

EFT Basics

How to apply EFT to yourself quickly, easily and effectively, and eradicate fears, anxiety, stress and more

by

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Important Note To All Readers

EFT (Emotional Freedom Techniques) is not designed to replace any appropriate medical treatment or advice. Although I have not been made aware of any side effects or contraindications with regards to EFT, by continuing to read this ebook you agree that it is your responsibility to take full care of your own well being when using the techniques in this book. **If you have been diagnosed with any psychiatric disorder or feel you may be suffering from one, please consult your doctor before using EFT and this ebook.**

Working with our emotions can be a little like peeling an onion; sometimes when using EFT and revealing the layers beneath unexpected negative emotions can surface, even if only for a brief time. If you are in any doubt about using the techniques by yourself, please consult a qualified EFT practitioner alongside working through this ebook.

Why Learn EFT With This Ebook?

This EFT Basics ebook has been written with **you** in mind, to teach you this useful tool from scratch. EFT can be used on practically any emotional or physical issue, without risk of any known side effects.

This ebook aims to:

- introduce you to the wonderful technique of EFT
- teach you the technique quickly and easily, but thoroughly
- enable you to use EFT on yourself for a wide range of issues
- answer any questions you have about EFT
- solve any problems you have applying EFT
- empower you to use EFT in your every day life
- help you tap into your true potential!

EFT is essentially a self-help technique. It is easy to learn and apply on yourself, even without the help of a practitioner.

Some people first learn EFT in a therapeutic setting; in a one to one consultation with an EFT practitioner or in a group session. And many others learn by themselves, by reading books, looking on the internet, and watching [Gary Craig's online training videos](#). When I teach EFT in a therapy session, almost everyone goes on to use it by themselves on any number of issues to great positive effect. Amazing results are usually achieved however EFT is first learnt, so there is no reason why you shouldn't teach yourself with this ebook and look forward to achieving excellent results.

I have had EFT videos on my website for many years. They have received thousands of views and I often receive feedback saying that using the videos leads to excellent results! This has always pleased me to know, that even without meeting, I have managed to convey this wonderful technique and help others make real positive changes in their life.

EFT Basics

However the videos only have limited information, and I wanted to provide more in a format that can be read, saved, printed and really be available to anyone who wants to learn EFT.

So the idea of this EFT Basics ebook was born. Thank you for downloading it, and I hope you gain useful information and results with EFT.

How To Use This Ebook

If you have never used or learned about EFT before, it's probably best to read the entire book from start to finish. Don't worry! It's easy to read and concise, so it won't be long until you're tapping away your negative emotions.

If you know what EFT is, and now just need to learn the technique you may decide to go straight to the 'Let's Learn EFT!' section. Be sure to also read the sections after as they will iron out any problems you may have, and help you to gain as much as possible from EFT.

If you have used EFT in the past, and are reading this ebook as a refresher, feel free to look through the contents page and decide which sections are most important for you to read first.

There is no right or wrong way to approach this book. All the information is here for you to read and study at your leisure. Enjoy!

What Is EFT?

EFT stands for Emotional Freedom Techniques, and is also often referred to as 'Tapping'. Essentially EFT is an emotional form of acupuncture, where we use our fingertips to tap the meridian points rather than needles. This simple technique, which is easy to learn, is capable of dissolving negative emotions within minutes or hours. It works much quicker than traditional therapy which may require weeks, months or years and EFT often works where nothing else will.

So how was this connection between the Chinese meridian system and the emotions discovered?

The predecessor of EFT was TFT (Thought Field Therapy), developed by Dr Roger Callahan in the 1980s. While working with a client with an intense water phobia that she could feel as a sensation in her stomach, he asked her to tap on her stomach meridian point, located just under the eye. She immediately felt complete relief from her fear and it never returned! With this success Callahan went on to research and develop TFT.

In the mid 1990s Gary Craig, a student of Dr Callahan's, simplified the process and made it more accessible and easy to learn and apply. He named this evolved technique EFT, which in the last decade has been used successfully for countless different emotional and physical issues, and is used today throughout the world.

Gary Craig intended EFT to be accessible and available to everyone, and I share this wish. I believe that anyone can find a positive use for EFT, and applied correctly should see real improvements in their emotional self.

What Can EFT Be Used For?

There is no limit to what you can use EFT for. It has been applied to a vast range of emotional issues and physical symptoms, even ones where 'nothing else has worked' or 'can't be solved', and it still brings amazingly positive results in nearly all cases.

Here are just some of the issues I have personally seen EFT work well with:

- anxiety
- stress
- fears and phobias
- anger
- bereavement
- poor self esteem
- lack of self confidence
- weight issues
- relationship problems
- limiting beliefs
- insomnia
- lack of motivation
- physical pain
- dyslexia
- addictions
- and many many more..

How I Explain Why EFT Works

EFT can seem like an unusual concept, especially if you have no previous knowledge of the meridians, acupuncture, or any type of energy work. Therefore I find it useful to explain EFT in the following way..

The meridians are lines of energy that run through the body. They are like the body's electrics; a system of wires carrying power to every part of the body and mind. If there is a disruption in the meridian system we feel it as a negative emotion, which can also give us physical symptoms. This disruption is like a power surge or a short circuit in our electrics, and the power isn't flowing as well as it should be.

With EFT we tap on the end of each meridian, sending an impulse down the line to smooth out any disruptions so our energy can once again flow freely.

This state of balance after using EFT enables us to react in the way that is right and healthy for us; to meet challenges and issues in a logical, rational way without any damaging excess negative emotion.

Let's Learn EFT!

First of all I will show you where the tapping points are on the body. These points are the end points of certain meridians and they should each be tapped using the index finger and middle finger of one hand. It doesn't matter which hand you use or which side of the body you tap on, or if you swap between left and right. Use whichever is most convenient. The tapping should be firm enough so that you can feel it but not so hard that you bruise yourself! On average you should tap each point at least 7 or 8 times.

The points used in EFT (also refer to the picture on the next page):

Karate Chop

This is used in the 'Set Up'. It is found on the side of the hand half way between the base of the little finger and the wrist. This is where you tap when saying the 'Set Up' phrase.

Top of the Head

This is on the crown on the head, to be tapped with all the fingertips of one hand.

Eyebrow

At the inner end of the eyebrow, where the forehead starts to curve into the eye socket.

Side of Eye

On the bone next to the outside corner of the eye, but not as far back as the temple.

Under Eye

On the edge of the bone under the eye socket, below the centre of the eye.

Under Nose

Midway between the nose and the top lip.

Chin

In the hollow beneath the bottom lip, on top of the chin bone.

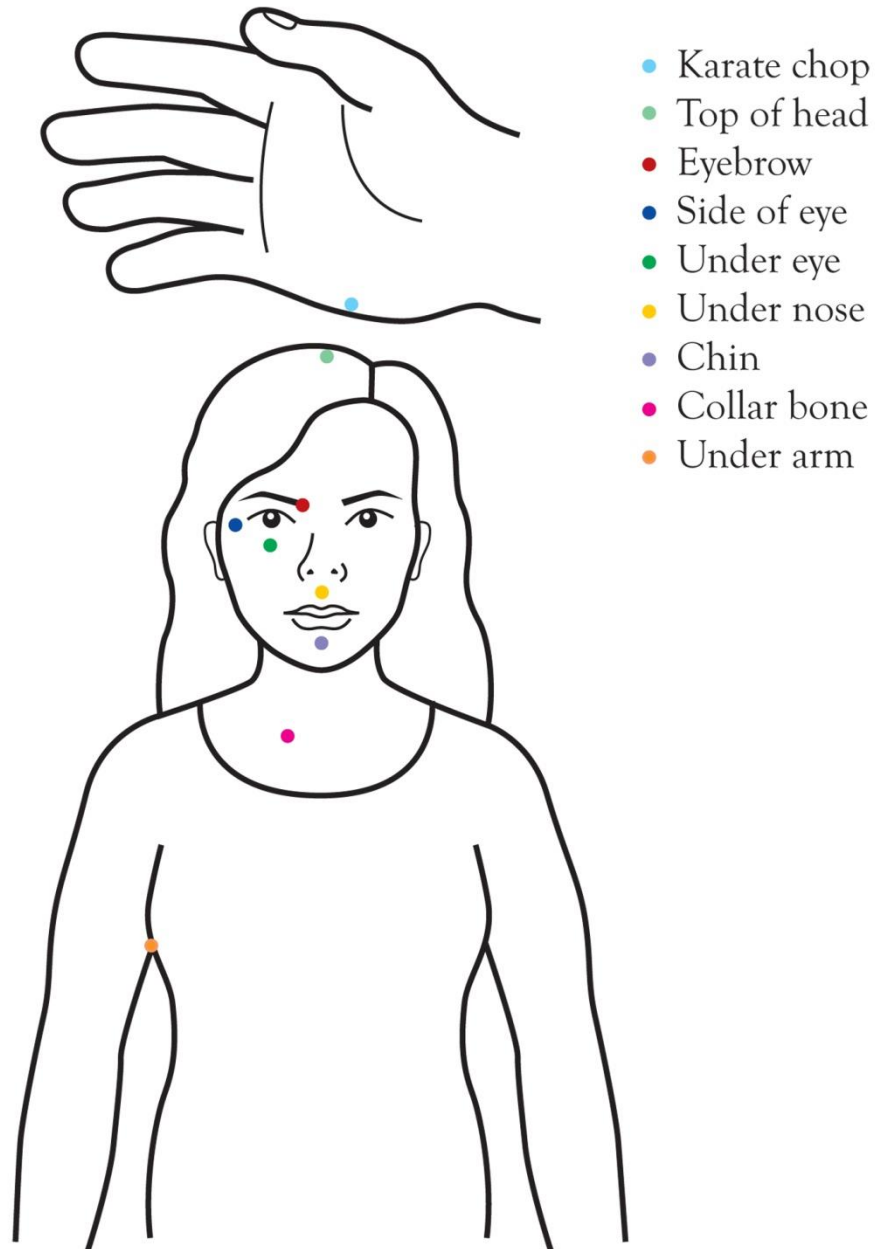
Collarbone

From the u-shaped notch at the base of the throat go down 1 inch and across 1 inch to find a hollow at the end of a collarbone. The collarbone point can be difficult to find so instead of tapping with 2 fingers, use your fist instead.

Under Arm

Take a line down from the armpit to a point level with a man's nipples or a woman's bra strap. This point can feel tender.

EFT Tapping Points



The Procedure:

1. Choose a specific issue that you want to deal with. Think about it and name the emotion it triggers in you (e.g. anger, fear, sadness)
2. Grade the intensity of the emotion on a scale of 0-10, where 10 is the highest discomfort and 0 is completely calm or neutral.
3. Choose the precise words of how you would describe the issue and emotion and try to be as specific as you can.
4. Now start with the 'Set Up' which is tapping the Karate Chop point while saying out loud three times "Even though I (this emotion/feeling), I deeply and completely accept myself". So for example this may be "Even though I have this fear of spiders, I deeply and completely accept myself".
5. Then while really thinking about the issue and keeping tuned into the emotion it creates tap a 'Round' which is tapping each of the points, with your index and middle finger, 7 or 8 times. While tapping each point say a short reminder phrase, e.g. "this fear" to keep you focused.
6. When you finished tapping the last point (Under Arm) check your score on the 0-10 scale. If it is 0 you are finished. If it has reduced but isn't yet at 0, do another complete round with an adjusted Set Up phrase such as: "Even though I still have some (this emotion) left, I deeply and completely accept myself".
7. Keep going until your score is 0.

What If It Doesn't Seem To Be Working?

If you do not feel your negative emotions clearing as quickly as you'd like them to, and your score isn't falling, take a look at the following tips to make EFT more effective.

- **Be specific with how you feel by using the exact words to match your emotions.** Listen to what you are saying about the issue and use those words in your 'Set Up' phrase. For example, saying 'feeling scared' won't be as effective if really you are feeling terrified, so use those words.
- **Choose a narrow and specific issue to work on.** Don't be too general by tapping on phrases such as 'I'm stressed at work' or 'I'm angry with my family'. Focus on specific issues or incidents and EFT will be much more effective as your mind then knows exactly what it has to work on.
- **Be persistent .** Some problems will take many rounds of tapping. If you're feeling any reduction at all you know you are going in the right direction, so keep going.
- **There may be other aspects to deal with.** Many problems have lots of different aspects, and although one has been reduced to 0, there may be others that arise and cause you to still have intense emotions. For example, if you were dealing with a spider phobia you may have to tap on 'fear of spiders', 'fear of moving spiders', 'fear of spiders touching me', etc.

Some Phrasing Examples

In this one ebook I cannot begin to suggest accurate phrases to use for each and every reader. This would run into thousands, if not millions, of pages! However I would like to give a few examples of different issues so you can see how you may make up your own phrases.

If you are suffering from **insomnia**, you could use the following: “Even though I’m anxious because I can’t sleep, I deeply and completely accept myself”. Then tap each point saying “feeling anxious because I can’t sleep”.

If you are scared of **public speaking** you may use a phrase such as: “Even though the thought of talking to a group of people absolutely terrifies me, I deeply and completely accept myself”. Then tap each point saying “terrified about talking to a group”.

For **back pain** you could try:

“Even though I have this dull pain between my shoulder blades, I deeply and completely accept myself”. Then tap each point saying “dull pain between my shoulder blades”.

To work with **cravings** for sweet food you could say:

“Even though I am craving chocolate, I deeply and completely accept myself”. Then tap each point saying “this chocolate craving”.

The most important points to remember when choosing your wording are:

- Be specific about your issue; narrow it down to the key point
- Use words that describe exactly how you feel
- Feel free to change your words as you tap if it becomes clearer how you are feeling
- Don’t be afraid to be really emphatic with your words, even swear if that’s how you feel!

An EFT Worksheet

Use the worksheet on the next page to easily apply EFT to any issue.

Print as many copies of this page as you want, fill in the blanks and get going!

Worksheet

Start by identifying the issue and the emotion attached:

Issue _____

Emotion _____

Grade the emotion on the 0-10 scale and write the number here: ____

Set Up Phrase:

'Even though I,
I deeply and completely accept myself' (say 3 times while tapping KC
point)

Reminder phrase:
(repeat above reminder while tapping each of the points)

Top of head

Eyebrow

Side of eye

Under eye

Under nose

Chin

Collarbone

Under arm

Take a deep breath, and now think about your original issue and
grade the emotion on the 0-10 scale. Your number _____

Keep repeating the above until you reach 0 or a level you are happy
with.

Where Can I Learn More About EFT?

Now you have got started with EFT and have all the basic skills at your fingertips, there are many ways to learn more both for personal and professional use.

More Reading..

If you haven't done so already, I strongly urge you to visit [the official website of EFT founder Gary Craig](#). There is a huge wealth of information there and online tuition.

If you're interested in using EFT in my specialist area, for fertility please take a look at [my EFT videos](#) for inspiration and ideas, and the [other EFT resources](#) I have available.

Studying EFT..

If you wish to study EFT professionally I recommend [the AAMET](#).

Ongoing Support..

For ongoing support from me and useful EFT reminders sign up to my Fertile Mindset newsletter at www.FertileMindset.com.

One-to-one Sessions..

There are some issues that may be too complex or upsetting to want to work on by yourself. If you would like the guidance of structured appointments on the phone or Skype, please [contact me](#).

A Final Word From Sarah

Thank you for taking the time to download and read through the EFT Basics ebook. I hope you have enjoyed learning and practising EFT. If anything in this book has not been clear, and you have any questions please do not hesitate to [contact me](#).

Now you have this fabulous technique at your fingertips, I urge you to experiment with EFT in every area of your life. Take the opportunity to use it on absolutely anything and everything. There are no limits to what you can use EFT for!

I would love to hear your experiences while using EFT. Do let me know how you get on and if EFT helps you dissolve unwanted negative emotions.

With love and best wishes,

A handwritten signature in black ink that reads "Sarah Holland". The signature is written in a cursive style and is underlined with a single horizontal stroke.

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