

## EMOTIONAL FREEDOM TECHNIQUE (EFT)

- 1. Set-up Statement.** Choose the negative statement you want to tap on and identify the intensity level of it on a scale of 0-10. Starting with point #1 (the karate chop point) with your hands open facing you tap the soft side of the palms together (opposite the thumbs) repeatedly while repeating aloud 2-3 times:

*"Even though I... i.e. feel angry about \_\_\_\_\_, it's okay! I deeply and completely love and accept myself anyway."*

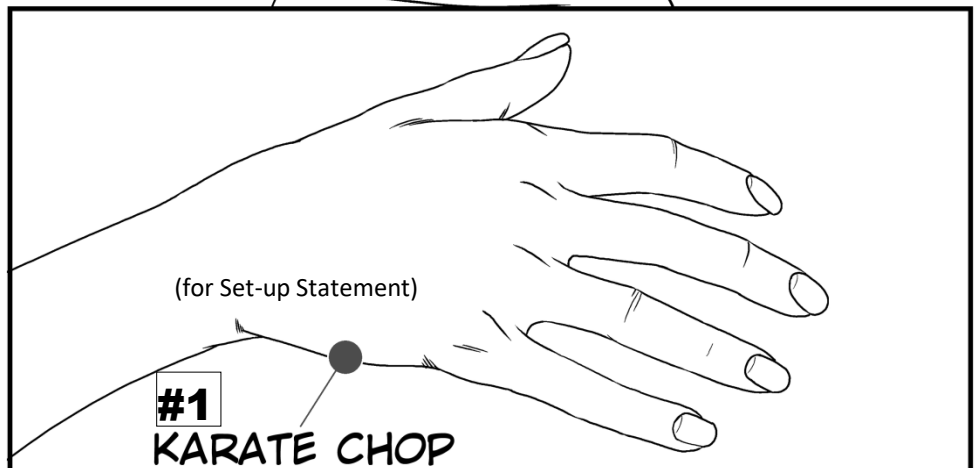
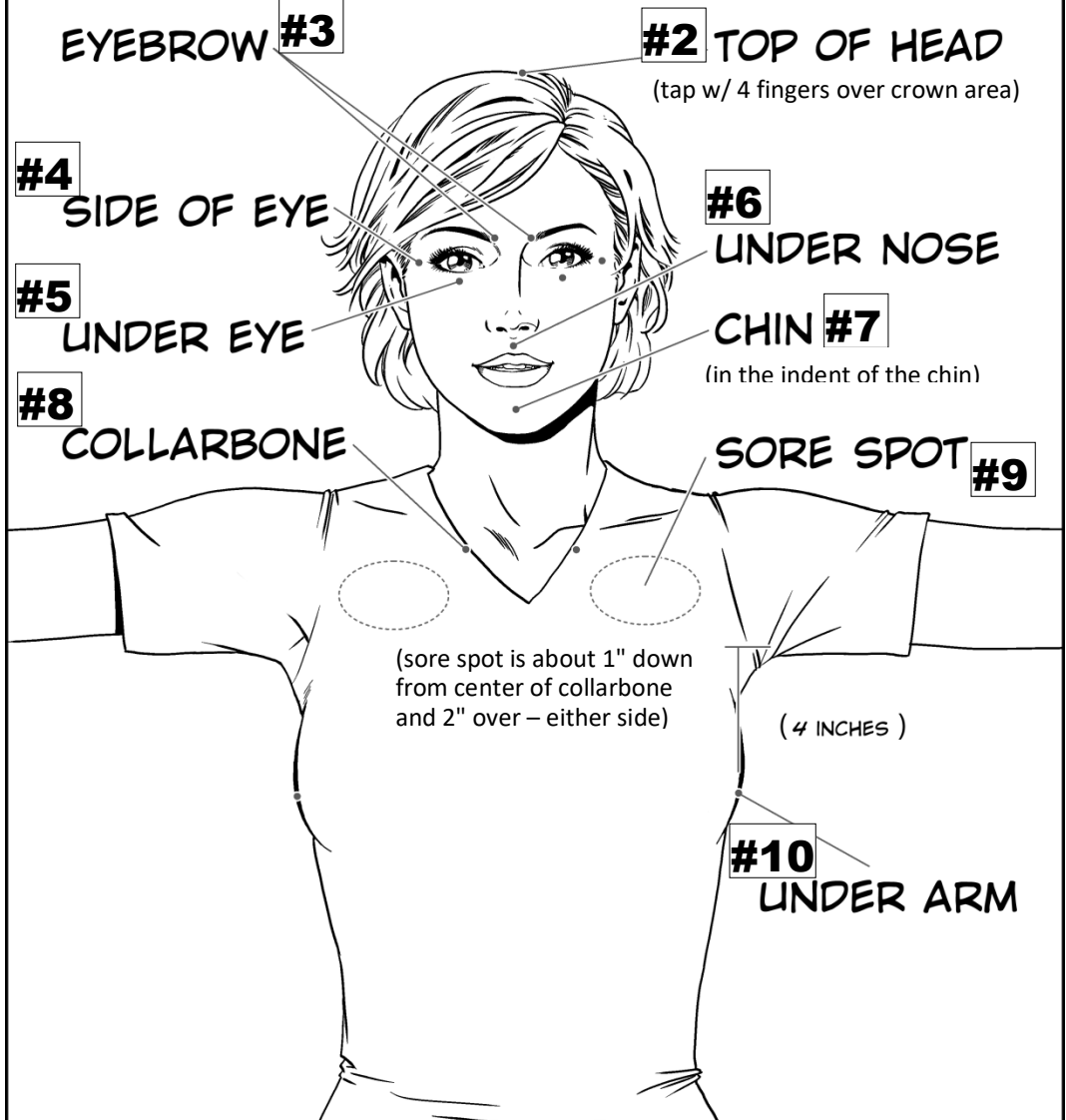
- 2. Tapping to Reminder Phrase.** Start at the top of the head and continue tapping through the remaining points (points #2 - #10) one side is fine while repeating a reminder statement shortened from the Set-up Statement i.e. "this anger at ...," etc. while focusing on that issue.

- 3. Cleansing Breath and Recheck.** After going through the 10 points, close your eyes and take a deep cleansing breath (gathering up all that emotion) and exhale as if letting it all go. You may notice that the angst or intensity diminishes leaving you feeling a little more relaxed. You might find yourself sighing, yawning, crying, etc. – all signs of release. Identify the new intensity level and see if it has shifted down. Adjust the Set-up Statement as needed, and the Reminder then repeat steps 1-3 until the negative feeling is 0. The purpose of this process is to release negative thoughts and feelings.

For more information visit  
[Emofree.com](http://Emofree.com)  
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Handout compiled by  
Laura M. Brotherson, LMFT (4/2019)

# Tapping Points



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# About EFT Tapping

*"The cause of all negative emotion is a disruption in the body's energy system."*

## 1. What is EFT?

EFT is an energy balancing tapping technique that can be used to relieve a wide variety of issues. It works with the same meridian system used in acupuncture. EFT is like acupuncture, except there are no needles and the focus is on mental and emotional issues. You might think of it as "psychological acupuncture."

With EFT, you tap with your fingertips on meridian points to re-align the energy system and clear disruptions/blockages of energy that are related to unresolved emotional issues. EFT is based on the assumption that unresolved emotional issues are either contributing to the things that bother you in your life, or are keeping those things from healing on their own.

## 2. What is an energy disruption? Why does my energy system need to be balanced?

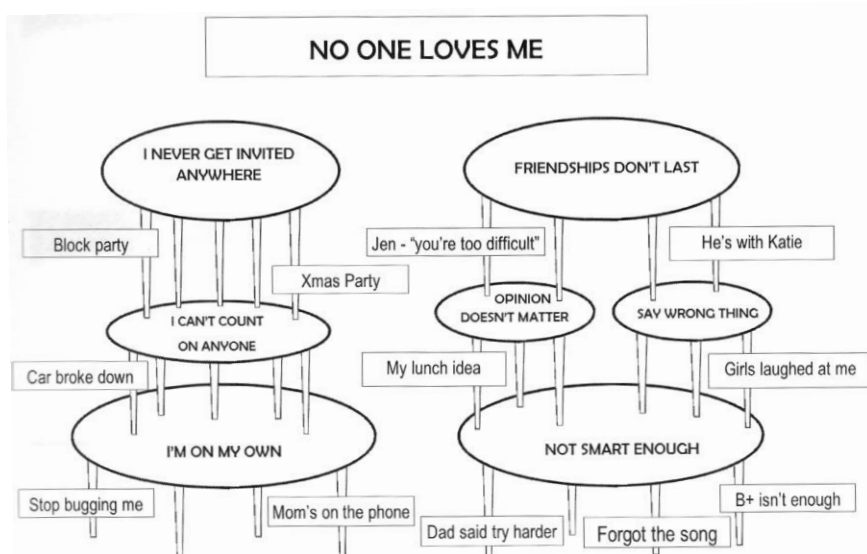
Disruptions in the system keep the energy from flowing smoothly like how a log would disrupt the flow of water in a river. EFT works with the energy channels in your body to pull the blockages (the logs) out of the river.

## 3. How does the energy system get disrupted?

The disruptions are created from the difficult experiences of your life and are stored in the body until they are processed or released.

## 4. How does EFT work?

When energy is allowed to flow smoothly through the body's energy meridians, we feel peaceful, and our bodies are better able to heal themselves. When the energy system is blocked it becomes less efficient, and we start to see physical and emotional issues develop. EFT clears the blockages so that your system is better able to heal on its own.



Current emotional issues are usually based on unresolved emotional issues in the past. From our past experiences we form beliefs to help us survive the world like the one here "no one loves me." Some are useful and some are limiting. With EFT we resolve the issues in the past that hold those limiting beliefs in place so they are no longer blocking our progress and current issues can subside.

Think of having many "tabletops" or issues in your life that are each sustained by table legs (past negative experiences). As each table leg is cleared it has the effect of clearing many other issues that were built upon that original issue or belief. It's also like clearing one large log from a river and all the logs that have jammed up behind it get cleared as well.

There is often one pivotal event that set the issue in motion. By clearing the impact of that one experience from your energy system, it will no longer have impact, emotionally or physically as you move forward. For anything that is bothering you emotionally, we can usually trace that to issues in the past that still upset you...

For example, if you have trouble in a relationship, you might find that your partner reminds you of a parent or maybe a previous partner. By going back to those previous experiences and correcting the related energy disruptions, the source of stress in your relationship may simply disappear or dissolve.

By balancing the energy system, we can release the emotional impact of anything in your past. Once that stress has been removed, your body is free to heal, you feel more peaceful, and the problems of the past no longer affect your present and your future.

## 5. What are the benefits of EFT?

People have used EFT to help relieve physical pain like back pain, fibromyalgia, headaches, ulcers and digestive disorders. EFT can also help with emotional issues such as anxiety, anger, phobias, stress, self-esteem issues and even weight loss, cravings and sleep problems.

*Information from Tina Craig and ACEP (Association for Comprehensive Energy Psychology)*