

# EFT - EMOTIONAL FREEDOM TECHNIQUE

EFT, or 'tapping', is an emotional healing technique which is capable of relieving physical and psychological symptoms. It's a cohesive modality of modern day psychology and ancient eastern philosophy that addresses symptoms of dis-ease by getting to the core issue of beliefs and limitations.

Considered psychological acupuncture, kinetic (moving) energy is used to tap into and awaken, process and move stagnant, disrupted or suppressed energy in the body.

It contends that the cause of all negative emotions is a disruption in the body's energy system.

EFT works by tapping with the fingertips on various body locations. This tapping serves to balance the energetic pathways (called meridians) and associated emotions, which become disrupted when you think about or are involved in an emotionally disturbing experience.

The energetic and emotional charge related to an experience or memory discharges and, as a consequence of the healing, cognition changes in a healthy direction.

Developed by Gary Craig in the early 90s as a simplified practice to TFT (Thought Field Therapy) it is now a certified and widely used practice for the treatment of PTSD in first responders and war veterans, because it's that effective!

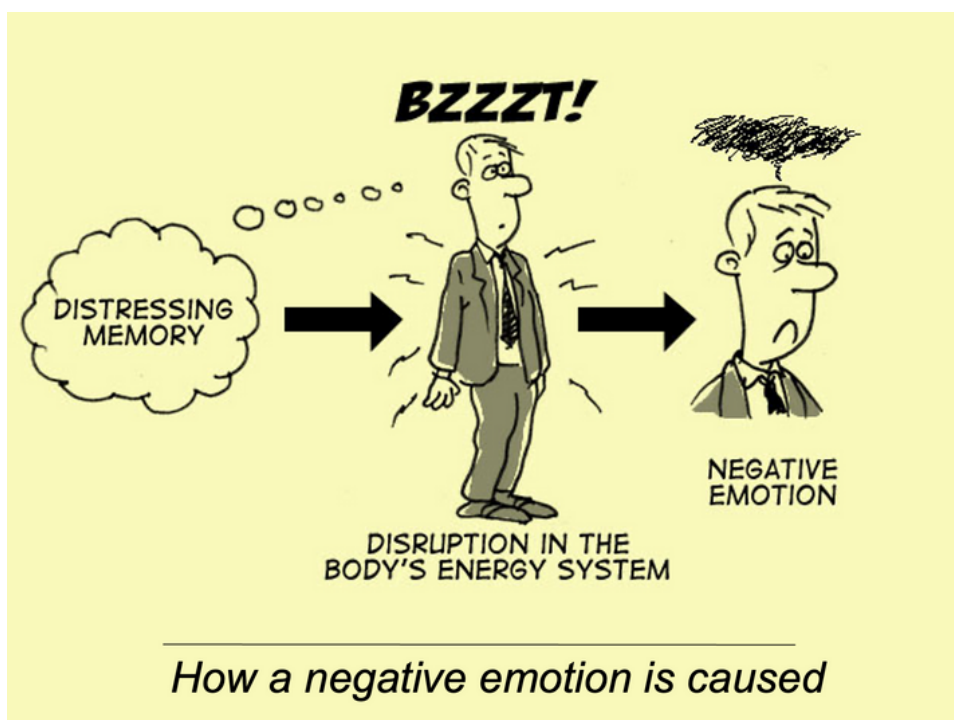


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Think about the flow of energy in your body like water through a hose. What happens to the flow of water when there is a kink in the hose?



# EFT TAPPING POINTS, MERIDIANS + EMOTIONS

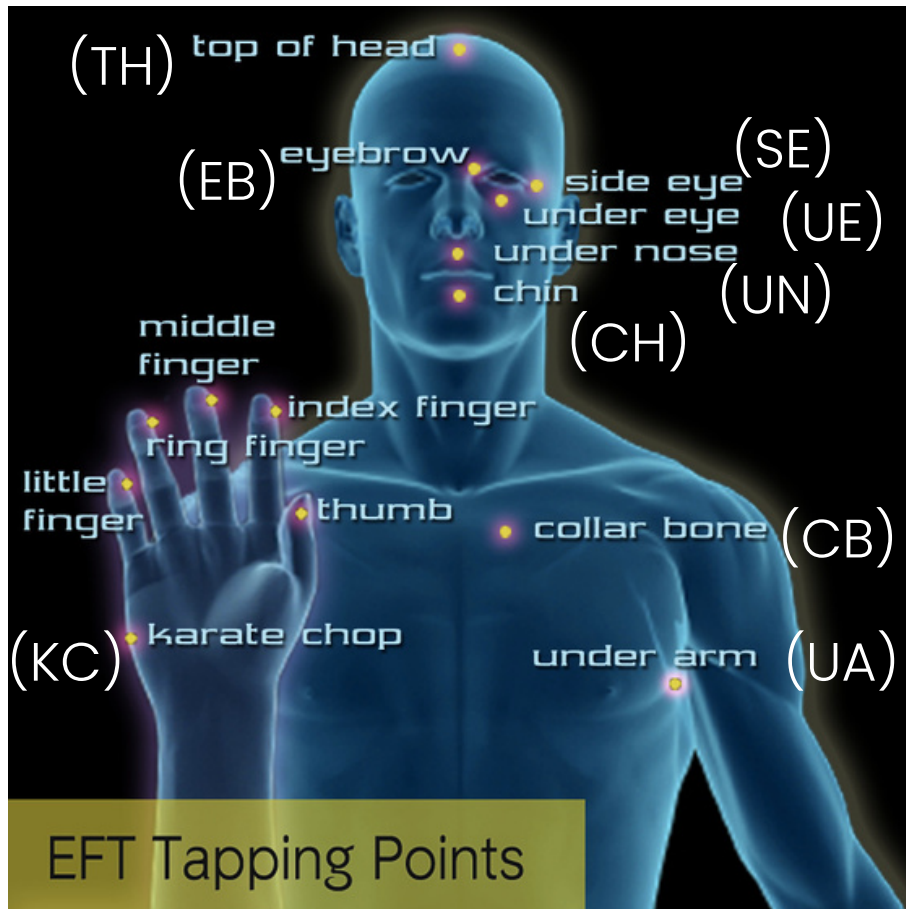


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## TAPPING POINTS

- Karate Chop (KC)
- Top of head (TH)
- Eyebrow (EB)
- Side of eye (SE)
- Under the eye (UE)
- Under the nose (UN)
- Chin (Ch)
- Collarbone (CB)
- Under the arm (UA)
- Side of thumb
- Side of index
- Side of middle
- Side of ring
- Side of little

## MERIDIANS

- Small intestine
- Governing vessel
- Bladder
- Gallbladder
- Stomach
- Governing vessel
- Central vessel
- Kidney
- Spleen meridian
- Lung
- Large intestine
- Pericardium
- Triple burner
- Heart

## EMOTIONS

- Restless, poor expression
- Inner critic, poor focus
- Fear, overwhelm, sensitive
- Rage, irritable, sadness
- Anxiety, worry, mistrust
- Powerless, shame, guilt
- Confusion, embarrassment
- Fear, guilt, depression, avoid
- Worry, poor focus, jealous,
- Sorrow, grief, resentment
- Sorrow, resentment, worry
- Sorrow, grief, self-absorbed
- Isolation, stubbornness
- Hysteria, erratic behaviour

# THE EFT PROTOCOL

## 1 TUNE IN - Identify the problem

- State where you FEEL it in your body
- Describe the physical sensation in 1-3 words (eg. fuzzy, heavy, scratchy, sharp)
- If it had a colour what would it be?
- If it was a shape what shape would it be?

*Example: I have anxiety and I feel it in my chest. It feels like a heavy weight and it's a blue swirl.*

## 2 SCALE IT -SUDS: Subjective Unit of Distress

Once you have tuned into the problem and FELT it, give the feeling of distress or sensation a score, scaled from 1-10 (10 being the worst it could possibly be)

## 3 SET UP - tap lightly on the karate chop point on the side of the hand and say twice:

Even though I have (insert problem) I can choose to let it go, it's safe to let it go, and I love and accept myself completely

*Example: Even though I have this anxiety in my chest I can choose to let it go, it's safe to let it go, and I love and accept myself completely - repeat 2 x*

## 4 SEQUENCE - tap lightly 5-7 x on each tapping point

I use a top-down approach (tapping from top of head down to fingers) for ease of sequencing, but it doesn't matter which side of the body or what order you do it in.

*Example: All this anxiety in my chest, this heavy feeling in my chest, this blue swirl, I choose to let it go, it's safe to let it go, and I love and accept myself completely x repeat several times*

## 5 REVIEW + TUNE IN

Pause, take a deep breath, tune back into the feeling and review your SUDS / scaled score. HAS IT REDUCED?

If any of the descriptors have changed, or the sensation has moved to a different part of the body (we call this "chasing the pain/sensation") then use the new information and keep tapping.

*Example. It's still anxiety, but now it's in my stomach. It still feels heavy but it's a light blue swirl.*

Repeat **Step 4: Sequence** with the new information and continue until the SUDS score is down to 0-1. This indicates complete freedom from the distress.