



EFT Tapping Guide

Learn about EFT & the tapping points

What is EFT?

EFT is a brilliant new technique to resolve emotional distress in your body's energy system.

It's based on the principle that emotional distress is caused by blocks in your energy system, the same way that a rock thrown into a stream will cause disruption in the flow of water.

EFT is a bit like acupuncture, in that it clears these blocks. But instead of sticking needles in your body, in EFT you just tap lightly with your fingers on different meridian points while you focus on the thoughts and feelings involved with your problem.

If that sounds unbelievable, I encourage you to try it for yourself! It's really easy to do, and the results are often nothing short of miraculous. Most likely, you will notice instant relief if you tap when you feel stressed or upset or anxious.

More deep-seated problems often need the help of a skilled practitioner to resolve (since none of us is very good at noticing our own blind spots)... but there are a lot of ways to use it effectively for yourself, and you can get started in just a few minutes.

For your information, EFT is being used with great success on a whole range of issues, including fears and phobias, traumatic reactions, anxiety, addictions, anger, etc. It has also been found to help in cases of pain and other physical conditions, especially where these have some emotional component.

And it's not only helpful for major distress. You can also use EFT to overcome performance anxiety, negative beliefs, low self-esteem, relationship issues, and other things that block your full potential and enjoyment of life!

When to use EFT

EFT can be used for any emotional or physical problem. Some problems will resolve with just one round of EFT, while others will require several rounds, with different aspects of the problem emerging one by one to be dealt with.

You can expect to get good results by using EFT as a self-help technique, simply by being persistent and working through the problem and its associated feelings as these different feelings and aspects arise. However, if you are dealing with difficult or complex issues, you may find it helpful to work with a therapist, for support and for help in identifying the core aspects of the problem.

There are no negative side-effects from using EFT. Use it on everything!

EFT is not a substitute for proper medical treatment. For medical conditions, see your doctor first. However, EFT can be used to enhance medical treatment, and to reduce any unwanted side-effects of these treatments.

How to do EFT

There are 2 parts to each round of EFT:

- 1) The Set-Up
- 2) The Tapping Sequence

Before you start, you need to choose the issue to work on. The more specific you can be, the better. It can be an emotion, eg “this anxiety” or you can get more specific, eg “anxiety about getting up and speaking at my work meeting”. It can be a physical pain, eg “this headache”, or a negative thinking pattern, eg “my lack of confidence about speaking at the meeting tomorrow”.

Think about the issue until you can feel the feeling fully, and give it a discomfort rating on a scale of 1 – 10, where 1 is almost nothing, and 10 is maximum discomfort.

(This step is not absolutely necessary if you are in extreme distress, but it will help you know when the work is complete.)

THE SET-UP

Tap on the **Karate Chop Point** on the outer side of the hand (see Tapping Point chart below). While doing this, say 3 times (out loud if possible):

“Even though I (*state your problem*), I deeply and completely accept myself.”

Some people are afraid that saying this will just give the problem permission to stick around. But in fact, what it does is allow you to accept your current here-and-now reality, *with* the problem. Just like when you are lost in your car, you first need to figure out where you are before you can move to where to you want to be.

THE TAPPING SEQUENCE

Tap 5-7 times on each of the points shown in the diagram, using 1 or 2 fingers. The tapping stimulates a wide enough area that you only need an approximate location.

You can tap on the right or left side, or both – it doesn't matter.

While you tap, focus on the problem. If you're upset or in pain or feeling anxious, you'll do this automatically. But in general, use a reminder phrase and/or a visual image to help key you into the problem (eg “this anxiety”).

You will probably find yourself at some point taking a deep breath and letting it out – this is a sign of emotional release. But there is no need to force this process – it will happen of its own when the energy clears.

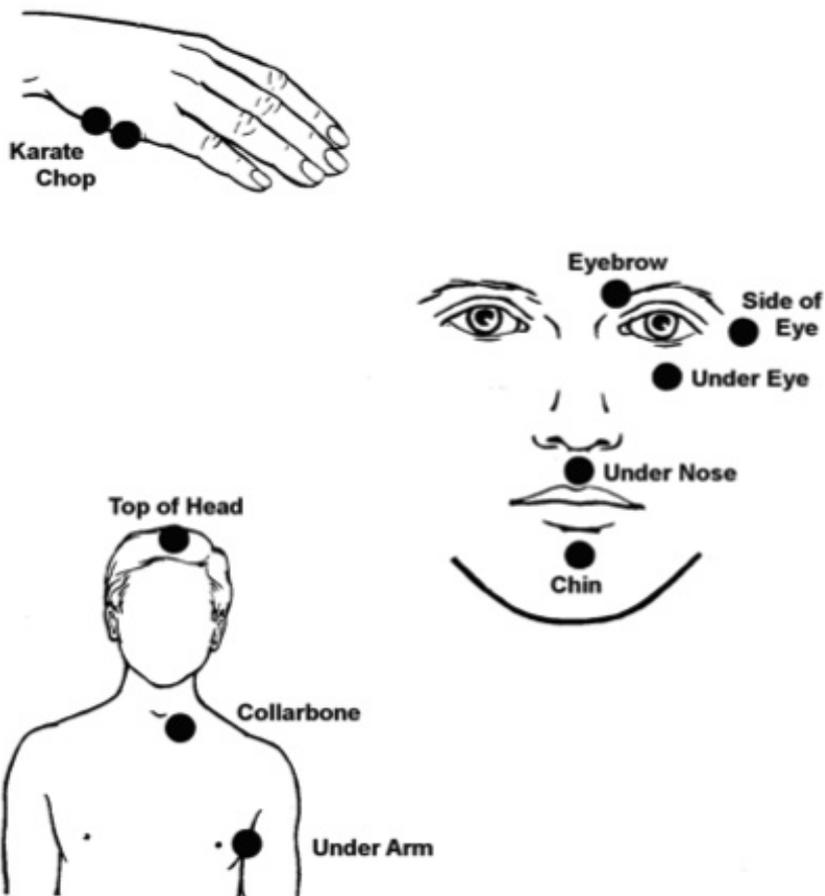
When you have finished one round of tapping, focus on the issue or feeling and rate your level of discomfort again.

If it has reduced a bit, but not completely, do the entire procedure again, this time using the set-up statement, “Even though I still have some of this anxiety, I deeply and completely love and accept myself.”

If you find that the discomfort has not reduced at all, it is likely that some other issue has come up. If that happens, you need to focus on that issue and its associated emotion, and repeat the whole tapping procedure.

You may find that there are many different emotions and/or issues stacked onto this one problem – that will have to be a lesson for another day!

EFT TAPPING POINTS



Tap on the points in this order, while saying your reminder phrase:

- 1) Eyebrow: inner corner of the eyebrow, just above the nose.
- 2) Side of Eye: on the outer corner of the eyebrow, on the bony edge of the eye socket.
- 3) Under Eye: on the edge of the bone just below the eye.
- 4) Under Nose: between the upper lip and the base of the nose.
- 5) Chin: on the hollow midway between the lower lip and the tip of the chin.
- 6) Collar Bone: track about 1 inch below, then 1 inch left or right of the central collarbone notch – the hollow where the collarbone, breastbone and first rib meet.
- 7) Under Arm: on the side of the body, a few inches below the armpit. (You can use your whole hand to thump this general area.)

(NB: EFT stands for Emotional Freedom Technique, and was developed & made popular by Gary Craig out of an earlier tapping method called Thought Field Therapy. You can find out more about Gary Craig at his website www.emofree.com.)

Simplified EFT ...

SET: Simple Energy Therapy

This is the simplest possible way of engaging the power of energy therapy in your everyday life!

You can use Simple Energy Therapy (SET) as an emotional first-aid technique, or just as a way of clearing your energy (and the emotional charge) when you are thinking about a problem or issue in your life.

When you tap the SET way, you don't need to say or think anything special. You just tap!

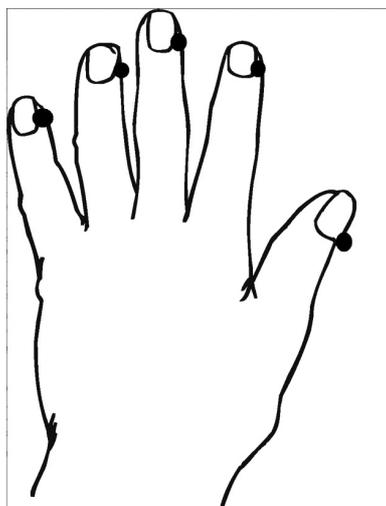
You can tap on any of the points on your face or body (see the diagram above), in any order – as you remember them, or just randomly.

But the very easiest way is to tap on the finger points shown below – at the side of the finger-nail closest to the centreline of your body. You can even do it one-handed. Tap 5-15 times on one spot, then move on.

This is a great way to tap unobtrusively in a public place, under the table for example.

Don't wait until your anxiety level gets high – just tap, whenever you think of it. Tap *before* you get in a situation where your anxiety shoots up, to help you stay balanced. Tap while you are walking down the street, while you are waiting for a bus (or a dentist), while you are in a meeting.

You will find that this simple little technique will work wonders for you, if you use it.



Simple Energy Therapy was developed by Steve Wells and David Lake, two Australian practitioners who I have trained with and respect. They developed SET by following the principle, “The best form of energy therapy is the one you actually use.”

SET is so simple that you no longer have any excuse not to do it!

You don't need to worry about feeling silly, tapping on your face in the dentist's waiting room. You don't have to worry about figuring out what set-up statement to use. And you don't have to worry about not remembering all the points, or doing them in the wrong order.

So begin right now.... tap away your anxiety and get back in energy balance.

