

Emotional Freedom Technique (Developed by Gary Craig, Founder)

EFT is a form of psychological acupuncture that uses light tapping with your fingertips instead of needles to stimulate traditional Chinese acupuncture points. The tapping on these designated points on the face and body is combined with verbalizing the identified problem (target) followed by a general affirmation phrase. Combining these ingredients of the EFT technique balances the energy system and appears to relieve psychological stress and physiological pain. Restoring the balance of the energy system allows the body and mind to resume their natural healing abilities. EFT is safe, easy to apply, and is non-invasive.

EFT DIRECTIONS

1. **Choose a target for EFT** --- an emotion, a block, a belief, or any distressing issue, i.e. anxiety, fear, anger, sadness, etc.; set up a **negative reminder phrase** by naming out loud what you feel distressed about such as, "I feel _____ (emotion) about _____ (state a specific issue you'd like to address).
2. **Scale the intensity of the feeling, belief or issue being addressed on an intensity scale of 0-10** (where 0=no discomfort and 10=strong discomfort), or just make a note of how you feel.
3. **Tap the karate chop point** (see diagram) on either one of your hands continuously while repeating out loud a **set up statement** for the issue. (The **set up statement** combines the **target** and an **affirmation**. An example of a **set up statement** might be:
"Even though I feel _____ about _____, I deeply and completely accept myself.")
Tapping Point—Karate Chop - tap on side of either hand while repeating the set up statement three times, i.e. "Even though I feel anxious about my health, I deeply and completely accept myself.")
4. Begin the first tapping (negative) sequence to neutralize negative thought patterns that block you from experiencing freedom. **Repeat the negative reminder phrase with each tapping point.**
5. **Starting at the eyebrow point**, begin tapping each point in the sequence of 8 points (see below) approximately 7 - 10 times while repeating out loud the **negative reminder phrase** provided for each issue.
Sequence of Tapping Points (see diagram)
Eyebrow — i.e. - repeat negative reminder phrase, "I feel _____ about _____."
Side of Eye ↓ ↓
Under Eye ↓ ↓
Under Nose ↓ ↓
Chin ↓ ↓
Collarbone ↓ ↓
Under Arm ↓ ↓
Top of Head ↓ ↓
6. Now that you have completed the first round of EFT, **repeat the negative reminder phrase** out loud and notice how true it feels on the 0-10 point intensity scale. Continue with the next phase of tapping.
7. Begin the second tapping (positive) sequence to install what you would prefer to experience emotionally in your thought patterns and in your life. You will repeat a positive reminder phrase for each point.
Starting at the eyebrow point, begin tapping each point in the sequence of 8 points (see below) approximately 7 - 10 times while repeating the **positive reminder phrase** out loud for each issue.
Sequence of Tapping Points (see diagram) - see example statements for anxiety below
Eyebrow — i.e. - repeat positive reminder phrase, "I love knowing I can feel peaceful."
Side of Eye i.e. "I choose to feel relaxed in spite of challenges."
Under Eye i.e. "It feels so right to be free of anxiety."
Under Nose i.e. "I appreciate how much I have changed."
Chin i.e. "I love knowing I have resolved _____ (this issue)."
Collarbone i.e. "I choose to release this anxiety now."
Under Arm i.e. "It feels so right to be calm about _____ (state issue)."
Top of Head i.e. "I love appreciating the many good aspects of my life."
8. Breathe deeply to help energy move through your body.
9. Smiling, thank yourself for taking this time for you.
10. Place your hands on your heart and repeat out loud, "I deeply and completely accept myself." .
Repeat the sequence several times per day until you feel lighter.

EFT TAPPING POINTS

Karate Chop: while tapping this point on either hand, *repeat set up statement out loud three times*, i.e.:
 “Even though I feel _____ about _____, I deeply and completely accept myself.”)

Begin tapping sequence—tap each point 7-10 times as you repeat negative reminder phrase out loud.

Eyeblink: i.e.: “I feel _____ about _____.”

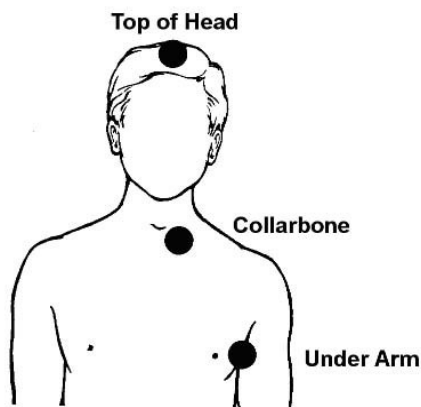
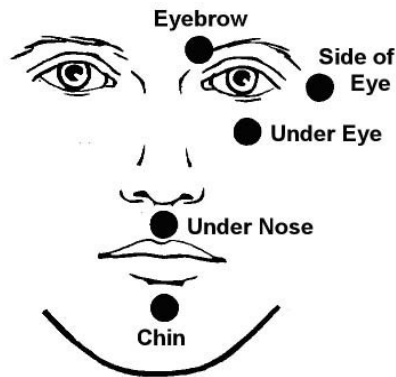
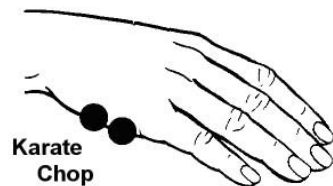
Side of Eye	↓		↓
Under Eye	↓		↓
Under Nose	↓		↓
Chin	↓		↓
Collarbone	↓		↓
Under Arm	↓		↓
Top of Head	↓		↓

Repeat entire sequence with positive reminder phrases for each tapping point.

Breathe deeply to move the energy through your body.

Smile and give thanks.

Place your hands on your heart and repeat, “I deeply and completely accept myself.” .



EFT and Related Acupuncture Points

TH - Top of Head - 'Hundred Meeting Points' Meridian

Releases: Inner critic, lack of focus and 'gerbil wheel' thinking
Allows: Insight, intuition, spiritual connection, focus, wisdom, spiritual discernment and clarity

EB - Eyebrow - Bladder Meridian

Releases: Trauma, hurt, sadness, restlessness, impatience, frustration, restlessness and dread

Allows: Inner peace and emotional healing

SE - Side of Eye - Gall Bladder Meridian

Releases: Rage, anger, resentment, fear of change and muddled thinking

Allows: Clarity, compassion and understanding

UE - Under Eye - Stomach Meridian

Releases: Fear, anxiety, worry, emptiness, nervousness and disappointment

Allows: Contentment, calmness, feeling safe... "All is well".

UN - Under Nose - Governing Meridian

Releases: Embarrassment, shame, guilt, grief, fear of ridicule, powerlessness, fear of failure and psychological reversals

Allows: Self-empowerment, self-acceptance and compassion

CH - Chin - Central Meridian

Releases: Confusion, uncertainty, embarrassment, shame and second guessing decisions

Allows: Certainty, clarity, self-confidence and self-acceptance

CB - Collarbone - Kidney Meridian - Adrenals

Releases: Psychological reversal, worry, indecision, feeling stuck and general stress

Allows: Ease in moving forward, confidence and clarity

UA - Under Arm - Spleen Meridian

Releases: Guilt, obsessing, worry, hopelessness, insecurity, and poor self esteem

Allows: Clarity, confidence, relaxation and compassion for self and others

