

Mental Flossing: Using EFT in Daily Life

Mental Flossing

Using EFT in Daily Life

by

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Forward

Have you been to an EFT Training or Seminar? Seen an EFT Practitioner? Now your phobia has miraculously disappeared, the fear of public speaking has gone and the nagging pain in your shoulder is just a memory. Impressed by the power of EFT?

Then you get home and wonder how can I use this for daily life. What is the right way forward when you are using EFT on your own issues? Sometimes it's pretty obvious, a spider phobia, a pain in your knee and feeling embarrassed every time you think about what you said to your boss at the Christmas Party. All simple issues that are relatively straightforward to address with EFT.

But what about the messy business of being a human being, the great tangled mass of impressions and impulses, where on earth do you start?

This e-book is designed to give you some examples and suggestions for simple, natural approaches to taking the kinks out of your life. You won't find anything here about relieving major traumas or chronic illnesses, for those kinds of issues find a competent EFT Practitioner who can help you. This e-book is for day to day maintenance and light repairs. There are articles and exercises for you to try out. You do have to try them out, like exercise. Just reading about EFT will change nothing. You have to put the work in to get the benefit.

If you are new to EFT

Emotional Freedom Techniques (EFT) is a simple procedure that can reduce all types of negative emotions including fear, anger, grief, traumatic memories, stress and anxiety. It can also work on many physical conditions that may have an emotional component, such as headaches, muscle stiffness, pain, food cravings, smoking, itching, nail biting and stress related conditions.

For an enormous amount of information visit Gary Craig's website <http://www.emofree.com>

Disclaimer

Please note that while EFT can help a multitude of problems, it is not to be used as replacement to medical treatment, but can usually be used in conjunction with it. Discuss these issues with your therapist or doctor. When you use these techniques on yourself, please take full responsibility for your physical and emotional well being. Exercise common sense on the issues you choose to work with. Contact an EFT practitioner if you need advice or assistance.



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EFT Café

Putting EFT into Practice

If you live in the North East of England and want to practice EFT, you will find information about: regular practice groups, affordable workshops and EFT trainings at the [EFT Café website](#)



In spite of the name we are not a coffee shop,
although some of us spend a lot of time in coffee shops.

EFT Isn't A Miracle Cure

Wouldn't it be nice if we could use a technique like a magic wand, do a 'Harry Potter' on our woes and banish them for good with a simple spell? Unfortunately life isn't often like that, sometimes is just one thing after another. Even Harry Potter has a long series of adventures and challenges to take care of.

At times EFT can have spectacular results, relieving a deep trauma in less than an hour, or removing a phobia in just a few minutes. Such changes can be transforming. More often though, changing your life for the better requires a more sustained effort. When Gulliver was washed up on Lilliput he woke up on the beach finding himself immobilised, not by one huge rope, but by hundreds of thin threads. Even though each rope was but a thread to him, in combination they held him fast.

Many of our difficulties are like this, interwoven threads that bind us, Using EFT we can begin to part those threads, each time giving us a bit more room to manoeuvre. For this slow and steady work EFT is much more like gardening than a magic wand.

These articles are the result of my inner gardening, there's been a lot of magic along the way, a great deal of digging and quite a bit of sh ... (ahem) ... manure to shovel! I hope they give you some ideas of how to use EFT on a regular basis to become happier and more contented.

-1-

I walk down the street.

There is a deep hole in the pavement

I fall in.

I am lost.....I am hopeless.

It isn't my fault.

It takes forever to find a way out.

Nyoshul Khenpo: Autobiography in Five Chapters

Making the most out of a crap day

If you've had a rough day, you might decide to put your feet up and unwind with a bottle of Chardonnay, or a box of chocolates, a couple of hours of TV. It's nice just to forget about those troublesome events, put them to the back of your mind and relax. However, you may have noticed that those things tend to show up again, perhaps as you're trying to get to sleep, or waking you up and keeping you awake in the middle of the night.

If you apply EFT to the 'crap' in your day, things could be different; those troublesome events could become just another memory, in the process you'll change the way you respond to those kind of events in the future. Here's an example of some 'composting' I did a few weeks ago.

One morning, a few weeks ago a friend of mine asked me how my therapy work was going. For a variety of reasons I can find this friend a little bit intimidating sometimes. I think he's not very 'enthusiastic' about my therapy work. So at that moment I felt rather defensive, I hummed and hawed for a few moments, and did a bad job of saying how it was going. It was a little bit embarrassing at the time. I felt rather stupid but I put it behind me and got on with other things. However, as the day went on, the memory of the exchange kept popping back up into my awareness, not particularly troubling, hardly traumatic, but it just kept popping up. By 10 o'clock that night I decided to take the hint and do something about it.

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I replayed the incident in my mind, and came up with the following reactions (I also estimated the intensity of the reaction 0-10):

- I was defensive about it with him (8)
- I felt clumsy when I tried to explain myself (7)
- I felt embarrassed at my performance (7)
- I felt disapproved of (10)

Are these reactions real or justifiable? Often the logical part of us says ‘that’s ridiculous, how can you be so childish/foolish etc. etc.’, on the other hand the emotional part of us knows how we feel and doesn’t listen to reason. Try talking yourself out of one of these ‘ridiculous’ reactions and see how far you get! So regardless of how logical or reasonable the reaction appears I take it seriously.

Now that I’d identified the emotional responses, I applied a few rounds of EFT to as follows:

- Even though I was clumsy, I accept who I am and how I feel - tap, tap, tap
- Even though I was embarrassed, I accept who I am and how I feel - tap, tap, ...
- Even though I was defensive, I accept who I am and how I feel - tap, tap, tap
- Even though I’m disapproved of, I accept who I am and how I feel. - tap, tap, ...

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The whole process took about 10 minutes, I went to bed fell asleep easily and slept soundly.

Now when I look back at that situation I feel quite sympathetic to myself (and to him). I know I'll do better next time, since the underlying emotional reactions to the situation have been treated to some extent, I expect to be less clumsy, embarrassed and defensive and to feel less disapproved of when a similar situation arises again.

Please notice the setup statements are all about me, not him. It's much easier (and more ethical) to influence your own actions rather than the other person's. Perhaps you're thinking: "Damm!, I'm not the one with the problem, I really need to tap some sense into my husband / wife / child / parent / boss ... !" Consider this: if the problem was some interaction between you and another person, they were responding to you the way you were then. Now you've changed they will probably change the way they react to you.

What will happen if you do this regularly?

- You'll sleep well, there's nothing to keep you awake.
- You'll fall asleep easily, you may have noticed the tapping is very relaxing.
- You'll find over time that difficult events are less stressful, although you've been tapping on specific events, the emotional issues or negative reactions, will probably have a lot in common, each time you tap on those reactions you are reducing their overall effect permanently.

Here are the steps for the ‘composting’ procedure:

1. Get a notebook, your ‘tapping book.’
2. During the day, make a note of bothersome experiences at home or at work
3. At the end of the day, go through the list and estimate the intensity of each event (0-10)
4. Pick the worst!
5. Make a list of all the negative feelings you have about that interaction
6. Create a setup phrase: ‘Even though, I accept who I am and how I feel’ and apply a few rounds of EFT until the intensity is reduced to a very low level.
7. If little thoughts or reactions about the event come up as your tapping, write them down and tap on them as well.

If you can, process all the events of the day in the same way. Why not go to bed with a peaceful mind? This sounds like it might take quite a while if you’ve had a very bad day, but it’ll probably be less time than it takes to watch Eastenders and you’ll feel a whole lot better afterwards!

-2-

I walk down the same street.
There is a deep hole in the pavement.
I pretend I don't see it. I fall in again.
I can't believe I'm in the same place.
But it isn't my fault.
It still takes a long time to get out.

Nyoshul Khenpo: Autobiography in Five Chapters

TV Therapy

I fainted in a first aid class about 10 year ago. It was at my local St John Ambulance Brigade, in a hot stuffy room. We'd gone through blood and gore, burns and shocks, this morning we were due to do broken bones. As the lesson started I felt more uncomfortable, hot and light-headed. I thought that I would get a breath of fresh air, got to my feet and headed for the door, one moment I was vertical, the next I opened my eyes and couldn't work out why my cheek was pressed up against the carpet.

The instructor was expertly arranging me in the recovery position, which is good for faints it doesn't do anything for embarrassment. The other participants of the course were convinced it was a put up job so the instructor could show us how unconsciousness could be treated. I came to the conclusion that me and broken bones didn't mix.

Last year I went, with a friend, to watch Touching the Void a fabulous drama-documentary about an ill-fated mountaineering expedition to Sule Grande in the Andes. In the film the hero falls and suffers appalling leg injuries. So here I am in a darkened cinema getting more and more anxious as the moment approaches. Not only do you get the re-enactment but the lucky recipient of this event, Joe Simpson, tells you in graphic detail just how he was injured.

Thankfully I didn't pass out, but I didn't enjoy myself, one advantage of being in the dark is that

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other people can't see how ill you look. After that part I managed to sit through the rest of the film (which I can't recommend enough by the way) in more comfort.

Late that year the film was shown on television and I was invited round to the same friends house to watch it. I decided that as soon as I started to get the broken bones feeling I would start tapping. So for fifteen minutes I tapped away whilst the story unfolded on TV and my friend watched me with an expression reserved for nut-cases. I didn't go pale, and I didn't feel weak, and I watched the film unfold in relative comfort.

In this respect TV is very useful it allows you to tap into experiences in the comfort of your own home. Some of these experiences will be pleasant some will trigger negative responses, which can be tapped on. So you can use the TV as a stimulus to help you relieve your negative emotions.

How to do TV therapy

1. Make sure the people around you are either sympathetic or out.
2. Choose your programme
3. Start tapping from the eyebrow point through each of the body points ending on the top of the head. There's no need to use any setup or reminder phrases. Just systematically stimulate your system while the offending program is on.

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Here are some suggestions for therapeutic TV programs:

- Casualty: Fear of blood, hospitals, doctors etc etc
- I'm A Celebrity Get Me Out Of Here: spiders, snakes, creepy crawlies (no, not the celebrities)
- Nature programs: spiders, rats, snakes, etc., etc.
- Eastenders (or any soap opera) for every negative emotion known to mankind.

-3-

I walk down the same street.
There is a deep hole in the pavement.
I see it is there.
I still fall in...it's a habit
My eyes are open
I know where I am
It is my fault.
I get out immediately.

Nyoshul Khenpo: Autobiography in Five Chapters

Resolving imaginary arguments

There I was, all alone minding my own business, typing away on the computer. I wasn't doing anything particularly demanding and my mind was just wandering. Later that evening I was expecting to meet a friend, lets call her Molly. I idly imagined how the conversation would go. I had just found out that a plan of mine wasn't going to work out, and I imagined telling Molly how it had all gone pear shaped. As we 'talked' in my imagination, I imagined her response to the news. Somehow it sounded critical and a little patronising. "Hey, just a minute, that's not fair!" I thought, getting a little annoyed.

Have you ever had imaginary discussions? Preparing for conversations that are due to happen later, or rehashing conversations and arguments that have already occurred. Sometimes these little soap operas in our heads take on a life of their own. This one was off and running and I was completely caught up in it.

As I imagined the criticism coming I got more and more irate: "How dare you question me! I don't tell you what to do!" Luckily a small part of my mind (the part inhabiting the real world) noticed the hot indignation and the racing pulse and suggested I did something about it. I started to tap, I didn't use any words I just went through the sequence a couple of times until the feelings of annoyance subsided.

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As the outrage and anger subsided I noticed a feeling of defensiveness, without the indignation to mask it that feeling became much more noticeable. So I tapped a little on that: ‘Even though I feel defensive tap, tap, tap’.

I went back into my imaginary conversation, now when I told Molly what had happened I was much calmer and she sounded less critical. Just when I thought everything was OK she said something ending in ‘.... you’re going to have to ...’, I replied ‘Yeah, I know’ in a rather sarcastic tone. More tapping ‘Even though I’m sarcastic ... tap, tap, tap’. Back to the imagined conversation, now it seemed quite amicable. She didn’t sound patronising or critical, and I didn’t feel indignant, agitated, defensive or sarcastic.

By now you might be wondering if I haven’t got anything better to do than have imaginary arguments with people who aren’t there. Ever heard of mental rehearsal? Athletes use this all the time to prepare themselves for events by rehearsing in their minds how they want to perform at their best. Most of us haven’t been trained to use mental rehearsal but we rehearse our future by letting thoughts rattle around in our heads and take us down old familiar paths, perhaps imagining future delights or disasters. You could say that worrying is mental rehearsal of things going wrong.

Certainly worrying about this particular future conversation wasn’t doing me any good, my heart rate was raised and stress hormones were leaking into my system. I was lucky enough to spot the process and do some tapping to relieve the stress as it arose, once I’d done that my mental

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rehearsals went from worrying about the conversation to anticipating it.

So what happened in the real conversation?

Funnily enough, it was fine. Later that evening the topic came up as I knew it would. We talked about it easily and she didn't seem at all critical or patronising, even better I didn't get irate or defensive. In fact it was a very helpful and friendly chat, nothing like the one I'd imagined that afternoon.

Here's a suggestion

If you find yourself imagining something happening in a way you don't like, tap away the negative feelings. You never know, it might make it easier to imagine and have a more satisfying outcome.

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-4-

I walk down the same street.
There is a deep hole in the pavement.
I walk around it

Nyoshul Khenpo: Autobiography in Five Chapters

Quickie Covert EFT

This excellent EFT tip comes courtesy of Charlie Curtis of the [Art Of NLP](#) Yahoo newsgroup.

A really quick and easy way to do EFT, that can be done just about anywhere:

1. Place several fingers of one hand on the gamut point of the other hand (the groove between the ring and little fingers) and apply pressure and rub gently in an almost imperceptible circular motion. This just looks like you're scratching your hand and draws no attention from onlookers. Or alternatively, you can pretend to be nervous or bored and slowly tap the flat of these fingers on the gamut point, and that will work too.
2. Doing this while a negative emotion is active will cause the negative emotion to quickly reduce in intensity and then disappear, usually in about a minute's time. The speed with which this can work is truly stunning, as a seemingly-locked-in-place feeling of upset, depression, fear, or whatever can just melt away "just like that" and be completely gone in a minute's time.
3. This can be used for compulsive urges, such as a smoking or food urge, for negative feelings like a feeling of annoyance, depression, or anticipatory anxiety. It's a quick and easy way to handle pre-event jitters. It fits right in and is very natural when you're sitting in a waiting room where other nervous people are unconsciously rubbing and tapping on their hands, as they do "natural EFT" to relax.

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-5-

I walk down another street.

Nyoshul Khenpo: Autobiography in Five Chapters

Dealing with difficult people

We've probably all got people in our lives that we'd rather not see, a difficult colleague or family member - the kind of person that makes your heart sink, your hackles rise or your stomach churn. Here's one way of dealing with difficult people and the reactions you have to them. One of its big advantages is that the person in question doesn't have to be present.

Choose a person who causes a negative reaction in you. Remember in this process we are working our reactions to that person, which are under our control, not their behaviour, which is not. Find a quiet time in a room with two, or more, chairs. For the purposes of this example, we'll pretend the difficult person is your male boss who terrifies you, change the details to fit your own personal antagonist.

- Settle yourself comfortably in the first chair (we'll call this chair A) and imagine as vividly as you can that your boss (or whoever) is sat in the other chair (B). As you imagine him sitting there, looking the way he looks, talking in the way he talks, doing whatever he does that prompts your negative response, notice your reactions.
- Pay careful attention to how you feel, how do you react to him, are you: afraid, angry, insulted, intimidated, disgusted, it might be a whole constellation of different reactions, just note them for the moment.

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- Pick the strongest feeling (lets pretend you're afraid of him) and start the usual kind of tapping routine: Even though I'm afraid of him I deeply and completely accept myself' (karate chop point x 3), then all the points using 'afraid' as the reminder phrase.
- Keep doing tapping rounds until the fear has gone - this might take several rounds, as you're doing this other ideas and reactions may come into your mind just keep a note of them.
- Now look again at your imaginary antagonist, are there any other reactions to him? Now that the fear has gone you might notice other reactions such as 'He patronises me', or 'He looks like my dad!', or "I feel like such a fool". These are more aspects to tap on.
- If ' feeling patronised' is the main reaction tap on that next: "Even though I feel patronised by him.... etc, etc, etc". Keep going until the patronised feeling is gone
- Now look again at your antagonist, what other negative reactions are there. Go through all of your reactions to him one at a time tapping them all to zero. If you have had a long standing relationship of some sort with this person, there are probably going to be a lot of aspects to clear up.
- By this time when you look over at your former antagonist in chair B you should be feeling quite neutral or, even well disposed towards them.

You could stop at this point, having achieved a much more resourceful reaction to them. I'm pretty sure when you see them again your interactions will be different. That's certainly my experience with using this. But there's more, if you want it. You can start to shift some of the

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underlying and often hidden assumptions you have about them which get in the way of productive relationships.

Sometimes we don't only react to what someone else is doing but to what we think they are thinking of us. Have you ever been in the situation where you thought someone didn't like you and so you became a bit 'huffy' towards them, only to find out later that they did like you?

This part of the processes addresses the ideas that we think they have about us, it also gives us a chance to step outside ourselves and see ourselves from someone else's perspective.

- Having cleared up your initial reaction to that person, imagine what it would be like if you could leave yourself behind in the chair. Stand up and leave your 'body' behind in the chair. Give yourself a little shake to dislodge those earlier feelings. Now imagine that you can step into that other person's point of view by just sitting down in chair B into your picture of that person.
- Sit down 'into them' and settle in, imagine what it would be like to be them, sit like them, breathe like them. You know the old saying about stepping into another person's shoes? Well this is a physical way to do that for a while. Take a moment to look a back at chair A (where you were sitting just a moment ago). From your antagonist's point of view, what does that you in chair A look like? What reaction do you (as the antagonist) have to that other you over there in chair A? It can often be quite surprising to see ourselves from another's perspective.

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- You start to notice ideas or negative opinions about you from their perspective, for example (continuing the boss example) ‘They don’t know what they’re doing, I always have to tell them what to do!’. These kind of reactions are good candidates for tapping. Even though ‘I have to tell them what to do’..... ‘I have to tell them’ ..tap, tap, tap etc etc. So as you pretend to be them, tap for those negative reactions. (Remember the purpose of this is to tap out the negative ideas you think they have about you and are responding to). Keep tapping until that’s tapped out.
- Now look back and see what, as your antagonist, your reaction is to that you left back in chair A. Perhaps there’s more, negative stuff to work through. Tap it all out until you can look back to that other you with a neutral or even positive reactions. (Remember even though you seem to be tapping for someone else, all these ideas and perceptions exist in your body/mind, they are your idea of what they think)
- Now it’s time to get back into your own body. Step up out of chair B and shake off that other person. Move over to chair A and sit down back into yourself and your own thoughts and feelings. Take some time to settle in. This is where you belong.
- Finally check out how you feel about yourself and this other person now. If you’ve been thorough you will notice quite a difference in your reactions.

This is all fine and dandy but what happens when you meet this person in reality. Well, my experience has been that it’s been a much more comfortable encounter, or at least I’ve been much more comfortable and resourceful than I had previously been. Try it out for yourself.

Always meditate on whatever provokes resentment

Instead of the resentment being an obstacle, it's a reminder. Feeling irritated, restless, afraid, and hopeless is a reminder to listen more carefully. It's a reminder to stop talking; watch and listen.... When we feel resentment, the words that we speak, the actions that we perform, and the thoughts that we have aren't going to produce the results we're hoping for. Beyond that, we're so aggressive that we're not exactly adding any peace and harmony to the world. Resentment becomes a reminder not to feel bad about ourselves but to open further to the pain and to the awkwardness.

Start Where You Are, Pema Chodron

Driving Stress

I was driving into Newcastle the other day when a car travelling in the opposite direction pulled across me to turn into a side street. I wasn't travelling fast and was able to brake to avoid a collision. I was startled, able to utter "What a *#!ing idiot!!!", and the initial shock soon passed (I thank EFT for improving my ability to cool down quickly) as I drove on.

After a while I noticed I was saying "What a *#!ing idiot" to myself quite a lot. As if the impact of the incident had passed but my judgement of the driver hadn't. As I continued to drive I used the Fingertip EFT method to work on the feeling using "What a *#!ing idiot" as the reminder phrase. A couple of rounds and there was no charge left.

This got me thinking about using tapping for 'small issues'. If we'd crashed, or had a very near miss, then I'd have had a load of tapping to do. That didn't happen the only thing I was left with was this little judgemental phrase rattling around in my head. Why bother dealing with it?

In EFT you enquire of the client how 'intense' some emotion or thought is on a scale of 0 to 10. This is sometimes called the Subjective Units of Discomfort or SUDs scale. I think discomfort is the right word, to have any negative reaction there must be a level of discomfort in the body.

Remember an embarrassing situation you were in ... you probably know you were embarrassed because you can feel it in your body, perhaps your heart sank or your ears went pink.

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Your thoughts change your biochemistry, which effects your body, those sensations are then experienced as feelings. To be aware of an irritation there has to be a little discharge of stress chemicals into your system, which you are picking up in your awareness.

So, every little disturbance is drip, drip, dripping, stress hormones into your system. In the good old days you'd work them off; a bit of manual labour would burn off the excess adrenaline, and your physical systems would go back to normal. These days, in your car, or in front of your computer, you just have to sit there and take whatever stress hormones come your way from irritations and annoyances. You get the stress but not the means to relieve it.

Of course, if you know EFT you can use it to relieve these little upsets and their aftermath. A bonus effect is that you are systematically reducing the likelihood that you will be triggered by the same events in the future. Two benefits for the price of one.

P.S. The day after I wrote this post, I was driving into town when a driver decided he wanted to drive so close to me that the VW emblem would be engraved on my rear bumper! I was annoyed, but it took me the best part of a mile with this guy stuck to my bumper, to realise that I was annoyed, then I tapped and took care of the feeling, using the fingertip method.

This is one of the challenges of using this stuff: once you are in your trance of annoyance, or whatever, it's difficult to break out of it enough to do something to resolve it. It's not only knowing how to tap, but having the awareness that you've slipped into a negative state and the ability to snap out of it long enough to tap it away.

How do you feel?

We all have a baseline state, our day to day feeling or mood that influences our thoughts and behaviour. Maybe it's a not such a good mood, unfortunately because it is so familiar it is sometimes difficult to detect the blend of feelings unless they are very intense. This exercise allows you to try out a variety of negative emotions to see which ones fit.

Every day go through each of the items saying out loud each feeling statement:

- I feel afraid
- I feel angry
- I feel empty
- etc.

Give each feeling a score, between 0 and 10 estimating the feeling's intensity. When you have reached the end of the list start tapping out each of the feelings you have identified. Tap them down as close to zero as you can get. Repeat until all the negative emotions have been reduced.

Go through this process at least once a day, continuing over the weeks to reduce the levels of background negative emotion.

Note: You may find as you tap on a specific feeling that thoughts or memories come up, make a note of them and return to neutralise them when it's convenient.

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Example:

I feel angry [8] Even though I feel angry, I'm alright I'm OK. Etc.

Exercise

I feel ... [0 - 10]

afraid	[]	deprived	[]	tired	[]
angry	[]	disappointed	[]	grief	[]
annoyed	[]	empty	[]	helpless	[]
ashamed	[]	envy	[]	hurt	[]
bitter	[]	frightened	[]	irritated	[]
confused	[]	frustrated	[]	jealous	[]
lonely	[]	overwhelmed	[]	resentment	[]
sad	[]	guilty	[]	vulnerable	[]

Print out as many copies of this page as you need, you can get a copy of this exercise from <http://www.practicalwellbeing.co.uk/downloads/howdoyoufeel.pdf>

What to do next

You've read the book, bought the T Shirt, what next? Here are some suggestions for how you can get better at using EFT.

1. If you know very little about EFT, go to an introductory talk or seminar. Download the [EFT Manual](#) from Gary Craig's website, or the short [introductory booklet](#) from my website.
2. Buy the [Basic EFT Course DVDs](#) from Gary Craig's website.
3. Join a practice group.
North East England: [EFT Café](#) practice group
4. Attend a training or seminar
UK: [AAMET Events Listing](#)
Worldwide: [Workshops](#)
5. Find a tapping partner that you can swap sessions with
6. If things are tough and you are not sure how to proceed find an EFT Practitioner to help you along the way.
UK [AAMET Practitioners](#)
Worldwide [Practitioners](#)

Who am I?

I'm a Master Practitioner and Trainer of Neuro Linguistic Programming (NLP), and also a Practitioner and Trainer of Emotional Freedom Technique (EFT). I've been practising NLP for five years and EFT for two. I'm a member of the Neuro Linguistic Psychotherapy and Counselling Association (NLPtCA) my professional body and follow their code of conduct. I'm also a member of the [Association for the Advancement of Meridian Energy Techniques](#)



Since leaving university 25 years ago, I've had a variety of jobs including: milkman, assistant steward on an Irish Sea ferry, Residential Social Worker at a centre for delinquent teenagers, Assistant Head of Youth Centre in Brixham, grape picker in Switzerland, spring grinder(!) in Germany, night porter, barman, software engineer, and now therapy and training.

I've been an undisciplined student of yoga for 17 years, and a practising Buddhist (meditating on and off) for 15 years.

If you'd like to get in touch you can do that [here](#).

Click on [Practical Wellbeing](#) to visit my blog.