what happened. (They don't have to say it out loud. Just bring it to their attention).

2. Ask to notice what feelings come up in their body.

3. Ask to take a deep breath, name their emotion, and rate its intensity on a scale of 1-10. (10 being very intense).





The Healing Collective

3. Specific Emotion Tapping

This form is great for older kids who might be better in tune with their feelings and able to name them, or if they can't connect to a specific event. It might be generalized anxiety, sadness or overwhelm, for instance.

- Have them name the emotion, give it a rating out of 10 and go through the same process as above but focusing on the emotion they've described instead of an event.

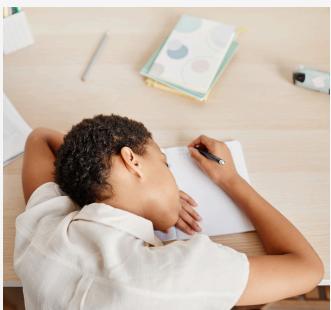
Don't worry about making mistakes or skipping points – the great thing about EFT is it's nearly impossible to get wrong. As long as you tap and talk about the problem, it will be enough to get the benefit, however, the more specific you can get with tapping, the better.

BE
SPECIFIC



4. Tapping for Sleep

This is great for younger children who have trouble falling or staying asleep.



- Beginning at the top of the head while in bed, tap through the points saying the phrases, "This drifting feeling", "drifting off to sleep", "Letting go and choosing to relax now", "It's safe for me to let go and fall asleep", "I'm safe now", "It's safe for me to drift off to sleep", "I am going to sleep now." This helps the body to let go of the stress response that keeps them awake and shifts them into delta brain waves (necessary for relaxation and restorative sleep).
- Repeat the sequence for as long as necessary (around 3-6 minutes).

This method often works the first time, however, can sometimes take a few nights for the child to get used to, so don't be discouraged if they don't drift into a peaceful slumber straight away. You are training their subconscious to process information and relax.



The Healing Collective

TAPPING FOR SLEEP





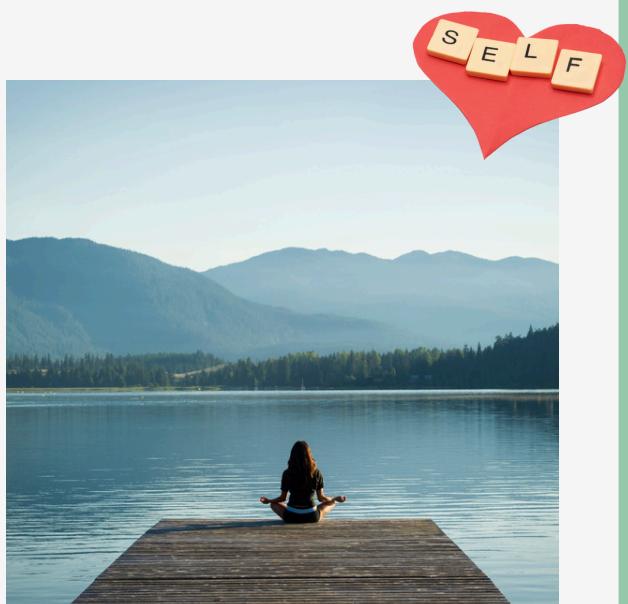
The Healing Collective

5. Self-Work

As mentioned above, it is so important to recognize our own emotional responses and how we process and manage stress. If you're a parent of young kids you'll notice how their behavior often mirrors yours and vice versa.

If you approach your child in a highly anxious or overwhelmed state, how do you think they are going to react? If you find your child has separation anxiety, perhaps examine your beliefs and experiences from your own childhood.

- Are you fearful of not meeting all their emotional needs? Tap on that fear using the “Specific emotion tapping” sequence above.
- Is your own anxiety fueling their behavior? Tap on that too! Often tapping on our own issues (using the methods above) can have a flow-on effect to our child so while you're healing yourself, you are healing them too – talk about killing two birds with one stone!



*You
Got
This!*