

## Emotional Freedom Techniques, Created by Gary Craig

### What is EFT?

In simplest terms, EFT is an emotional form of acupuncture except that it doesn't use needles. Instead, we tap with the fingertips to stimulate certain meridian points while we are "tuned in" to the problem. We are still learning why EFT works so well. The existing theory is that "the cause of all negative emotions is a disruption in the body's energy system."

The above information was taken from the EFT Website at [www.emofree.com](http://www.emofree.com)

### What is the Process?

#### ONE: Identify Problem/Choose Affirmation

Begin by identifying your current issue and choosing an affirmation. Create a sentence starting with the words "Even though".

Here are some examples:

- *Even though I have a headache, I choose to feel peaceful and at ease.*
- *Even though I feel really depressed, I totally love and accept myself.*
- *Even though I feel really scared right now, I choose to accept [higher power's] love for me.*
- *Even though I don't know what I feel, I deeply and profoundly accept myself.*
- *Even though I am sick of doing this stupid EFT, I accept myself just as I am.*
- *Even though I don't believe this will work for me, I choose to be open to new possibilities.*
- *Even though I have a craving for this cigarette [alcohol, chocolate, etc.], I love myself.*
- *Even though I hate myself, I love myself.*
- *Even though I think I'm a failure, I accept \_\_\_\_\_'s love for me [higher power].*
- *Even though I am angry at \_\_\_\_\_, I totally love and accept myself.*
- *Even though I have this fear of \_\_\_\_\_, I make a choice for love in this moment.*
- *Even though I have this terrible memory, I choose to let go.*
- *Even though I have these nightmares, I deeply and completely accept myself.*
- *Even though I have this stiffness in my neck, I open myself to healing.*
- *Even though I am sad that these bad things happened to me, I open to [Divine] love and wisdom operating in my life.*
- *Even though I am afraid that bad things will always happen to me, I choose to see things differently.*

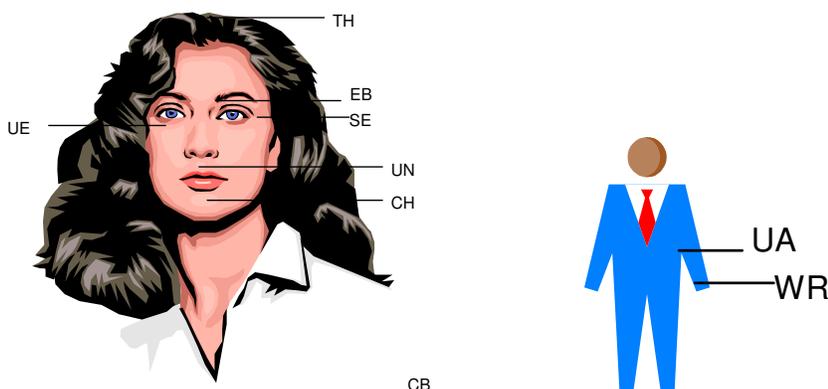
#### TWO: Decide on the Intensity of your Issue

On a scale from one to ten, how strong is this issue for you in this moment? If your number is very low (and only if you feel *safe* in doing so), take a moment to imagine the situation. Did your number increase? Begin at whatever number you are at right now.

#### THREE: Begin the Tapping Sequence

- Take off your watch and/or eyeglasses if you are wearing them, and then...
- **Find your "Karate Chop" point:** identify the fleshy part of the side of your hand next to your baby finger. This is the place where, if you were to do a "karate chop", your hand would meet the object.

- Tap lightly with the fingers of one hand onto the Karate Chop point of the other hand while repeating the affirmation you have chosen out loud three times.
- Shorten your phrase (e.g.; “this anger”, “this headache”, “totally love and accept myself”) and continue to say it out loud as you tap gently (about 7 times each) on the following acupuncture meridian points:



- **Top of the Head (TH):** The soft spot of your skull. If you have trouble finding it, take your thumbs and put them on the tops of your ears and then stretch your index fingers across the top of your head. Where your fingers meet is where you tap.
- **Beginning of Eyebrow (EB):** Where your eyebrows begin, above and to both sides of the nose.
- **Side of Eye (SE):** On the bone bordering the outside corner of the eye.
- **Under Eye (UE):** On the bone about 1 inch below your pupil.
- **Under Nose (UN):** Between your nose and upper lip.
- **Crease above Chin (CH):** Below your lower lip and above your chin, in the crease.
- **Collarbone (CB):** This point marks the junction where the sternum (breastbone), collarbone and first rib meet. To locate it, first place your forefinger on the U-shaped notch at the top of the breastbone (about where a man would knot his tie). From the bottom of the U, move your forefinger down toward the navel 1 inch, and then move it to the left or right 1 inch. You should feel tenderness in this spot. This is where you tap for the collarbone (CB).
- **Under Arm (UA):** On the side of the body, about four inches below the armpit (in the middle of the bra strap (for women), and at a point even with the nipple (for men).

**(Note: You may want to change your phrase from the negative (e.g.; “this anger”) to the positive on the final tapping location—the wrists (e.g.; “totally love and accept myself”).**

- **Inside Wrists (WR):** Tap both wrists together.

*Please notice that these tapping points proceed down the body.*

#### **FOUR: Checking in.**

Take a deep breath in and out. Check in with yourself. What do you feel now? Is the same issue still

bothering you? Has the issue shifted? If the issue has shifted, you may continue tapping with the new issue if you want to go more deeply. If the problem has not shifted, refer to the additional instructions on “remaining problem” and “reversals”.

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## **I’ve tapped but my problem still remains. What do I do?**

Sometimes, we will experience partial relief from the problem, but not full relief. This may be due to the fact that your remaining pain is physical. For example, let's say you got into a car accident. It may not be possible to eliminate all of the physical pain associated with your accident. However, it may still be possible to eliminate additional emotional “resistance” to the pain you are experiencing. Try the following:

### **Remaining Pain**

Repeat the tapping sequence, but alter your sentence slightly. Say, “Even though I still have some remaining \_\_\_\_\_, I totally love and accept myself [or other affirmation].”

If your issue still persists (and is not entirely physical), you may need to do a reversal...

### **Reversal**

Sometimes we have resistance to healing. Even though we may want to get over this problem on a conscious level, there could be a part of us that is afraid to heal, doesn't want to heal, or that benefits in some way from me having this pain. To contact that part of you that may not want to heal, do the following:

Tap with one hand onto the Karate Chop point of your other hand.

While tapping, repeat a phrase focused on **resistance** three times.

### **Here are some examples:**

- *Even though I don't **want** to get over this problem, I totally love and accept myself.*
- *Even though I don't **believe** I can get over this problem, I....*
- *Even though I don't think I **deserve** to get over this problem, I...*
- *Even though I don't want to get over this problem **because it serves me** in some way, I....*
- *Even though I am **afraid** to get over this problem, I...*
- *Even though I am afraid to get over this problem because I **don't know who I will be** if I am not this person who has this problem, I...*

Upon completing this tapping sequence three times, shorten your phrase and follow through the remainder of the tapping sequence as noted previously. Take a deep breath. If your primary issue has changed in any way, **create a new phrase to fit your exact mood, emotion, or thought pattern in this moment.**