

# The EFTfree Manual

A Comprehensive Guide to Using EFT  
(Emotional Freedom Techniques)

(Version 2.0)



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### **Disclaimer**

While EFT has produced remarkable results, it must be still considered an experimental technology. By moving forward with this instructional manual, you agree to take complete responsibility for your use of EFT and for your emotional and physical well-being. EFTfree.net cannot be held liable for how you choose to use these methods. If you feel in any way reluctant to use these methods for yourself or others, please do not. Instead, consult a qualified professional.



### **Thank You**

We offer the EFTfree Manual with appreciation to EFT developer Gary Craig, who has creatively and generously taught the healing art of EFT to hundreds of thousands of people. Much of his pioneering language and many of his key concepts are reflected throughout. We also honor the contributions of the skilled practitioners who have influenced us and helped shape the practice of EFT over time. EFT was released into the public domain in December of 2009.

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## Table of Contents

INTRODUCTION	4
WHAT IS EFT?	5
THE EFT PROCESS: AN OVERVIEW	7
HOW TO DO EFT: DETAILED INSTRUCTIONS	9
GETTING SPECIFIC: ZEROING-IN, ASPECTS, AND CORE ISSUES	15
ABOUT ORIGINAL EFT	20
VARIATIONS ON THE SETUP PHRASE	22
QUESTIONS AND ANSWERS	23
ART OF DELIVERY BASICS	28
TROUBLESHOOTING: WHEN EFT DOESN'T WORK	39
THE SCIENCE BEHIND EFT	41



## Introduction

A woman comes into the practitioner's office and is distraught; she has been so frightened of driving for the last two years that her whole life has been organized around the fear. An hour later, she is hopeful and excited about driving, and a week later she comes back beaming, reporting that she has been driving all week, and feels wonderful. What happened during that hour? A gentle, effective EFT session. Other stories tell of grinding panic, anxiety, fears, or chronic pain that go back to earlier trauma and may take several sessions to unravel. The sessions and stories are infinitely varied, but what is common to them all is the effective application of EFT (Emotional Freedom Techniques). It is a remarkable, life-changing tool.

Created by the team at EFTfree.net, in accordance with our mission to offer quality EFT resources, this comprehensive manual will show you how to apply EFT effectively. EFT can help you value, explore, and transform your emotional reality – the thoughts, beliefs, and emotions you carry with you. We invite you to experience this process for yourself.

### EFT can help:

- Relieve stress and promote general relaxation
- Release and transform painful, uncomfortable or “negative” emotions like anxiety, sadness, anger, guilt, frustration, etc.
- Improve or even eliminate physical discomfort or pain
- Increase self-esteem, clear-thinking, positive feelings and a sense of greater peace
- Heal the effects of emotional trauma
- Improve performance (artistic, professional, athletic, sexual, etc.)
- Maximize creativity, visioning, and goal setting
- Increase energy and productivity
- Diminish cravings for food and addictive substances
- Foster better sleep and sleep habits
- Resolve financial blocks and help us change our financial behavior
- Address relationship problems
- Empower children, parents and families
- Benefit the lives of animals
- Resolve emotional eating and weight issues
- Promote spiritual growth, self-empowerment and confidence
- Move us beyond self-limiting beliefs and open us towards greater possibilities – and so much more...

## What Is EFT?

EFT (Emotional Freedom Techniques) is a body/mind self-help method, combining a gentle touch together with mindful attention to thoughts and feelings. EFT involves tapping with our fingertips on acupuncture/acupressure points on the face and body while concentrating upon a problem or issue we wish to resolve. While scientific research is still being done to determine exactly how EFT works - what is remarkable is that it works so well.

EFT allows us to release and transform the way uncomfortable feelings like hurt, guilt, fear, or anger may be affecting our experience. EFT can also be used to help transform the thoughts and beliefs behind our emotional experiences. After just a few rounds of tapping, people often report feeling lighter and calmer and able to breathe more easily – almost as if they now have more space inside. As we begin to notice, acknowledge, and transform how we carry our emotions, we begin to see how this may be contributing to pain, illness, or challenges in our lives. By using EFT, we can reconnect with a renewed sense of wellbeing as well as change the way stress affects us.

Developed by engineer Gary Craig and inspired largely from the work of Roger Callahan, EFT is easy to learn and flexible enough to be used by anyone. As we explore EFT for ourselves, we become empowered to respond to our own emotional states and help ourselves feel better more quickly. With the aid of this simple and natural healing tool, we can discover just how our thoughts, beliefs, and emotions affect our bodies and our lives – and how we can more consciously make the changes we desire.



“Emotions are our body’s reactions to our thoughts.”  
– Eckhart Tolle

## Emotions, the Body's Energy System, and the Brain

EFT works with the body's subtle energy system. A network of energy pathways, called meridians in traditional Chinese medicine, exists within our bodies. These pathways are accessible via specific locations on the body called acupoints. Acupuncture uses needles to release stuck, stagnant energy and rebalance the system; acupressure uses finger pressure. EFT has been called a psychological version of acupressure. At EFTfree, we call it "mindful acupressure." This simple process of tapping certain acupoints while focusing on an emotional upset has the effect of releasing the intense charge of troubling emotions.

When something upsets us and negative emotions like worry, fear, or guilt arise, it feels as if our systems are no longer in a state of peaceful harmony. In other words, our body is telling us that something we are thinking, believing, or feeling needs our attention. We could think of this as similar to the way that a computer might crash, freeze, or get stuck. When the computer gets rebooted, the system resets, the "stuckness" is released, and the computer can function normally again. We can think of EFT tapping as rebooting our personal energy system in relation to our issues at hand. This is why we often feel more relaxed, peaceful and serene after using EFT.

Our body, mind, and emotions are intimately connected. When we apply EFT to something that is bothering us – our thoughts, our feelings, and our bodily responses (i.e. stress or tension) around that issue all seem to shift. EFT handles all of these together as an energy pattern that can be transformed. Emotions have an energy to them, and we clearly feel the change in the energy. We often get quantum leaps of healing, noticeable relief and ease – even with seemingly insurmountable problems – where nothing else has seemed to work in the past.

Another reason why EFT works so well is the effect that it may have on the brain. Brain scans, including fMRIs, have shown that the stimulation of acupoints sends signals directly into the "survival" parts of the brain where the fight-or-flight part of us lives. Words alone cannot reach these areas of the brain, which do not communicate with rational language centers. It may be that EFT reaches the survival-instinct mechanism of the brain and helps to reprogram our reactions at that level. This is a feature that is not available in many modalities. For research and notes, see the science section at the end of this manual.

## The EFT Process: An Overview

Please note: We first present a short version of EFT that is currently favored worldwide by a majority of EFT practitioners. The complete original EFT “Basic Recipe” is taught on page 20. We recommend that you learn both.

**1.** Focus on a negative emotion or uncomfortable physical sensation and assess its intensity. On a scale of 0-10, how intense is this feeling? (The number scale is optional – it just gives you a point of reference).

### 2. Do the EFT Setup

To perform the Setup, tap on the Karate Chop point (outside edge of hand, fig. 1) and repeat the following phrase three times:

*Even though I have this (uncomfortable emotion or physical sensation), I deeply and completely love and accept myself anyway.*

### 3. Tap through the Sequence (fig. 4):

Tap through the Sequence (beginning with the Eyebrow Point) while repeating a Reminder Phrase. The Reminder Phrase states the issue and keeps your attention on the energy of the problem while you tap:

*This (uncomfortable emotion or physical sensation)*

Gently tap several times (7 to 10 or so) on each of these points with your fingertips, while saying your Reminder Phrase:

Beginning of Eyebrow (EB): “This (uncomfortable emotion, etc.)”

Side of Eye (SE): “This \_\_\_\_\_”

Under Eye (EU): “This \_\_\_\_\_”

Under Nose (UN): “This \_\_\_\_\_”

Under Mouth (UM): “This \_\_\_\_\_”

Collarbone Point (CP): “This \_\_\_\_\_”

Under Arm (UA): “This \_\_\_\_\_”

Top of Head (TOH): “This \_\_\_\_\_”

4. Pause to notice the effects of the tapping and reassess the intensity level. Has the number changed? What number would you give the intensity now? If you can't think of number, just make your best guess.

5. Refocus on your issue and repeat the tapping process again. The second time around, we often change the wording as follows:

Setup: "Even though I *still have some* of this \_\_\_\_\_, I deeply and completely love and accept myself anyway."

Sequence: "This *remaining* \_\_\_\_\_..."

Please note: For the Setup, gently rubbing the Sore Spot is an alternative to tapping the Karate Chop point. This will be explained in the next section.

### **Sample Session**

What would you like to work on? How intense is it on a scale of 0-10?

"I am fearful, and I would guess the intensity is about a 7."

Tapping the Karate Chop, say the Setup phrase three times:

"Even though I'm afraid, I deeply love and accept myself anyway."

Tapping through the Sequence (starting with the Eyebrow Point (EB), speak the Reminder Phrase:

"This fear..." or "I feel afraid..."

Check in: After one round of tapping all the points, what is your intensity on the fear now? Repeat the process again, beginning with Setup and proceeding through the Sequence:

Setup: "Even though I *still have some* of this feeling of fear..."

Sequence: "This *remaining* fear..."

## How to Do EFT: Detailed Instructions

### 1. Focus on the Problem and Measure the Intensity

#### Focus on the Problem

Before beginning to tap, take some time to become very aware of what you would like to work on today. You can focus upon an emotion, a body sensation, or a more complex problem – whatever is bothering you. Just take a deep breath and sit with your issue for a moment. What are you feeling? The more specific and detailed you can be, the better. Sometimes talking with yourself or someone else can help you gain clarity about what feels most intense. It is especially useful to notice how you experience the emotion in your body - like tightness in the chest or a knot in the stomach, for example. In other words, how do you know you are feeling what you are feeling?

Give the problem a name. For example,

This stress from work

This sadness about the break-up

This fear of flying that makes it hard to breathe

This headache, like a throbbing behind my eyes

**Helpful Hint:** If you are working with a physical issue, you might ask yourself a few key questions and use the answers in your Setup phrase:

Is there something emotional going on that has been happening as long as you have had this issue?

If your physical pain had a face, what would it look like?

How does having this problem make you feel?

If there were an emotional contributor to this issue, what might it be?

Sometimes, there is fear, worry, hopelessness, or some other strong feeling about starting this process. If these feelings are present, it is important to tap for these kinds of feelings before moving forward with something else. As you

consider this process, you might sense that your issues are too complex or scary to approach on your own. If this is the case, we encourage you to consider consulting an experienced practitioner.

### **Measure the intensity of the problem**

Once you have identified the issue you would like to address, a 0-10 scale is useful for measuring the scope of the problem. What number would you give to this negative emotion or issue right now? Is it low, medium or high on the scale? Some people prefer to use their hands to express the intensity. Palms close together is low, wider and wider apart is higher and higher. This method is especially useful for children.

**Helpful Hint:** By noting your intensity, you will have a skill to measure your progress before and after you finish.

## **2. Create the Setup phrase and Perform the Setup**

The standard Setup phrase follows this model:

*Even though I have this (uncomfortable emotion or physical sensation), I deeply and completely love and accept myself.*

We discuss the reason for the Setup and some helpful variations of the Setup on page 22. For now, we will use the standard phrase and some slight variations.

Examples of Setup phrases:

*Even though I have this stress from work, I deeply and completely love and accept myself anyway.*

*Even though I am so sad about the break-up, I deeply and completely accept myself anyway.*

*Even though I have this fear of flying and it is hard to breathe, I deeply accept myself anyway.*

*Even though I have this headache and it is throbbing behind my eyes, I deeply and profoundly accept myself.*

*Even though I crave this chocolate, I deeply and completely accept myself.*

### **The Karate Chop point**

The Karate Chop point is the outside edge of the hand – the fleshy part between the base of the little finger and the wrist.



### **Performing the Setup**

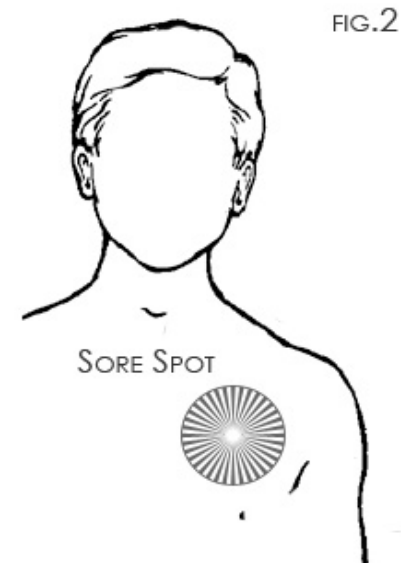
Repeat your Setup phrase three times while lightly tapping on the Karate Chop point with the fingertips of your opposite hand. This is the first part of the EFT process.

The Setup:

Tap on the Karate Chop and repeat three times: "Even though I have this \_\_\_\_\_, I deeply and completely accept myself."

### **The Sore Spot**

The Sore Spot is an alternative to the Karate Chop point. To find the Sore Spot, place your finger in the indentation at the base of the neck and go down about 3" and to the right or left 3". Gently press to find a "sore spot" and gently rub or lightly trace the area. While repeating the Setup phrase three times, rub the Sore Spot (instead of tapping the Karate Chop point).



### **Why We Perform the Setup**

The Setup seems to prepare our system for healing and change. It is a way to soften any internal resistance and bring in a sense of self-acceptance and compassion. One might say that it helps to create a positive energy even though the problem is being acknowledged.

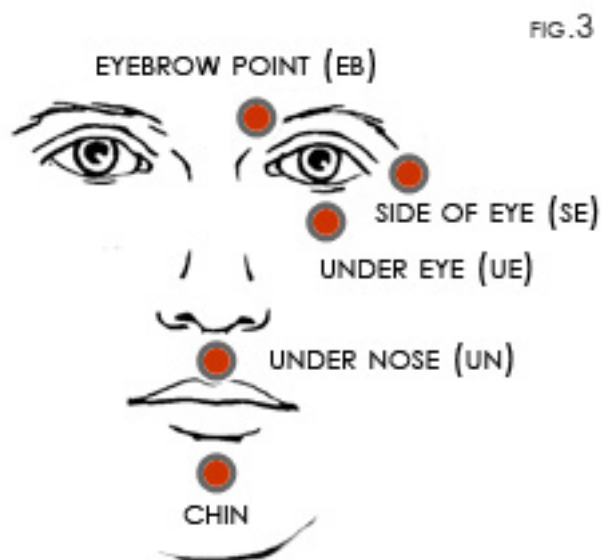
**Helpful Hint:** It may help to think of the Setup as a safe way for us to acknowledge and express the uncomfortable feelings we are truly experiencing right now. As we acknowledge this energy intentionally, we allow these feelings to transform.

### 3. Tap through the Sequence using the Reminder Phrase

After you have done the Setup, tap through the Sequence of points, repeating a Reminder Phrase at each point. The Reminder Phrase simply states the uncomfortable feeling. It is a way to hold the problem in your conscious awareness while tapping and transforming the energy.

Examples:

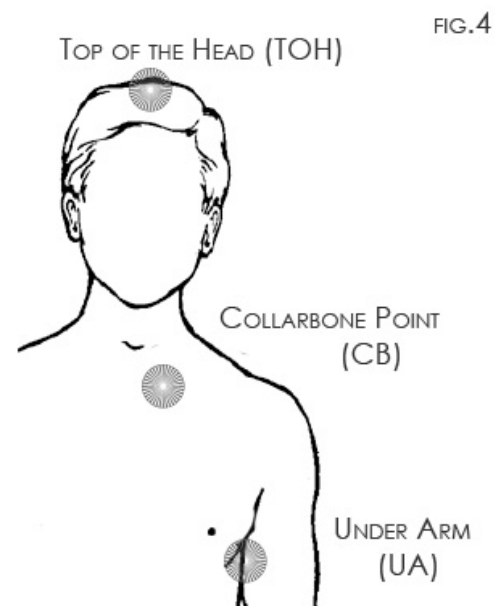
- This stress from work
- This sadness about the break-up
- This fear of flying – hard to breathe
- This throbbing headache, etc.



### Performing the Sequence:

Tap on each of these points (7 to 10 times or so) as you speak the Reminder Phrase (This \_\_\_\_\_feeling) on each point:

- Eyebrow (EB), beginning of eyebrow, on the brow bone, near the center of the face
- Side of Eye (SE), on the temple bone near the edge of the eye
- Under the Eye (UE), on the top of the cheekbone
- Under the nose (UN)
- Under the mouth (Chin), just above where the chin juts out
- Collar Bone (CB), just below the collarbone, near where the collarbone and breastbone come together
- Under the Arm (UA), about 4" down on the torso
- Top of Head (TOH), on the crown of the head, lightly tapping with all the fingertips, like gentle raindrops, in a circular motion if you like.



Top of Head (TOH) is an optional point. It can be used at the beginning of the Sequence or the end of the process.

After you finish tapping, relax and take a deep breath. When you have done the Setup and the Sequence, you have completed one round of EFT.

#### 4. Evaluate the Results

Just sit for a moment after a round of tapping, taking plenty of time to notice any results from the tapping process. How does your body feel? Is there any change in the emotional intensity you were experiencing?

See if you would give that intensity a different number. Has it gone down? Rate your intensity again. Let's say you started with "fear" at a "7." You may still feel fearful but the tapping took the edge off of it, and you would now rate it a "5."

#### 5. Refocus on the Issue and Repeat the Tapping Process

For a second round of tapping, we often change the words slightly. Perform the Setup three times, beginning with the Karate Chop point:

Setup: "Even though I **still have some** of this fear, I deeply and completely accept myself."

Tap through Sequence again with the Reminder Phrase, using the word "remaining" where appropriate:

Eyebrow (EB): "This **remaining** fear..."

Side of Eye (SE): "This remaining fear..."

Under Eye (UE): "This remaining fear..." etc.



## **An Important Note About Letting the Process Unfold:**

As you go through rounds of tapping, things usually begin to change. You will feel different or you may be unable to find the feeling at all anymore. For instance, the fear may subside to a 3, but now *embarrassment* is coming up at a 10! This is a different aspect of the issue.

Aspects may include further details that emerge as you begin to notice what is really bothering you – tone of voice, certain words someone said, a seemingly new feeling, etc. As you move through different aspects, you will be addressing the complexity of the issue. Be sure and refer to your original intensity assessment and give yourself the gift of noticing what has changed from that starting point. A thorough process may take you through many aspects, changes in the way the emotion is showing up in the body, possibly some core issues, and so forth.

Continue rating the intensity and tapping as you address each part that arises.

**Helpful Hint:** Stay (or refocus your attention) on what is most present or most intense for you in this moment.

Paying attention to aspects and targeting each aspect with the tapping is one of the best ways to address and remove the charge to as many parts of the problem as possible. Being specific gets the best results.

The next pages explain more about aspects and give you further hints and tips on how to be more specific. You will also find more EFT strategies in our extended Art of Delivery section (page 28).



## **Getting Specific: The Importance of Zeroing-in, Addressing Aspects, and Finding Core Issues**

To increase our chances of getting great results with EFT, it is important that we focus our thoughts in systematic ways during the process. In general, EFT works best when we can be as specific as possible, whenever possible.

### **Zeroing-in: Global to Specific**

When we are working with a large or global issue, such as “fear of abandonment,” for example, we may be trying to encompass too many feelings at once for EFT to have any noticeable effect. To tackle such an issue, it is very important to zero-in on specifics.

Three good ways to zero-in are to break the issue down into specific past events; to work with the emotion as it is held in the body; and to work with our own imagery.

#### 1. Breaking an Issue into Specific Events

Zero-in on specific events in your life that made you feel this way:

*Even though my father yelled at me in front of my friends...*

*Even though my mother left me waiting for hours after school and just didn't show up to pick me up...*

*Even though they sent me to boarding school because they didn't want me around...*

As you deal with specific events, you will very likely feel the emotions of those times. By gently approaching and thoroughly tapping for all the details of the memories that feel upsetting, as well as all your feelings and the limiting beliefs you took on, you will bring much healing to the larger issues. Working with specific events is highly recommended and often gets the most noticeable results.

## 2. Body Awareness

Zero-in on where you feel the feeling in your body. What is it like physically?  
How do you experience this emotion in your body?

*Even though I feel the abandonment like a void in my chest...*

*Even though I feel the fear like hypervigilance in my head, always looking out for who is going to let me down next...*

*Even though I feel this dread – a sick feeling in my stomach...*

Often, you will feel changes in the way the body is holding the emotion. The sensations may calm down or change in quality or even move to a different place. When emotional energy moves around the body, this is known as “chasing the pain,” and this is a sign that you are on the right track.

## 3. Inner Imagery

Zero-in by using an image to embody the feeling. If you enjoy visualizing, imagine what the energy of the fear looks like or feels like for you and tap with the image.

*Even though this fear is like a snake, always lurking and ready to strike me...*

*Even though this fear of abandonment is like a pit I’m always about to fall into...*

*Even though I feel the sadness like a river within me...*

**Helpful Hint:** Imagery is another way to listen to our feelings. As we tap, the images often begin to change as the energy shifts. After tapping, has the image changed in any way? How does it make you feel now?

It is often very effective to use all three of these ways of zeroing-in as you work through any complex issue.

## Addressing Specific Parts of the Issue or “Aspects”

Every issue we work on has many parts, many details, and many possible triggers for the uncomfortable emotion that we are feeling. Recognizing aspects and tapping very specifically for different aspects is another skill required for effective EFT.

For instance, if you are afraid of flying, you may have many aspects of that issue to tap on:

- A sense of being trapped – I can’t get out
- The feeling of not being in control
- Panic whenever it gets bumpy
- The fear of a terrorist on the plane
- Fear as the plane begins to move, anticipating take-off

You can continue to uncover aspects with the question, “What bothers me the most about flying now?” Eventually, there will not be much that bothers you and the fear will be gone, unless there are core issues around which “fear of flying” might just be the tip of the iceberg.

**Helpful Hint:** Many issues carry a complex mix of emotions. Let’s say you have tapped for your hurt in a certain situation. The hurt has subsided, but now you feel angry. As hidden layers of emotion emerge, these are more aspects of the issue and must be handled separately.

Looking for different aspects and then specifically targeting these aspects with tapping will go a long way towards achieving lasting results.

## Finding Core Issues

A core issue can be the lynchpin that releases the energy of the whole problem. Finding the core may reveal what is underlying the issue at hand. Discovering a possible core issue often takes time as well as detective work. If you have tapped for a current issue and still feel that something is not shifting or resolving, it is time to look deeper. One of the best EFT questions to ask is:

What does this remind you of?

Whatever pops into your mind, follow that thread, even if it doesn't seem relevant. Most intense issues have deeper roots. Questions like this will often lead to specific, early events that will need systematic attention with EFT.

**Helpful Hint:** For many of us, what we believe about ourselves is based on what we still carry because of specific old events, and this can form the basis of a core issue. As we use EFT to address these specific events as they rise up, our beliefs about ourselves begin to shift and we can step more naturally into change.

Clues about core issues or events often come up spontaneously as you work on an issue and follow the trail of your feelings. Just sit for a moment after a round of tapping and see what comes to mind.

### **An Example of Applying EFT for a Snake Phobia**

This example illustrates zeroing-in, being specific, tapping for aspects, and finding a core issue.

Let's say that Zanna has a terrible fear of snakes and wants to use EFT to get over that fear. She is doing the tapping on her own. First, she rates her fear at a 10. If she even thinks about a snake, her heart beats fast, her palms sweat and her breath becomes shallow. She does one round of tapping:

The Setup: *Even though I have this terrible fear of snakes, I deeply accept myself*  
The Sequence: *This terrible fear of snakes*

The 10 falls to an 8. She is breathing more easily and feels a little calmer. She looks at some snake pictures and these still make her cringe, though she is no longer at a 10.

She decides to zero-in and tap for some of the details about snakes (aspects) that bother her:

*Even though I hate the way they wriggle...*  
*Even though their forked tongues looks evil...*  
*Even though they have fangs...*

After several rounds of tapping, Zanna can look at snake pictures and feel much calmer. But one of the pictures still makes her cringe. What is it about that picture that bothers her? She realizes it is the eyes!

*Even though they have these beady little eyes...*

Soon, Zanna can look through all the pictures quite calmly. Her fear is not gone but it is down to a 4. She decides to zero-in on some specific events. What has happened in her life to give her these fearful feelings?

After a few moments, Zanna remembers several times when a snake surprised her, and this thought feels intense – around a 6.

*Even though I've been surprised by snakes... I can't stand being surprised... finding one where I don't expect it...*

Suddenly a childhood memory pops into Zanna's mind. She remembers being a little girl in the basement of her house, about to pick up a big stick – when the stick moved! It was a black snake that had gotten into the basement! This memory has a lot of emotional charge and brings her back up to an 8.

*Even though I almost picked up that snake! I was just a little girl and that terrified me! I deeply accept my young self...*

She taps for a number of aspects of that now-vivid memory:

*Even though I screamed...*

*Even though my father came running and everybody was yelling...*

*Even though my father grabbed a hoe and struck the snake and killed it... and the snake writhed... and the whole thing was awful...*

Finally the memory seems neutral. She can think of the entire event with calmness. She returns to the snake pictures and feels completely neutral about them. Maybe the “basement” memory was a core issue, and tapping for that core issue has shifted her whole response to snakes. Everything seems to be at or near 0.

Zanna feels ready to visit a pet store and look at some real snakes. She knows that if she feels fear or anxiety, she can slow down and tap before going any further. She is well on her way to being free of her phobia of snakes.

## About Original EFT

The original version of EFT as taught by EFT developer Gary Craig included two parts that are not always used in the more common shorter versions:

Tapping on Finger Points

Adding the 9 Gamut and then repeating the Sequence

Both of these procedures are good to know. Try the complete Basic Recipe for an issue and see how it feels. Once you are familiar with it, you can always add the finger points or the 9-gamut in your tapping whenever you wish. These procedures can add some extra power to the process at times. They can be used flexibly. Some people routinely include the finger points but skip doing the 9-Gamut, for example.

Below, we will walk you through the complete original EFT Basic Recipe.

### The Original EFT Basic Recipe

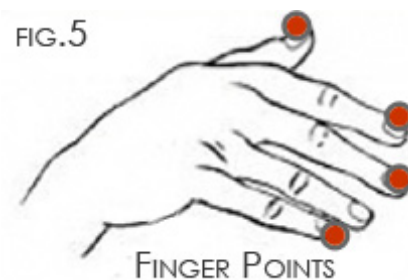
1. Focus on the negative emotion and assess its intensity on a scale of 0-10.
2. Perform the Setup: While tapping on the Karate Chop point or rubbing the Sore Spot, repeat the following three times:

“Even though I have this (uncomfortable emotion), I deeply and completely accept myself.”

Tap through the Sequence while stating the Reminder Phrase with each point, beginning with the eyebrow, side of eye, under eye, under nose, chin, collarbone and under the arm:

“This (uncomfortable emotion)”

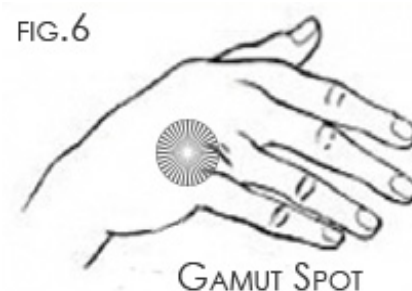
Now tap the Finger Points. For each finger, tap at the base of the nail on the side of the finger that is towards the body, starting with the Thumb, Index Finger, Middle Finger, Baby Finger (you skip the Ring Finger).



Now tap on the Gamut Spot and perform the 9 Gamut. The Gamut Spot is on the Top of the Hand between the knuckles near the base of the ring finger.

For the 9 Gamut, you continuously tap on this spot while performing the following 9 steps:

1. Close your eyes
2. Open your eyes
3. Eyes hard down to the right
4. Eyes hard down to the left
5. Roll the eyes 360° in one direction (clockwise)
6. Roll the eyes 360° in the other direction (counterclockwise)
7. Hum a bar of a tune (such as Happy Birthday)
8. Count, 1-2-3-4-5
9. Hum the bar of the tune again



Return to the Sequence and tap through all the points again, stating the Reminder Phrase at each point:

Beginning of the Eyebrow (EB), "This \_\_\_\_\_,"  
Side of Eye (SE), "This \_\_\_\_\_," etc.

This is the complete original EFT Basic Recipe.

### About the 9 Gamut

The 9 Gamut has been called the Brain Balancer. The eye movements, humming (right brain) and counting (left brain) help to engage the right and left sides of the brain. It was a part of the original EFT Basic Recipe, but in EFT history, Gary Craig stopped using it routinely around 1998 when he realized that he usually got excellent results without it. However, many practitioners find it to be a useful tool. The 9 Gamut generally creates a pleasant feeling and it can help shake things up, especially when working with a persistent problem.

## Variations on the Setup Phrase

The classic EFT Setup phrase involves acknowledging the problem (“Even though I have this\_\_\_”) while at the same time affirming self-acceptance (“I deeply and completely accept myself”). The Setup has the effect of diminishing internal resistance to change (traditionally called Psychological Reversal), thus opening the system to healing and positive change.

At EFTfree.net, we consider the Setup itself to be profoundly healing. To affirm that we accept ourselves despite our problems is a compassionate way to approach any challenge. We have found that the standard wording may or may not fit for all people, and when it does not feel right, there are many variations that work just as well.

*Even though \_\_\_\_\_, I want to accept myself*  
*Even though \_\_\_\_\_, I can accept that this is just where I am right now*  
*Even though \_\_\_\_\_, I want to love and accept myself with compassion*  
*Even though \_\_\_\_\_, I can choose to be a little kinder to myself*  
*Even though \_\_\_\_\_, I accept all my feelings without judgment*  
*Even though \_\_\_\_\_, I can love and accept all parts of me*  
*Even though \_\_\_\_\_, I love and accept my young self*  
*Even though \_\_\_\_\_, I’m ok anyway*

We also favor variations that allow for our healing process to unfold. In other words, we may not be at self-acceptance right away and the standard phrase feels like too much of a stretch. Sometimes expressions like these feel more respectful of our true feelings:

*Even though \_\_\_\_\_, it’s time to bring some healing to this*  
*Even though \_\_\_\_\_, that’s just how I feel*  
*Even though \_\_\_\_\_, I can let these feelings safely flow*  
*Even though \_\_\_\_\_, I’m open to the possibility of healing and change*  
*Even though \_\_\_\_\_, I’m willing for this to transform*  
*Even though \_\_\_\_\_, I acknowledge all these feelings*  
*Even though \_\_\_\_\_, I honor myself for how hard it has been*

All of these expressions work beautifully to create an openness in our system which allows EFT to help us release negativity, change our thinking, transform the emotional energy, and facilitate the healing process.

## Questions and Answers

### **How hard do you tap and how many times? When there are bilateral points, should you tap on one or both?**

It works well to tap with your fingertips a minimum of 7-10 times on each point, but there is no need to count. If it feels right to stay on any point and keep tapping there, that is fine too. A light, gentle tapping is all it takes. When there are points on both sides, it works fine to tap on just the right or just the left or even switch sides during the Sequence. Or you can try using both hands to tap both sides simultaneously. Try different ways and see what feels best to you.

### **Why are there variations in the tapping points that some people use?**

EFT is a flexible process. The original points in the Sequence are all endpoints of meridians. The Liver Point (under nipple) is also a meridian end-point but was not included in the original Sequence. Some like to add the Liver Point in the Sequence. The most popular addition is the Top of Head (TOH), which has been used widely as EFT developed. The Top of Head is called the Hundred Meeting Point in acupressure, and tapping there feels very supportive and effective for many people. Another favorite addition is tapping inside the wrist, which feels great and accesses several meridian lines.

### **How do I know what to say when I'm tapping?**

The Basic Recipe is a verbal formula that you can simply plug-into and usually get results. We consider it the "default" setting. You can also be very free-flowing with the Setup (Even though...) and the Sequence (This \_\_\_\_\_ feeling,) as if talking to yourself about the issue. Our Alternatives To The Setup section (page 22) gives you many ideas to customize the Setup so that it fits for you. Just remember that you can't do it wrong and that there are no magical right words. The words you use just serve to help you tune in to your issue as specifically as possible, so feel free to say what fits for you.

### **Can I tap for others?**

Yes. For a child, a sick person or anyone who would like to receive the tapping this way, you can tap on them and say the words for them as they repeat out loud or silently listen to the words. The other form of tapping for others is called

Surrogate Tapping. In this method, you tap on your own body on behalf of the other person, even if they are not physically present. See the Art of Delivery section for more on how to use Surrogate Tapping.

### **Does it work for animals?**

Yes, very effectively. Most work with animals is done using Surrogate Tapping. As you tune in to the animal's experience, imagining what they must be going through, you tap on your own body on their behalf. Animals are very sensitive to emotional energy, and they seem to respond well to this kind of attention.

### **Does EFT cure serious or chronic illness (lupus, cancer, depression, etc.)?**

Serious illnesses are usually considered quite emotionally complex, and EFT can play many roles in supporting healing. EFT can certainly help with some symptom relief as well as the side effects of treatments and medications. And if a person is willing to delve into the possible emotional contributors to an illness, such as on-going stress, childhood trauma, unresolved grief and loss, identity issues, etc., EFT sessions over time may help a great deal. The body, mind, and emotions are intimately connected, and EFT addresses the whole person, sometimes with amazing healing results. Yet each person's healing journey is unique and it cannot be claimed that EFT is a "cure" for serious illness. In our experience, EFT works best as a part of a strategy involving a comprehensive healing team.

### **Can it really be done properly over the phone?**

Yes, definitely. Many EFT professionals conduct a large part of their practices over the phone. This is not simply for convenience. Some clients open up more with a "stranger" in the privacy of a phone session, and visual distractions are eliminated. Most people find that it creates a common inner space of listening, which feels very healing. Tapping sequences can easily be guided on the phone.

### **How do I tap in public?**

There are many ways short of running to the restroom.

1. Just tap on inconspicuous points, like Side of the Eye, Collarbone, Gamut and/or Karate Chop. Consider tapping with one finger.
2. Instead of tapping, simply rub, press or touch the points.

3. Squeeze the tips of your fingers under the table.
4. Imagine yourself tapping – it works!

### **Should I drink water?**

Drinking water is usually a good idea. Water conducts electricity (energy). Since our physical body is 70-80% water and we are an electrical energy system, it makes sense to stay well hydrated for any kind of energy work, including EFT. Some people actually get thirsty during or after tapping.

### **Do EFT Scripts work?**

Yes they do. While all our stories are different, the underlying emotions, like sadness, anger, or loneliness, are universal. Although EFT works best when we can be as specific as possible, a well-written, generalized EFT script can open the door to deep healing by helping us explore our own emotions more fully.

### **Can I use EFT with other methods/techniques?**

Yes. There are many valuable other healing techniques out there that can be combined with EFT in beneficial ways. Psychotherapy, counseling, hypnotherapy, TAT, Reiki, Events Psychology and more can be integrated with the EFT process. Many traditional therapists are astounded at how fast EFT works and how effective it is, and many often use it as an adjunct to their regular practices.

### **When should I see a practitioner?**

If you have a complex issue (like childhood abuse or low self-esteem) and get stuck tapping on your own, it is a good idea to contact a practitioner. Working with a practitioner gives you emotional support, guidance, a different perspective, and usually – better results. What we call the Art of Delivery of EFT is not something you can learn within days or weeks from a book or a DVD alone.

### **Why do I have to keep stating the negative?**

Remember that the Reminder Phrase (repeated as you tap through the Sequence) is a short form of the longer Setup phrase, which is actually positive. For example, the Setup phrase might be: “Even though I am experiencing this fear

and sadness from when I was in the third grade, and I can feel it as a tightness in my stomach, I love and accept myself." The Reminder Phrase might be variations on "this fear and sadness," "this third-grade fear and sadness," "this sadness in my stomach," etc. A good rule of thumb is to use any words that will keep you focused on the energy of the problem, which can feel uncomfortable.

**Helpful Hint:** By allowing yourself to safely focus upon the negative while doing the Reminder Phrase, you give uncomfortable feelings the opportunity be safely expressed and transformed by your tapping attention.

### **Is there a way to bring in positive affirmations?**

Yes, and it is great fun. First, address the negative feelings and emotions. Once the feelings are no longer pronounced (at an intensity of 0, 1 or 2 perhaps) and you find yourself willing to "go positive," it may be a good time to "tap in" that which you would like to feel. Is there a part of you that is ready to feel calm, peaceful, content or at ease, for example? There are many ways to be creative and playful as you tap:

*Even though I've had this (name problem), it is calming down, and I give myself permission to feel (content, peaceful, happy, etc) instead.*

Another way to tap in positive affirmations is simply to tap in lists of things you are thankful for, whatever you find beautiful or meaningful, or things you would like to feel about yourself or your life. After meditating, you might tap around the points speaking thoughts about this day being a good one, consciously bringing light and heart energy into your day, or allowing happiness to fill you.

**Helpful Hint:** Allow this to be a gradual process. Increase the levels gently so that your system rises to the occasion in an organic way, and you maximize the probability that your newfound peace and confidence will become your new comfort zone.

### **Is there a way to assess progress without using the numbers 0-10 all the time?**

Yes. Consider all of the different aspects of the situation or trauma that you are working on. Is there a visual picture that has formed? If so, how bright is the picture? Can you see colors? How clear are the people and objects in the picture? Are there other senses that are engaged? Then, as you find yourself at

natural breaks in your tapping sequence, take a moment to sense where you are. Does the picture look lighter, more faded, maybe even pixilated or dispersing, turning black-and-white or sepia? What about where it was located in your body? If it was expressing itself as a tightness in your stomach, is that tightness still there? Has it lessened, moved, or changed? And so on, through all the senses that have linked into your issue or concern.

### **How do I tap with children?**

Playfully! Have a sense of humor and play. It is often helpful to get down on the floor with children, and while letting them lead the discussion, be aware that they, of course, articulate things differently than adults do. Bring in colors, sparkles, shapes. Use a toy to tap around the points; a teddy bear or any stuffed animal or doll is really helpful. Let the child tap on the stuffed animal as he or she talks about what is going on, and shift from time to time over to having the child tap on herself. You can hold a stuffed animal yourself and tap along, guiding the child through the issue.

### **Does EFT always work instantly?**

If it did, there would be no need for this manual, website, or our work at all. EFT is not a magic pill. Although, there are times when profound shifts and positive changes occur immediately, at other times, the process is a longer one, requiring many sessions (either with yourself as practitioner or with a professional practitioner). Often there are a variety of aspects that have contributed to the concern, and it can take many rounds or sessions to resolve a complex issue.

### **I cannot tap with my fingertips, is there an alternative?**

Yes. Try simply touching the points while speaking aloud (or in your mind) as you work through the EFT process. The method of slowly and deliberately exhaling your words while touching each point (known as “touch and breathe”) is a very effective application of EFT.

You may also try simply *imagining* the tapping. As you work through the EFT process and visualize tapping each point, the same neural pathways are activated in the brain. While it requires a particular kind of concentration, many people feel that imagining the tapping gives the same profound results as regular, physical tapping.

## Art of Delivery Basics

The real skill in applying EFT involves an understanding of the Art of Delivery. In this manual, we wish to give you an introduction to some of the most important tried-and-true Art of Delivery principles. The concepts, hints and tips that follow have proven to be highly effective and can really help you get results. There is, of course, no substitute for practice, experience, and in-depth training, but the basic guidelines below will get you started with some essential skills. You can find a comprehensive list of Core EFT Principles at [www.EFTfree.net/2009/12/22/the-core-eft-principles](http://www.EFTfree.net/2009/12/22/the-core-eft-principles).

The Art of Delivery Basics included here are:

- Being Specific
- Breaking Issues Down To Specific Events
- Shifting Aspects
- Testing Your Work
- Sneaking Up On Intensity
- The Generalization Effect
- The Movie and Tell The Story Techniques
- Noticing Cognitive Shifts
- Getting Beneath the Surface with Physical Issues
- Uncovering Core Issues
- Intuition
- Surrogate Tapping
- The Importance of Persistence
- Reframing a Positive Vision and Handling Tailenders

**Helpful Hint:** We include “good questions to ask” in many of these sections. Good questions are key to skillful Art of Delivery. If you’re working on your own, feel free to ask yourself these questions and alter them to suit your individual situation.



## Being Specific

The chief mistake beginners make with EFT is to tap in a global way, after only vaguely identifying what they are tapping for. Taking some time to determine, very specifically, what you are targeting with your tapping is perhaps the most important Art of Delivery skill.

Good questions to ask yourself or others:

Exactly what does this feel like to you? Describe what you are feeling in your body.

What specifically bothers you about this?

What is an example of this problem in action?

For example:

**Q:** "So, you're mad at your boyfriend? What specifically bothers you about him?"

**A:** "He's an idiot."

**Q:** "What is an example of a time when he was really an idiot?"

**A:** "Well, there was that party last week and, when I entered the room, he turned to his friends as if I didn't exist."

Tapping on the most intense feelings about this incident (i.e. anger, I don't exist, I feel deprived, unloved, unseen, etc.) will be the most effective.

## Breaking Issues Down To Specific Events

A global problem may be something like "self-esteem." But such an issue is actually made up of many things: childhood fears and beliefs, traumatic events, self-blame, etc. Tapping for the global problem may not seem to give results; however, breaking it down into specific events usually does. If you are on the lookout for them, you will notice when specific events come to mind during the process. You can also ask questions in order to bring specific events to the fore.

As you tap for specific things that have contributed to the issue, the global problem becomes lighter and eventually may be completely resolved.

Good questions to ask:

What specific event does this remind you of? Pick one.

Who in your life makes you feel this way? Focus on an incident with this person where you really felt this strongly.

How long have you felt this way? When did it start?

If you can't come up with a specific event, you can create one that would have been typical:

So your mother was always yelling at you. Just imagine a typical event. Where would you be in the house? What would she probably be yelling at you about? What does her face look like?

This will usually bring up the feelings, which is all it takes to tune in and apply EFT.

Whether you know something really happened this way or not, the event that you tune into is real in your internal experience. This can be your perception of things or even what you imagine might have happened. Any way you can work with specific events gets results.

### **Shifting Aspects**

Aspects are different parts or various details of a problem. They can be specific things that upset us or they may be different layers of emotion that emerge as we tap.

For instance, if you are tapping for the traumatic memory of an auto accident, you may have to tap for the sound of the tires squealing, the memory of the headlights, the fear, the shock, the anger, etc. Tapping for a mouse phobia, you might tap for the sight of a mouse, the scurrying of its movement, its hairless tail, etc.

Good questions to ask yourself or others:

What bothers you the most about this?

What else bothers you?

What details do you see when you think about it?

People don't always realize that they have shifted aspects. For instance, you may still feel upset after several rounds of tapping -- but are you still upset about the same thing? What is bothering you now?

### **Testing Your Work**

We often start by rating the intensity on a 0-10 scale. By measuring our intensity, we can test how far we've come. For some people, numbers help us notice the small changes. If numbers don't work for you, any way of measuring your intensity is fine.

Whether working with yourself or others, it can help to write down all the details of what it feels like before you tap. Then when you go back afterwards, you will notice what has changed. A great way to test is to revisit what was bothering you so much.

Good questions to ask yourself or others:

Say those words out loud now. What do you feel?

Tell the story again. How does it feel to go through it?

Imagine the situation. What still bothers you?

Other ways to notice that things are shifting:

We may see the picture differently (i.e. the color changes, loses intensity, turns to black and white or sepia, gets smaller, seems literally farther away, etc.)

We may experience a physical shift (i.e. the queasy feeling in our stomach about the issue may be gone).

Sometimes another physical sensation then arises. If so, you tap for that.

### **Sneaking Up On Intensity**

If you anticipate that something is going to be intense, tap for your feelings before visiting the upsetting issue:

Setup: "Even though talking about that event is going to be hard for me, I accept myself anyway. I accept where I am with this right now..."

Sequence: "I'm afraid it will be hard..." or "I'm scared of going there..."

Only when you feel calmer and more at ease will you actually face the issue. Then, when you do start to talk about it, it will be much less upsetting.

Good questions to ask:

Do you dread having to tell this story?

How do you feel when you think about going through it in your mind?

You can tap to take the edge off anytime. Tap for what you anticipate feeling:

Setup: "Even though I can't think about this because it would upset me..."

Sequence: "It would upset me too much..."

It is good self-care to tap as you go and never force yourself to proceed until you are comfortable doing so. If intense feelings come up anyway, just tap all the points over and over and keep breathing deeply while tapping until the uncomfortable feelings subside. At this point, you may be so tuned in to the issue – you do not necessarily need any words.

## **The Generalization Effect**

After you address a few related specific events with EFT, the process starts to generalize over the entire global issue, and the emotional charge of whole problem may seem to collapse. For instance, if you were physically abused as a child and you tap to heal and neutralize the emotions for several of the worst incidents, the healing may generalize and spread over the whole situation.

Even incidents that you have not addressed with EFT may be much less upsetting or even neutral. War veterans with hundreds of traumatic memories have reported that after tapping for 5 or 6 of the worst memories, most of their remaining terrible memories seem distant and no longer painful.

A good question to ask yourself or others:

Think of something else that happened, something similar - does that bother you like it used to?

## **The Movie and Tell The Story Techniques**

When working with a specific event, these approaches really help to gently release intensity, uncover aspects, and eventually test your results. They are forms of sneaking up on intensity.

Begin by giving the situation a name and using that title to address the intensity before ever going into the story of what happened.

Good questions to ask:

If this event were a movie (or a story), what would the title be?

When you think of the title, how does that make you feel?

If you were to run the movie in your mind (or go through the story), how intense do you think that would be for you?

How many scenes are in your movie?

Do several rounds of EFT on “this \_\_\_\_\_ movie” or “this \_\_\_\_\_ story” to reduce the intensity before going through the full movie or story.

When you are ready, begin to go through the movie or tell the story as if you had never told it before. Start at the beginning and stop whenever you feel any intensity. Each time there is intense feeling, stop and tap on that piece of the story until the intensity has released.

Next, rewind the movie a little and go through that part again. What does it feel like now?

Tap again for any remaining intensity and then proceed with the story...

When you have been through the whole story, rewind and start over. Tell your story again, being mindful of remaining intensity. Sometimes you will come up with details you didn't think of the first time through. Keep going through this movie or story, pausing to tap for any disturbing details, until the movie or story no longer has any negative emotional charge to it. Notice how neutral you feel about the event now and how this feels in your body.

### **Noticing Cognitive Shifts**

We may not always realize that we are beginning to see our situation differently. EFT helps create “cognitive shifts,” or changes in our thinking, our attitude, or our perspective. We can tell a cognitive shift has happened when we are:

- Seeing the other person's point of view for the first time
- Having more compassion for ourselves
- Knowing that we did the best we could
- Seeing the bigger picture
- Seeing ourselves differently

Good questions to ask:

Has anything changed in the way this whole thing looks to you now?

How might you see this (or yourself) differently now?

## Getting Beneath the Surface with Physical Issues

Most physical issues have an emotional component. To understand this concept, try working only on the emotional pieces of a physical problem and see what kind of results you get.

Good questions to ask:

If there were an emotion involved in this physical problem, what might it be? What have you been going through lately?

What was going on in your life when this physical problem first started?

How does having this illness or pain make you feel?

If your knee, back, or stomach could speak to you, what might it say?

Is there anyone or anything in your life that's a pain in the neck for you?

**Helpful Hint:** Consider that our bodies are living, breathing metaphors for emotional states. Our language offers us many hints around ways physical pain or discomfort might be related to emotional issues, like the pain in the neck and other body parts. You could be:

- Pissed off with a bladder infection
- Bending over backwards too much in order to accommodate others (back pain)
- Irritated by somebody (skin rash)
- Heartbroken (heart disease)
- Suffocated by somebody or a situation (asthma)
- Carrying burdens or too much responsibility (tight shoulders)
- Not allowed to speak your truth (throat problems)
- Stuck in rigid, stiff thinking (stiffness in any body part)
- Sick with fear and dread (stomach or intestinal upset)

**Helpful Hint:** Loss of self-expression or self-esteem of any kind may need to be investigated when working with any physical issue. Go back several weeks or months if needed. For example, what haven't you been saying?

## Uncovering Core Issues

If we pay attention to the thoughts and feelings that arise during tapping for any issue, this emotional trail will often lead us into the actual core of the problem. A few simple questions can take the session much deeper, and perhaps reveal the emotions, thoughts or beliefs that are driving the whole problem.

Again, the best EFT question to uncover core issues is this:

What does this remind you of?

Whatever comes to mind is worth exploring. Often we do not consciously know what the core issue is, but this simple question will uncover clues. Even if we think we've already worked on the issue, there may be many layers, including issues of identity (limiting beliefs) that have yet to be thoroughly addressed.

Another excellent approach is to hold a space of awareness after tapping:

After that round of tapping, pay attention to your thoughts and feelings. What is coming to mind?

Other good questions to ask:

When was the first time you can remember feeling that same kind of feeling? When was one of the worst times that you felt this?

If anyone in your life contributed to this problem, who might that be?

If there were a deeper emotion underlying this problem, what might it be?

If you could live your life over again, what person or event would you prefer to skip?

In what way might you be identified with this problem? Could this problem be protecting old ideas about who you think you are?

If the answer is, "I don't know," just take a guess. Our deeper mind does know and our guesses are usually right on target. Let your feelings be your guide...

## **Intuition**

When practicing EFT, you are part of the equation. Whether you're giving a session or doing EFT on yourself, what is coming to mind during the process is probably important. Any hunches or intuitive thoughts or feelings that arise are worth your attention and exploration, and may even be worth throwing into the Setup phrasing. Keep in mind, if you are working with another person, it is most respectful to ask whether your intuitive guess feels right to them. When in doubt, ask.

## **Surrogate Tapping**

Surrogate Tapping is tapping on your own body on behalf of another. This could be another person or even an animal. Imagining that you are feeling what another is feeling can be deeply connective and healing for everyone. For example, one person used Surrogate Tapping for her cat in a particular way. Her cat was having trouble swallowing pills, so she tuned in to what she thought her animal might be feeling and tapped on her own body. In this example, after several rounds, the cat visibly relaxed and took her medication more easily:

*Even though I really hate these pills, they hurt my throat and chest, I'm a good cat and mommy and daddy love me very much...*

## **The Importance of Persistence**

Although EFT often yields impressively rapid results, some of the deepest and most lasting healing is achieved by being persistent with tapping over time. Many of life's issues are complex and many-faceted, and it may take us many twists and turns – and time – to achieve the resolution we seek. Gentleness and patience are important.

For instance, serious illness and chronic conditions will often require long-term support with EFT, as they involve many emotional components. Continue tapping for different aspects, approaching things from different angles, and asking more questions that may lead to core issues. Persistence with the process can make all the difference.

## Preframing a Positive Vision and Handling Tailenders

Finding our way to identifying how we would rather feel (or where we would rather be) can contribute mightily to the healing process. Encouraging our ability to see the light at the end of the tunnel can help give us a goal worth attaining, get our minds around the idea that we do not have to be stuck, and literally take us one step closer to living our dreams.

On the flip side, connecting with the energy of a positive vision can bring up all kinds of negative thoughts and feelings for us. Luckily we have EFT to help us disarm the powerful “yes, but” statements or *tailenders* that threaten to derail our plans. It is helpful to view tailenders not as saboteurs, but as protective parts of us, convinced that change is dangerous and unsafe. With systematic tapping attention, we can reassure these voices, give them new jobs, and step more comfortably and confidently out of old comfort zones and identities.

### 1. Identify a positive vision:

*I want to feel comfortable and confident at my new job. I want to love being of service and feel safe in my work environment. I want to feel good about myself.*

### 2. Imagine inhabiting your vision:

*I am confident in myself and I love meeting new people.*

### 3. Notice any “yes, but” statements or tailenders that come up and apply EFT:

*Yes, but I don't feel good about myself. I'm not good with others. I'm too self-conscious. I'm afraid to assert myself. I'm afraid they won't like me.*

Apply EFT to each “yes, but” statement that comes up – and keep doing it for each specific issue you have, gently following the emotional trail. Resolving tailenders will take you forward in quantum leaps towards naturally inhabiting any new changes you may wish to make.

**Helpful Hint:** This exercise can bring clarity to any “driving with the brakes on” behaviors that may be sabotaging your progress. What beliefs about you (or the world) might these tailenders be protecting?

## Troubleshooting: When EFT Doesn't Work

If EFT does not seem to be working, please consider the following:

### 1. You are not being specific enough.

Be sure you are identifying very specific feelings, body sensations, memories, or limiting beliefs/ self-concepts, etc.

When working with a limiting belief, for example, you can ask yourself, "How true does this feel?" If it feels true, you may need to be very persistent and get at all the reasons and events *why* you (or parts of you) are convinced it's true:

*I believed I was no good because...*

If the issue is fear of public speaking, you can try to remember any bad experiences as a child or teen, even if you think you are completely over them. As you revisit these and tap, you may be surprised at the emotions that arise.

*Even though I was embarrassed in front of the whole class in third grade...*

*Even though my math teacher made me stay at the board until I got it right...*

*Even though I stumbled over my words in the speech in front of the school...*

### 2. There may be a deeper core issue that has not been reached.

Keep exploring to find core issues by continuing to ask appropriate questions that allow you to follow the emotional trail.

More core issue questions:

What's your theory of the deeper roots of this problem? Just take a guess.

Is there anything you feel you will never get over?

If there were another issue we're not touching on yet, what might it be?

What is your biggest issue right now?

What is still bothering you about \_\_\_\_\_, right now?

**3.** Some part of us is holding on to the problem, for whatever reason, and does not want things to change.

Parts of us that are resistant to change are often protecting us in some way. We may be protecting an old identity or an unconscious *need* to feel a certain way. How might parts of you be protecting you from the effects of change?

Good questions to help disarm resistance:

If some part of you didn't want this to change, what would that part have to gain? What is the advantage of keeping this problem? What are you getting out of this? What are you getting to express? Who are you getting to be because of this? Who would you be – or have to be – without this?

You may benefit from trying some of the following EFT language:

*Even though I don't deserve to get over this problem...*

*Even though it isn't safe for me to get over this problem...*

*Even though some part of me is holding on to this...*

*Even though some part of me is protecting me...*

*Even though some part of me is in a comfort zone with the way things are...*

*Even though I can't give myself permission to let this go...*

*Even though I'm afraid others may be hurt or harmed if I allow myself to get over this...*

*Even though it would not be fair for me to move on when others are still stuck...*

Are these ideas ringing any bells? It may be that our very identity is threatened because carrying a problem is all we've known.

Who have you believed you are because of this problem?

Sometimes there are delayed results. You can always "sleep on it" and see how it all feels the next day. Sometimes we've accomplished more than we think.

## The Science Behind EFT

Entire books could be written about this subject, and we hope that one day we will have them on our shelves, our websites, and our digital readers. Until that time, however, there are a number of areas to which we can look for the science behind EFT.

### Acupuncture/Acupressure/Meridians

Because EFT is a meridian modality – a technique that uses the pathways known as meridians, we can draw upon much of the research and understanding that has developed in the field of acupuncture/acupressure. Use of the meridians in traditional Chinese medicine goes back millennia. But Western medicine had largely dismissed acupuncture/acupressure because there were no Western-style studies and because the meridians seemed to have been invisible at all levels. Now, however, many studies have confirmed the efficacy of acupuncture and acupressure. In 1997, the National Institutes of Health (NIH) endorsed acupuncture treatment for a variety of ills, and in 2003, the World Health Organization (WHO) did the same. There is also significant evidence of the physical existence of the pathways, or meridians, themselves.

Specifically, in 1991, there was an experiment done with light; light focused on the acupoints traveled subcutaneously along the meridian lines (Pankratov S., "Meridians conduct light," *Raum und Zeit*, 1991). In 1992, there was a published experiment done with radioactive tracers, which documented meridians---tracers injected at known acupoints followed the meridian lines, whereas tracers injected at non-acupoints spread out concentrically with no lines evident. Further and importantly, the tracers traveled faster in healthy people, thus collaborating the widespread understanding that energy moves along the meridians better in those who are healthy. ("A Study on the Migration of Radioactive Tracers after Injection at Acupoints," *American Journal of Acupuncture*, Vol. 20, No. 3, 1992; Jean-Claude Darras, Pierre de Vernejoul, and Pierre Albarhde, C.H.U. Necker - *Enfants Malades*, F-75 743 Paris Cedex 15, France.)

Further, research has been carried out and published on the physical structures of the meridians, which are called Bonghan channels. Previously, these channels, which travel throughout the body precisely in the places predicted by

meridian mapping, were undiscoverable because there was no system of microscopy fine enough to capture them. The technology has caught up with the hypothesis, and a number of studies have been published that establish the existence of the meridians.

In April of 2009, an article was published detailing physical structures, or Bonghan channels that correspond to the traditional acupuncture meridians. According to the paper: "Recently,[...] a number of scientific papers have been published that have the potential to revolutionize our understanding of how acupuncture works. A group of Korean researchers have rediscovered threadlike microscopic anatomical structures that correspond with the layout of traditional acupuncture meridians or channels. Acupuncture channels are no longer imaginary lines, but specific anatomical structures that, until now, have not been recognized by current theories of anatomy." (Milbradt, "Bonghan Channels in Acupuncture," *Acupuncture Today*, April 2009, vol. 10, issue 4.)

And, finally, there is no question that stimulation of the acupoints is effective whether needles are used or not. In May of 2009, a study conducted by Cherkin, Sherman, et. al. showed acupuncture or acupoint stimulation to be effective for 60% of people with chronic back pain, regardless of the type of acupuncture (standard, custom, or toothpicks on acupoints) vs. effective rate of 39% for people who were given standard treatment (medication and physical therapy). The authors wrote that, compared with usual care, all forms of real and simulated acupuncture "had beneficial and persisting effects." (Cherkin DC, Sherman KJ, et. al., "A randomized trial comparing acupuncture, simulated acupuncture, and usual care for chronic low back pain," *Arch Intern Med.*, 2009 May 11;169(9):858-66. PMID: 19433697 [PubMed - in process])

William Tiller, PhD, had already demonstrated in 1997 that acupoints can be effectively stimulated by tapping or pressure, and do not require needles. (Tiller, William, *Science and Human Transformation*. [California: Pavior, 1997] p. 119.)

## **Neuroscience, Epigenetics, and the Body**

EFT is one of the most powerful bridges between our conscious mind and our body. Applying EFT helps the body-mind to process, integrate, and facilitate homeostasis, i.e. the best condition for healing to occur. By bringing together the powerful brain functions of intention and reasoning, expressed through language, with the physical act of tapping on the points, we are sending signals

to the parts of the brain that govern survival instincts, known as the fight-or-flight response. We are literally able to allow trauma, pain, and emotional imbalances to release in a way that is gentle, safe, healing, and therapeutic. In addition, the new biology of *epigenetics* has proven that cells are responsive to their environment. Bruce Lipton, PhD, a pioneer in this field, has stated that EFT can profoundly influence gene activity, health, and behavior.

## Missing Link

EFT is, we believe, the missing link on both the body side of medicine and the mind side of healing strategies or modalities. The medical profession in the West has long ignored emotions, stress, and lifestyle as drivers behind physical ailments, and the psychiatric/therapeutic community has often overlooked the body's role in the client's disorder or discomfort. EFT bridges the two, linking emotions, trauma, and stress to the physical ailment or discomfort or sensation. That bridging, done with expertise, can resolve, lessen, and/or significantly alter the presenting problem.

Dawson Church and others posit that tapping on the acupoints sends signals directly to the amygdala, the part of the brain that is involved with the fight-or-flight response. By doing this while tuning into the concern verbally, hyperarousal (i.e. panic and other intense reactions) is instantly reduced in a way that is not seen in other interventions. Although the research is still in early stages, it suggests that acupoint stimulation does indeed reduce the stress response (the flight-or-flight syndrome). This understanding opens up the entire discussion of subcortical and subconscious involvement with stress, trauma, and other problems. The language of neuroscience does much here to help us understand the entire subject, and the reading is voluminous. For now, it is best to list some books that have been particularly helpful.

## Recommended Reading

For a more comprehensive understanding, we recommend the following books:

Church, Dawson. *The Genie in Your Genes: Epigenetic Medicine and the New Biology of Intention*, 2nd Ed. Santa Rosa: Energy Psychology Press, 2009.

Doidge, MD Norman. *The Brain That Changes Itself: Stories of Personal*

*Triumph from the Frontiers of Brain Science*. New York: Viking Books, 2007.

Lipton, Bruce. *The Biology of Belief: Unleashing the Power of Consciousness, Matter, and Miracles*. Santa Rosa: Elite Books, 2005.

Rothschild, Babette. *The Body Remembers: The Psychophysiology of Trauma and Trauma Treatment*. New York: Norton, 2000.

———, with Marjorie Rand. *Help for the Helper. The Psychophysiology of Compassion Fatigue and Vicarious Trauma*. New York: Norton, 2006.

In both Rothschild books, the neuroscience and language are what are particularly helpful, as well as her understanding that typical “talk therapy” has been lacking in addressing trauma – that there needs to be a physical component.

Scaer, Robert. *The Body Bears the Burden*, 2nd Ed. New York: Haworth Press, 2007.

For more research information as it develops, please visit:  
<http://www.eftfree.net>



## About Us

The EFTfree Manual was conceived and developed by the four experienced EFT professionals behind EFTfree.net: Betty Moore-Hafter, Carna Zacharias-Miller, Lynne Shaner, and Jade Barbee. We hope our efforts truly reflect the spirit and core of EFT as developed by Gary Craig and expanded upon by the hundreds of passionate and skilled practitioners who have brought EFT forward into public consciousness over the years. We trust that the EFT skills offered here represent the core from which the Art of Delivery surely expands.



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