



EFT Manual

For Stress & Anxiety



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Disclaimer: While EFT has produced remarkable results, it must still be considered an experimental technique. By moving forward with this manual, you agree to take complete responsibility for your use with EFT and for your emotional and physical well-being. Emotional material may continue to surface after using EFT, indicating other issues may need to be addressed. The information presented in this manual is not intended to represent that EFT is used to diagnose, treat, cure, or prevent any disease or psychological disorder. EFT is not a substitute for medical or psychological treatment

Please enjoy this manual. May you experience more peace and calm in your life!

Introduction

Welcome to the wonderful world of EFT. EFT is a truly remarkable technique that anyone can use to gain emotional freedom. The possibilities are endless of how you utilize EFT.

EFT can help:

- ✓ Heal stress and anxiety
- ✓ Gain freedom from 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.)
- ✓ Gain freedom from intense fears and phobias
- ✓ Increase energy and productivity
- ✓ Diminish cravings for food and addictive substances
- ✓ Eradicate insomnia and sleep problems
- ✓ Resolve financial blocks and help us change our financial behavior



EFT can dramatically change your world

EFT is not your typical approach to healing. It looks different and seems too simple. As Gary Craig states, it's good to have "healthy skepticism". The only way you will know and understand the power of this approach is to try it. This manual specifically targets stress and anxiety. As you begin tapping, notice how different you feel; or how your body relaxes, or how you shift your perceptions. I believe you will be amazed at the results.

I have been a practicing mental health therapist for over 30 years. In the last 5 years, at least 80% of my practice and interventions is with EFT. Why? Because it works. And the good news is, it often works very quickly.



I invite you to explore, practice, experience and transform your emotions and thoughts. You are in for wonderful shifts and powerful changes!

What Is EFT?

EFT (Emotional Freedom Techniques) is an energy psychology technique based on the principles of Chinese acupuncture founded by Dr. Gary Craig; an engineer and performance coach. EFT helps to clear the blocks to heal from painful experiences, stress, physical pain etc. with remarkable speed and long lasting effects. It is basically an emotional version of acupuncture without needles.

Over 5,000 years ago, the Chinese discovered a complex system of energy circuits or meridians that run throughout the body. Traditional Chinese medicine believes there are 12 meridians that move throughout the body that brings energy to all the organs in the body and creates healing in the body. In acupuncture; needles are used to unblock the energy and restore health. In EFT; instead of using needles, you stimulate certain energy/meridian points on your body by tapping on them with your fingertips while you tune into your particular issue. By restoring the balance of the energy system, we are also neutralizing and reducing negative emotions.

It is a simple easy method to apply and you will often be surprised at the results you achieve. In all my years of practice, I have never seen or witnessed a technique that the client can achieve results on their own; whether it is for healing, growth or change. This is a most phenomenal approach to work with just about anything.

The premise of EFT is “the cause of all negative emotions is a disruption or blockage in the energy system”

These blocks that we are clearing, include: fear, anger, phobias, grief, trauma, anxiety, and other restricting emotions that can create physical problems as well. When you clear the disruption, you have physical and emotional freedom.

In the 1920's Einstein told us that everything (including our bodies) is composed of energy as described in his theory of relativity. EFT views the human body as an "energy configuration". Physicians use devices such as the EKG and EEG which measure the electrical activity of the heart and brain. So, it makes so much sense that we utilize energy sources to heal from problems which conventional methods have overlooked. Whether you experience grief, loss, hurt, fear or anxiety. Our bodies have a profound electrical nature and our electrical systems are vital to our physical health.





Basic Instructions – How to Do EFT

Step 1: Choose a problem to work on and try to be as specific as you can.

Example: “I have stress (general problem).”

Specific: “I am stressed and I can’t get all my deadlines done at work.”

Step 2: Rate your anxiety or discomfort on a scale of 0-10 This is called the **SUDS scale**. 0 = no disturbance and 10= highest disturbance. When you think about it right now, how disturbing or upsetting is your stress? Write down a number.

Step 3: Perform the Set-Up Phrase

While tapping on the Karate point, say the following phrase 3 times:

“Even though I feel _____, I deeply and completely accept myself.”

Example: “*Even though I have this stress from deadlines at work, I deeply and completely accept myself.*”

Now, use a short reminder phrase that represents the problem, such as “this anxiety” or “this stress” when you tap on the stress points.

Step 4: Tap on the stress points As you tap on each point, say your reminder phrase “this stress.” Tap several times, at least 7 taps.

EB - this stress - (tap)

SE - this stress - (tap)

EU - this stress - (tap)

UN - this stress - (tap)

CH - this stress - (tap)

CB - this stress - (tap)



UA - this stress - (tap)

Head - this stress - (tap)

Take a deep breath!

Step 5: Now rate your anxiety or stress. Ask yourself how stressful or disturbing this is to you now on the 0-10 scale. If the SUDS number is going down perform another round of tapping starting with the Karate chop and say “Even though I still have some of this stress, I deeply and completely accept myself.” Then tap on all the rest of the stress points, using a short reminder- “This remaining anxiety or stress” on each point.

Step 6: If the number is not going down or is going down very little ask yourself, “What else am I feeling about this?” Or, if you are not sure, ask yourself, “What could I be feeling about this?” Take a guess and go with that guess. Often your guess is very accurate. This is important, as you want to tap on all the feelings that are feeding into the problem.

Example: “*I am also feeling angry that I have no time for me.*”

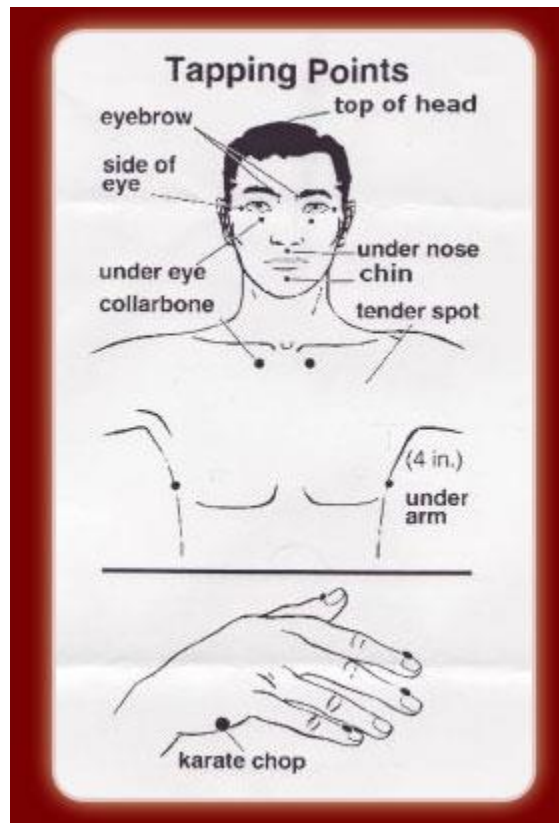
Step 7: Start with the Set-up again with your new phrase.

Example: “*Even though I am angry that I have no time for me, I deeply and completely accept myself.*”

Tap all the stress points with your new reminder phrase, “this anger.” Measure your upset feeling again on the SUDS scale. Do another round until you feel little or no anxiety or stress.

You’re goal is to have significant relief from this issue.

Tapping Points Diagram



Tapping Points

You will be tapping with your fingertips (using 2 or 3 fingers) and tap at least 7 times on each stress point (I tap pretty quickly)

Karate Chop Point (KC) - With the fingertips of the index and middle finger, you tap the other hand vigorously. . You are tapping on the fleshy part of the outside of the hand – the part of your hand you do a karate chop. You can tap on either hand and switch hands if you like.

eyebrow (EB) – Tap at the beginning of the eyebrow, just above and to one side of the nose

Side of the Eye (SE) - Tap on the bone bordering the outside corner of the eye

Under the Eye (UE) – Tap on the bone under the eye about 1 inch below the pupil

Under the Nose (UN) - Tap between the bottom of your nose and the top of your upper lip

Chin (Ch) – Tap in the crease of your chin



Collarbone (CB) – Tap where your breastbone and collarbone and first rib meet. To locate it, put your finger in the U-shaped notch at the top of the breastbone (above where a man would knot his tie). From the bottom of the U. move your finger down toward your navel and then go 1 inch to the left or the right. You are tapping an indent under the collarbone.

Under the Arm (UA) - Tap about 4 inches down from your armpit on the side of your body. For men, it is even with the nipple and for women it is where your bra strap would hit.

Top of the Head (H) – Tap on the top of head in a circle towards the front.

Please [click here](#) to watch a video to learn the EFT points

Important Information Before You Begin

The following information is important for you to understand before you begin the EFT process.

You will have much more effective results if you read the following information



The Process:

1. You begin indentifying the problem you want to work on. Write down the problem. Example: I'm so angry at my boss.
2. Make sure your problem is described in specific vs. global terms. Example: I am angry is global. You could be angry about many things. I am so angry at my boss is specific.

Be Specific when stating your problem

3. Now rate how strong you feel this feeling or thought on a scale of 0-10. We call this the SUDS scale. Ratings are important to help you measure your progress. If you're not sure, just guess.
4. Set – up - The set up is where you state the problem while you are tapping on the Karate point (see the diagram in chapter). You will say the problem 3X on this point. Example: (while tapping on the karate point, say "Even *though I'm so angry at my boss, I deeply and completely accept myself*". We use the affirmation "I deeply and completely accept myself" or something similar to help neutralize negative thinking; and to assist you in accepting yourself even though you feel this way. There are many affirmations you can use. Here are a just a few examples:



I love and accept myself
I can learn to accept myself
I accept who I am and how I feel
I choose to feel calm and peaceful
I'm ok anyway
I accept all my feelings

You can use whatever fits or use the traditional one that Gary created; *I deeply and completely accept myself.*

5. Do the sequence - After you tap in the set-up 3X, you will now tap on the rest of the points called the sequence. You will say a “reminder phrase”, which is a word or a phrase that describes the problem. You repeat this word or phrase on the rest of the points. Example: beginning with the eyebrow point (see chapter), say “*I'm so angry*”. You repeat this on all the points.
6. Aspects - As you begin tapping on your problem and then rating how you feel after each round, aspects often come up. An aspect is a component of the problem that can block you from getting relief. For example, you are tapping on your anger at your boss and not feeling much relief. To find the aspect, ask yourself, “What else is coming up or what else am I feeling about this?”



Your response will be the next aspect to tap on

So let's say, you said, “I 'm angry at myself for not completing that report”; you would now start a new tapping on this. “*Even though, I'm angry at myself for not completing the report, I deeply and completely accept myself*”. And continue the steps of the sequence. Measure your SUDS level again (measure how angry you

are at your boss). Often after a few rounds of identifying other aspects, you will see and feel your SUDS level reducing significantly.

7. As you go through this manual, sometimes I will create different words to say rather than repeating the same word on each point. It is important for you to know that you don't need to do this. As a beginner, you can repeat the same word, feeling or phrase on each point. You will still get great results. As you get more comfortable with EFT, you can begin to "free flow" your words as they come up for you. There is no right or wrong; just words that fit for you.

Anxiety & Stress

This manual is specifically addressing anxiety and stress as it is an inevitable part of life to experience different levels of stress throughout our life. While we may not be able to avoid all stressful circumstances, we can learn to relieve and manage anxiety and stress in a powerful way with EFT.

Stress affects our emotional and physical well being. 70-80% of all disease is stress related as stress compromises the immune system. Stress and anxiety are often linked to:

Heart disease
IBS
Hypertension
Insomnia
Ulcers
Headaches
Stomach Aches
Back pain
And much more.....



Our body changes under stress which is called the flight-fight response. The flight – fight response prepares you to deal with threats to your well being. Imagine you are walking in a path in the woods. Suddenly a bear appears...your heart pounds...your hands are sweaty...your breath quickens...muscles are tense. This fear causes all senses in your body to be on alert. If the bear comes toward you, you're prepared to run or fight (if you didn't run fast enough).

In ordinary circumstances you won't be running from a bear, but you will have ongoing situations that cause the same fight-flight response, such as your boss criticizing you, being late for a meeting, handling rude customers, an upsetting argument with your partner or children.

Constant fight-flight reactivity breaks the body's immune system down and therefore we're are more vulnerable to sickness and disease.

We live in a culture that is very fast paced. We fax, text, email, face book, twitter....How many times have you said "I don't have enough time". The Eastern culture teaches us a lot about the importance of learning to slow down; be more present and in the moment.



*We pay a big price emotionally and physically
when we don't manage our stress.*

Often we are not aware our bodies are in stress. ***Our conscious mind may not be aware but the body always knows.*** Why are we often clueless that we're not stressed? Because many of us are in a perpetual state of stress and have become used to this feeling as normal. Here's a useful technique to identify stress:

1. When you're feeling a little off or feeling something and you're not sure why, ask yourself, What am I feeling right now? If you're not sure, ask; What could I be feeling? Just guess and write it down.
2. If you're not able to identify a feeling, notice any part of your body that feels off, tense etc. Ask yourself; What feeling could be in this tight throat? What could my body be telling me?
3. Is it possible that something happened today or this week that I'm still holding on to? Is there something I'm ignoring that would be helpful for me to deal with now?

Whatever your responses to the above questions, are tappable issues with EFT.



Tapping To Relieve Anxiety and Stress



Think of something you are feeling stressed about today or recently.

Remember to make it a specific issue or incident.

Example: “I am stressed at work.” – this is too global

Specific Example: “I am stressed at about the new changes at work.”

Now rate your stress about your particular issue. Write the number down (0-10) and begin tapping.

Starting with the Karate Chop Point

“Even though I’m so stressed or anxious about this issue, I deeply and completely accept myself.”

“Even though I’m so stressed and it seems too much, I accept all my feelings.”

“Even though it’s all just too much, I accept myself anyway.”

Note: Below, I wrote different things to say on each point – but you can also get great results by saying the same thing on each point like ...I’m stressed. This is just another way to do EFT. You can’t do EFT wrong. You can think of the sequence of points as places where you can vent or express what’s coming up for you and use different words or not.

Starting with the Eyebrow Point

EB - All this stress

SE - It’s too much

UE- · I’m overwhelmed and anxious

UN- I’m angry and annoyed

CH- I’m already overloaded

CB-This is too much of a burden

UA- I need a break, it's just too much

H- Why can't things just stay the same? All this stress...

Now take a deep breath and rate your anxiety now. If your rating did not go down, repeat the previous round. If your rating did go down then proceed to the next round:

Start with Karate Chop Point:

"Even though I still have a lot of stress about this, I deeply and completely accept myself."

"Even though I am so anxious about _____, I love and accept myself."

"Even though I am so stressed, I choose to find a way to make it easier on myself."

Starting with the Eyebrow Point

EB- This remaining stress and anxiety,

SE- This remaining overwhelm,

UE- I understand why I feel this way.

UN- Maybe I can find a way to make this easier on myself.

CH- It feels like a huge load on me.

CB- I choose to learn to take care of myself even when it's challenging.

UA - I love finding ways to release this stress to make this easier.

H - I deserve to manage this change with less turmoil.



Take a breath and rate your anxiety now. If the rating did not go down, repeat the previous round. If the rating did go down proceed to the next round:

Starting with the Eyebrow Point

EB- I am not sure I can turn this around in my mind

SE- I am beginning to allow part of me that wants peace.

UE- To release this burden.

- UN-** I choose to take care of my stress now and find ways to manage the change.
- CH-** I deserve to shift my perceptions and thoughts to create inner peace.
- CB-** Allowing my higher self to remove my stress.
- UA-** Joining with my higher self, receiving support and releasing this burden.
- H-** With each breath I take, I release more and more. (**Breathe.**)
- EB-** Each breath releases my turmoil. (**Breathe.**)
- SE-** I've decided to come to terms with this change and make the best out of it.
- UE-** My acceptance can bring me peace.
- UN-** My stillness brings me peace.
- CH-** I breathe deeply releasing remaining turmoil. (**Breathe.**)
- CB-** Each breath brings me more peace in this moment.
- UA-** Choosing to release this stress allows me to be calmer and more at peace.
- H –** Filling my body and soul with peace (**Breathe**)

Now rate your issue

How upset do you feel now on the scale (0-10)?



If the rating is going down, Great!

You are releasing the intensity of the stress.

If the rating is not going down ask yourself what else I am feeling or thinking about this issue. Look for another aspect. Let's say you answer that question with a response like, "I don't think I can make these changes, I might fail." Tap on this response next, starting again at the Karate Point saying, "Even though I am afraid I might fail, I deeply and completely accept myself." Start the process again. This is what we identify as another aspect of the problem. The more aspects you tap on, the more you will be able to neutralize your feelings. Keep tapping until you feel neutral or significantly less upset by the issue. Usually 3-5

rounds of tapping brings down your intensity on an issue or feeling; which literally takes minutes!

Be persistent.

Persistence is a great key in having success with EFT.

Positive Stress Buster Tapping

Here's another tapping you can use or even record in your phone:

Start with the EB Point (eyebrow point)



EB – Choosing to release this stress now

SE - As I take slow releasing breaths (take the breaths)

UE – Imagining my mind attracting divine peaceful energy

UN - Divine healing light shining peace all through me

CH – As I breathe slowly (breathe)

CB - Allowing my heart to feel this divine light

UA - Imagining I'm smiling at this image

H - As this light brings peace to me

EB - Sinking into this peaceful image

SE - I smile inside my soul

UE – Feeling this light melt all through my body

UN - Allowing loving energy from divine light

CH – To swirl through every cell in my body and soul

CB – Directing this light to _____(choose part of your body that feels stressed)

UA – **Feeling** this loving energy calm my heart and soul

H - As this light expands and melts my stress even more

Frequently Asked Questions – Getting the Most Out of this Process

Q. *I'm tapping on an emotion and the intensity is not going down. Does this mean EFT is not working?*

A. EFT really does work in most situations. There are a few main reasons why you're probably not seeing results:

1. **Be as specific** as you can. When you tap on a general issue such as "this stress"; stress is comprised of many specific events. So, you need to break down the larger issue of stress into specific parts or events; and you will see results much more rapidly. Rather than tap on "Even though, I have this stress (too general), choose one tree in the forest of anxiety such as stress of the deadlines. Now you would tap on, "Even though, I have this stress about deadlines at work, I deeply and completely accept myself". This would be your specific set-up statement
2. Your progress may be halted if you **switch aspects**. Aspects is another part of the problem that is coming up. For example: if you're tapping on stress about deadlines; ask yourself, "Am I still stressed about the deadlines or is there something else going on with how I feel about this?" Let's say you respond with, "I just never feel adequate in finishing a job". That response is a new aspect of the problem which is what you tap on next. Or your response may be a sensation in your body, "I don't know, I just feel tight in my chest". Then you would tap on the tightness you feel. Tapping on aspects is essential to achieving emotional freedom and relief.
3. **A core issue is interfering** – a deeper issue is underneath the problem which you haven't addressed. The way to find out if that is the problem, is to ask yourself 2 questions:

When have I felt this way early on in my life (in this case – when early on did I also feel inadequate?)

Or.....

If there were a larger emotional issue here, what might it be? Take a guess if you don't know.

Your response is the next issue you would tap on. For example: If you responded, "I remember feeling this way when my father disapproved of me, when I brought home B's on my report card". You now tap on this memory and all the feelings you felt with that. This is one your issues that is feeding into your feelings of inadequacy.

Q. *How long do I tap for?*

A. Often you only need to tap for a few minutes. Remember to get to the aspects of the problem to reduce intensity.

Q. *Can I tap on more than issue?*

A. Tap on one issue until you get significant relief. Then you can move on the next issue.

Q. *When I'm stressed or upset, can I just tap on the points without saying anything?*

A. With EFT, you want to tune into the problem. It is important to say the words with the tapping. For example, If you're in your office, whisper the words to yourself. You are making shifts with the energy work and with the verbal shifts.

Q. *Why are we repeating "this stress" or other negative emotions in the tapping rounds? It seems like repeating "this stress" would increase my stress?*

A. **Giving a voice to the problem** helps you stop resisting it. Resisting actually feeds the problem. Honoring a feeling gives you room to move through it. Once you've had a few rounds of moving through and release of the issue or feeling, then you can add more positive statements. You'll notice in all the feelings tappings, there are positive statements in subsequent rounds, as we decrease some of the negative intensity.. Adding positives too quickly will not land for you. Your mind and spirit tend to reject this, if you move too quickly.

Q. *Can I tap on other things besides stress?*

A. Gary Craig states, "**Try it on everything**". You can tap on negative blocking beliefs; on negative memories, all emotions, for cravings, for pain, attracting financial abundance and relationships, increasing peak performance and much more.

Q. *When do I need to see a professional?*

A. If you are tapping on an issue and not getting results, you may have a core issue in the way. A core issue is a more complex problem rooted in your past such as abuse, abandonment, complex grief. A practitioner or therapist can give you more support to help release your blocks to healing.