



Emotional Freedom Technique

EFT: Simple & Effective Relief

A Short Introduction

Andy Hunt

EFT is a simple procedure that eliminates or reduces 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, stress related conditions such as twitches, asthma, IBS and many more.

The simple procedure involves focussing on the problem and simultaneously tapping on a set of points on the face, body and hands. These points are part of the meridian system, the energy pathways discovered by the Chinese 4000 years ago, and the basis for acupuncture.

EFT often works where nothing else will, the changes are usually rapid, long lasting and gentle. No drugs or equipment are involved and it can be easily learned and self administered.

Practical Wellbeing



What is EFT?

“Even though EFT violates just about every conventional belief out there, the results remain remarkable. EFT isn't perfect, of course. We don't get 100%. But it usually works well and the results are sometimes spectacular. It often works where nothing else will.

*We are still learning why EFT works so well. It centers around the profound effects of the body's subtle energies using the theory that **“the cause of all negative emotions is a disruption in the body's energy system.”** Accordingly, EFT is an emotional form of acupuncture except that we don't use needles. Instead, we tap with the fingertips to stimulate certain meridian energy points while the client is “tuned in” to the problem.*

Compared to other techniques, EFT is usually quite gentle and substantial relief is often achieved with little or no pain.“

Gary Craig, Developer of EFT

History

EFT was developed by Gary Craig around the early 90's, and is being continually refined by many people around the world. It is one of the many forms of METs (Meridian Energy Techniques) now available, and perhaps one of the easiest to learn. EFT originated from TFT (Thought Field Therapy), which was discovered by acupuncturist and psychologist Dr Roger Callahan in the 80's. While Callahan developed the basic concept and structure, Craig had the vision to refine it and make it accessible to everyone. As a therapeutic technique there is little else to equal its simplicity and effectiveness.

Success rates vary with EFT according to the skill of the practitioner and the issue being worked on, beginners can achieve 50-80% success. Trained practitioners can achieve up to 95% success.

What can be treated?

Here are a few of the issues that can be treated with EFT.

Fears and phobias	Stress and anxiety
Allergies and sensitivities	Pain
Cravings	Traumas and abuse
Headaches and migraines	Muscle pain
Self confidence	Quitting smoking
Grief	Anger

Throughout this introduction you will find examples that indicate EFT's effectiveness.

I have used EFT for 2-3 months. I have seen impressive results in the relief of physical symptoms. I myself had a chronic shoulder pain with symptoms consistent with fibromyalgia. I had seen a chiropractor and took OTC pain relief meds almost daily for the muscle pain. I targeted the shoulder pain with EFT and got relief within two rounds. I have had mild discomfort in the shoulder since then that quickly resolves with short rounds.

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 wellbeing. Exercise common sense on the issues you choose to work with. Contact an EFT practitioner if you need advice or assistance.

One day a fellow worker mentioned that she had a terrible headache, that she called a migraine. She said she'd had it for two days and it wasn't showing any signs of letting up. I offered to help, saying I didn't know if it would work, but it was worth a try. We went outside and sat at a table near a koi pond while I showed her the technique. In 2 rounds of the short method, the headache was gone. It took us less than 5 minutes. I used a Setup statement something like: "Even though I have this terrible/excruciating headache...." And the second round was "still have some of this terrible headache." After that she said it was gone and I never heard any more about it.

The ABC of EFT: Awareness-Balancing-Clearing*

It takes a little while to describe the EFT process (sometimes called The Basic Recipe) but once you're familiar with it, it's quick, simple and effective. All you need to do is bring the issue to mind, prepare your energy system and neutralise the disturbance within it by tapping on the meridian points.

1. Awareness

To eliminate the disturbance in the energy system you first need to make it available by bringing it into awareness. This is very simple all you need to do is think about it. Once you're aware of it, it's useful to measure the strength of the problem so that you can track your progress as the energy system is balanced. This is done using a simple 0-10 scale, where 0 is no discomfort, and 10 is the maximum possible distress.

For example, if you wanted to work on a troublesome memory, bring it to mind and ask yourself: "On a scale of 0 to 10, how bad is this memory right now?". This isn't a rigorous scientific measure, a feeling or a guess will do just fine.

After each round of EFT use this technique to measure the intensity of your issue. When the intensity is down, or close, to zero you know you've succeeded.

* Thanks to Gwyneth Moss of TrancePennine for this description of EFT.

2. Balancing

Now you have the problem in mind you need to prepare your energy system. This routine (sometimes called The Setup) makes sure your energy system is prepared before you attempt to clear its disruptions. In particular it removes Psychological Reversal (PR) a barrier to the effectiveness of the tapping, which is caused by self-defeating, negative thinking, which often occurs subconsciously and outside of your awareness. On average, it will be present about 40% of the time. Some people have very little of it (this is rare), others are beset by it (this also is rare), most people fall somewhere in between these two extremes. PR doesn't create any feelings within you, so you won't know if it is present, or not, and even the most positive people are subject to it. When PR is present it will stop any attempt at healing, including EFT, dead in its tracks, so it must be corrected. Fortunately balancing the system is easy, all you have to do is:

1. Repeat an affirmation, or "Setup Statement", three times.
2. Simultaneously tap the "Karate Chop" point.

The Setup Statement

Since the cause of Psychological Reversal involves negative thinking, the correction for it includes a neutralizing affirmation.

"Even though I have this _____, I deeply and completely accept myself."¹

The blank is filled in with a brief description of the problem you want to address; for example:

- *Even though I have this **fear of public speaking**, I deeply and completely accept myself.*
- *Even though I have this **headache**, I deeply and completely accept myself.*
- *Even though I have this **anger towards my father**, I deeply and completely accept myself.*
- *Even though I have this **traumatic memory**, I deeply and completely accept myself.*

¹ Lots of people struggle with the phrasing 'I deeply and completely accept myself'. If so you can use the phrase 'I'm alright, I'm OK' as an alternative.

- *Even though I have this fear of spiders, I deeply and completely accept myself.*
- *Even though I have this depression, I deeply and completely accept myself.*

The Karate Chop Point



The Karate Chop point (abbreviated **KC**) is located at the centre of the fleshy part of the outside of your hand between the top of the wrist and the base of the little finger, the part of your hand you would use to deliver a karate chop. Vigorously *tap* the Karate Chop point with the fingertips of the index and middle finger of the other hand.

The Reminder Phrase

To work properly you need to keep the problem issue in mind while you run through the clearing process (see below). To make that easy EFT uses a 'Reminder Phrase' to keep the mind tuned in to the issue. It is simply a word, or short phrase, that describes the problem and that you repeat out loud each time you tap one of the meridian points. In this way you continually "remind" your system about the problem you are working on. The best Reminder Phrase to use is the one you choose for the affirmation in The Setup. For example, if you are working on a fear of public speaking, The Setup affirmation would go like this:

“Even though I have this fear of public speaking, I deeply and completely accept myself.”

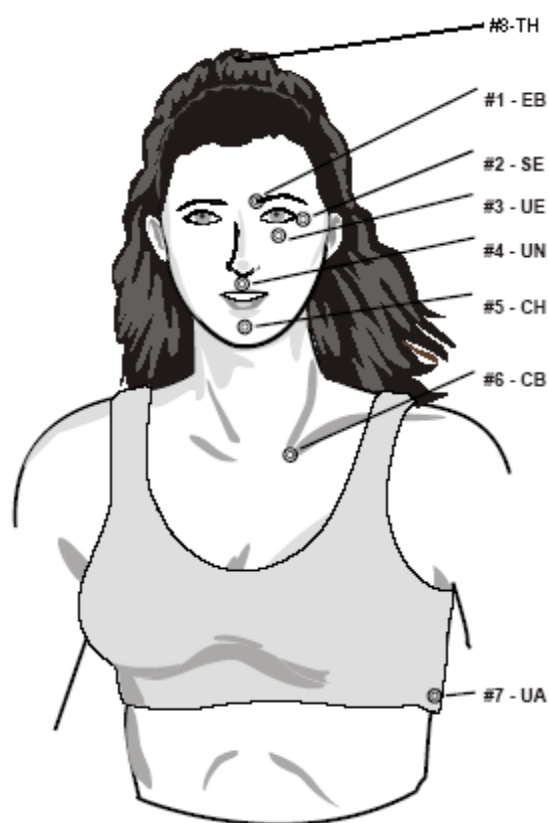
Within this affirmation, the words - *fear of public speaking* - are ideal for use as the Reminder Phrase. Here are a few more samples taken from the selection of Setup Statements:

- *headache*
- *anger towards my father*
- *traumatic memory*
- *fear of spiders*
- *depression*

Once you've completed the balancing routine, and you have your remainder phrase, you can continue to the next stage of the process.

3. Clearing

Now you are ready to clear the imbalance in the energy system using the clearing process. Clearing is very simple, it involves tapping on the end points of the major energy meridians to balance the energy system whilst repeating the remainder phrase. The points are described here and can be seen on the diagram.



Points on the face and body:

1. EB: Eyebrow, end of brow where it meets the top of the nose.
2. SE: Side of the eye, bone at the outer edge of the eye.
3. UE: Under the eye, directly below the centre of the eye on the bone of the eye socket.
4. UN: Under the nose, the crease below the nose and upper lip.
5. CH: Chin, under the lower lip and above chin.
6. CB: Collar bone, where the collar bone meets the sternum.
7. UA: Under the arm, side of the body in line with the nipple on a man or on the bra strap on a woman.
8. TH: Top of head, at the crown of the head.

Tap with the fingertips of your index finger and middle finger, to allow you to cover the tapping points more easily. Tap solidly (but never so hard as to hurt or bruise yourself) about 7 times on each of the tapping points; either side of the body, so it doesn't

matter which side you use nor does it matter if you switch sides during the sequence.

That's the end of one round of EFT.

A few days later ... a woman asked about my work. I told her the story about ... and tapping down his snake phobia. She said she was terrified of snakes, too. I asked her if she wanted to experience the tapping for herself to release the fear, and she agreed. Then I said, "What is your level of emotional discomfort when you think of a snake." And she shuddered and said, "No, no, I don't want to even think of them." We proceeded immediately to do the tapping, and after three rounds she was able to think of snakes without any fear.

If you need more than one round of tapping.

Let's say you are using the EFT process for some problem (fear, headache, anger, etc.). Sometimes the problem will vanish after just one round, at other times, one round provides only partial relief, so you will need to do one, or more, additional rounds.

Those subsequent rounds need to be adjusted slightly for best results. One of the main reasons why the first round doesn't always completely eliminate the problem is because Psychological Reversal blocks any *remaining* progress. You have already made some headway but Psychological Reversal keeps you from *getting any better*. Subsequent rounds need to address the fact that you are working on the *remaining problem*. So adjust the affirmation contained in balancing section as follows.

*Even though I **still** have **some** of this _____, I deeply and completely accept myself.*

Please note the emphasized words (**still** & **some**) and how they change the emphasis of the affirmation toward the *remainder* of the problem.

- *Even though I **still** have **some** of this fear of public speaking, I deeply and completely accept myself.*
- *Even though I **still** have **some** of this headache, I deeply and completely accept myself.*
- *Even though I **still** have **some** of this anger towards my father, I deeply and completely accept myself.*

- *Even though I still have some of this traumatic memory, I deeply and completely accept myself.*
- *Even though I still have some of this fear of spiders, I deeply and completely accept myself.*
- *Even though I still have some of this depression, I deeply and completely accept myself.*

The Reminder Phrases are also easily adjusted

- *remaining headache*
- *remaining anger towards my father*
- *remaining traumatic memory*
- *remaining fear of spiders*
- *remaining depression*

Now when you proceed with the next round of tapping you will be working on the remainder of the problem. If that still isn't enough you might need to do even more rounds of tapping. Sometimes relief is quick and sometimes it takes persistence.

Quick Summary

1. Select your issue, bring it into awareness and make it specific. Become aware of it's intensity
2. Tap the Karate Chop spot whilst repeating the Setup Phrase: Even thought I have this etc.
3. Tap the meridian points whilst repeating the Reminder Phrase.
4. Check the intensity of the issue now.
5. If necessary, adjust the setup and reminder phrase and repeat.

At a recent Halloween party my 4 year old daughter and I both saw a gory costume that made us shudder. We both had a hard time erasing that image from our minds, so that when we got home we tapped on her (I later tapped on myself) and after only two rounds she was able to go to sleep peacefully. She could still bring the image up but it didn't carry the charge. Plus, she thought it was kind of fun ...

What if?

Persistence pays off. Some issues require a few rounds of tapping, some physical and deeper emotional issues require regular tapping over time to gain relief.

- **The rating doesn't drop completely after one round.**
Do more rounds changing the setup statement to *'Even though I still*'
- **The rating drops and the feeling changes.**
This is common and a sign that the EFT is working. Do more rounds and change the setup statement to *"Even though I have this <whatever the new feeling is> I ..."*
- **I can't get a new rating or remember what the problem was.**
This generally means you've resolved the problem! If the negative feelings around this memory have been discharged, then the memory often becomes blurred or distant in some way.
- **If the problem doesn't change at all.**
Get more specific about the memory or problem, to shift a large problem, such as depression, zero in on specific events that contribute to the problem and work on them.
- **The physical issue you are working on doesn't change.**
Find out if there are any emotional factors that are connected to the issue by asking yourself: "If there is an emotional cause for this problem what might it be?" or "How do I feel about having this problem?" or "What was happening when I first had this problem?" and do EFT on the answers to those questions.
- **If a resolved problem comes back.**
There may be an unresolved underlying issue, or it's triggered by some external circumstances, e.g. stress. Work on the underlying or surrounding issues.
- **If the problem is big or complicated.**
Contact an EFT practitioner who can assist you.

I believe self administered EFT has cured me of a 15 year panic disorder. Since first experiencing 'out of the blue' anxiety attacks with subsequent high levels of general anxiety and agoraphobia, I have tried standard talk therapy with a trained psychotherapist, talk therapy with a clinical psychologist, hypnotherapy, counselling, Transcendental Meditation, muscle relaxation techniques and breathing exercises. I have also used two herbs: valerian and kava kava. The only thing that ever helped me with the panic attacks was kava. Oh and my GP sent me to a local clinic when they first started where I was given a brief rundown of the fight or flight response and wished the best of luck.

Over the years, I have purchased books that are often written by Doctors, psychologist etc. that claim to stop panic attacks. I have visited therapists that clearly know a lot less about the disorder and various advances & treatments than I myself do. I have learned to be wary.

So when I heard about EFT, the only reason I tried it was that it was free. I figured that if the inventor will let you download the full manual for free then a) it's worth a go and b) he may not be another get rich quick charlatan.

I studied the manual and started applying EFT for my current anxiety and my past anxiety. Also, any old memories that do or may hold negative emotions. Within a day it was as if all the power of the attacks had gone and my general anxiety was at a zero. I have been testing myself by doing things that I have avoided for years. Like going to the gym. Using trains. Driving on motorways. My mind is sometime still on these problems. I have not been distracted. Its just that the anxiety doesn't come. I can even consciously worry a bit that it might, and it still doesn't come. Its as if it has been cut off at source.

If this is the power of suggestion. I wonder why other more conventional and expensive therapies didn't "suggest" it to me. If it is placebo effect. Then I'll take it! It's about time a placebo worked for me.

When You May Need Help From An EFT Therapist

For many people this booklet, and the resources described at the end of it, will take you a long way towards your goals, others may need expert assistance. In most cases where someone does not seem to be making any progress, or has become stuck, an EFT practitioner can help you find your way through. They may be able to see what you are missing and help you to understand where to go next. In some cases it seems that having another person tap for you and/or guide you through the process is enough to make the difference. When emotions are overwhelming, such as in cases of severe trauma or abuse, it would be advisable to see an EFT therapist who can help you with approaches which can soften difficult emotional issues. EFT has many techniques designed to make resolving difficulties as painless as possible

Last year one of our terrific cooks at our residential program, Brenda, had two traffic accidents in less than a six-week period. The real irony was that both accidents occurred at the same intersection on her way home from work.

She didn't break any bones but had whiplash and a variety of other physical problems. She had weeks of physical therapy and was out of work for four months. She returned to work last August. In November she shared with me that she was still having flashbacks of the accident and trouble sleeping. Since I was conducting another staff training on using EFT the next week, I suggested she attend.

I started the training session with a very brief explanation of the technique and led them right into an exercise (telling them, of course, that they did not have to believe this exercise would work). I asked them to pick a specific incident in their life that still upset them when they thought about it and then write down their current intensity on a scale of 0-10.

Then we did three group rounds starting with: "Even though I have this upset feeling, I deeply and completely accept myself." After two slow deep breaths, I asked them to think about their upset and write down the number again.

The inevitable surprised looks came on some faces. Several said the upset incident didn't bother them any more. Brenda said, "Oh my goodness!" and I asked if she'd like to elaborate on that statement. She was working on the second traffic accident and said, "I can still see it happen but I am calm now. It is over and I am ok." I asked for her number and she said it was a zero. She seemed so comfortable with talking about it that I asked if she would like to work on other aspects of the accident as a demonstration in front of the group.

She agreed but wanted to remain seated. I asked her to think of the worse part of the accident and she said she was so afraid of being hit again that she drove five extra miles both coming and going to work in a detour around the "accident intersection." Her fear of being hit again at that intersection was "at least a 9 on the 0 -10 scale."

We tapped several times for:

"Even though I am afraid to drive through the intersection..."

"Even though I am afraid I will be hit again... "

"Even though I feel helpless to prevent being hit by a car..."

until she said she felt she could drive through that intersection.

I asked her to picture herself passing that intersection on her way home but to stop at any point she felt herself getting upset again. She began by picturing herself getting in the car, starting it and then passing each landmark along the way until she got to the intersection where she had the two wrecks.

She closed her eyes and was quiet a few seconds. Then she said she was still a little apprehensive when she got close enough to actually see the intersection (it was a 6). So we tapped twice through the points for: "Even though I still have some apprehension (her word) about getting close to where the accident happened..."

When asked to take a deep breath and give me a number; she reported it was now a 2. I told the audience that I wanted to show them another step and for those who still had any level of upset to think about their problem and follow along. So Brenda and the audience through the 9 gamut procedure and another round of tapping. Brenda was smiling now and said she thought she could go home the shorter way.

I suggested to Brenda that she use the remaining time in the staff training to work on any other scenes of the accident that still affected her. And, as always, I gave the group a handout that describes the process and encouraged them to use it for everything.

That was in November.

About the middle of January I had an opportunity to ask Brenda about her feelings now about the accident. She said, "That stuff you did really helped" and told me she not only had been able to drive home the shorter way but that after the training she was able to sleep and that she no longer was having flashbacks about the cars ramming into her.

But she said that something about it still bothered her--it was a nagging kind of feeling that something was still wrong. Wrong with what? I asked. "Wrong with me", she said. She was meaning emotionally, so I took a guess and said that sometimes victims felt that in some way they were responsible for what had happened to them. She said, "Yes, I feel like I should have been able to do something to stop it. That I shouldn't have been driving by that intersection that day."

We started tapping for:

"Even though I ought to have been able to do something..."

"Even though I feel responsible..."

"Even though I feel guilty for the accident..."

Brenda then laughed and told me that she couldn't see now how she could have thought she was responsible. There was nothing she could have done to stop it. "It was not my fault."

I asked her to close her eyes again and pictured both accidents (including the police and hospital experiences) and to stop at any point there was any upset. About a minute passed and she opened her eyes and said no. "That's amazing."

Yeah, Brenda, it sure is!

Ann Adams

Next Steps

In what ways can I progress with my EFT?

1. Above all: practice, practice, practice!
2. Sign up to the FREE newsletter from Practical Wellbeing by sending your email address to info@practicalwellbeing.co.uk
3. By downloading the full (and free) EFT manual from Gary Craig's website.
4. Buying the training DVDs or CDs from the same source.
5. Booking one to one sessions with a trained EFT practitioner to assist you to make the changes you want and increase your own skill
6. Attend introductory and advanced EFT seminars to gain expert feedback and practice in company.

Gary Craig's website is a huge resource of instructional material and can be found at: www.emofree.com

The Association for the Advancement of Meridian Energy Techniques which has a list of EFT therapists in the UK can be found at: www.meridiantherapy.org

For one to one work, and information about seminars and workshops contact:

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Case studies have been taken with permission from Gary Craig's website. Parts of this booklet have been adapted from the full EFT manual and other sources.

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