

Emotional Freedom Technique (Also called EFT or Tapping)

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What is Emotional Freedom Technique: EFT is a form of energy psychology that combines the mind, the body, and its energy field to treat emotional and physical illness. Research has shown that EFT effectively treats anxiety, depression, addiction, symptoms of trauma, and a host of other emotional and physical problems. Although I have tried many forms of energy psychology techniques, EFT is my favorite.

EFT is based on the Chinese theory of energetic meridians. Chinese medicine believes that we all have meridians, which are energetic pathways that run through our bodies (similar to how blood runs through our veins). When we are sick, those meridians are blocked. To heal, needles are placed in specific acupuncture points on the body to unblock the energy to restore health. Tapping also uses energetic meridians, except tapping with your fingers is done on the specific energy points instead of using needles.

Tapping is simple, easy, and effective. Research has shown that it can actually improve brain structure and function. It can be used for a wide range of emotional and physical issues from insomnia to headaches, anxiety, depression, and trauma. I learned tapping after my oldest son went off to college—I needed relief from my feelings of sadness. There are numerous tapping videos on YouTube and books that have been written even for kids; there may even be DVDs at your local library. If significant trauma is the issue, it's best to be treated by a skilled therapist, but you can use tapping to treat some symptoms that might show up between sessions. Here is a quick overview you can try if you'd like.

Here's how to use Tapping when working on your own issues:

Name the emotion that you feel (anger, fear, sadness, etc). Now connect with any sensations you have in your body and see if you can find a physical sensation that has that emotion associated with it. We most often feel our emotions in our stomach or heart area—if you don't feel anything it's okay. Ask yourself how intense this feeling is on a scale of 1-10. It might mild or intense or anywhere in-between. Focus on the physical sensation in your body and the emotion you feel while you are tapping.

Begin tapping just above your eyebrow and say 3 times with emotion... "Even though I _____, I deeply and completely accept myself.

Examples might be, "Even though I feel sad about...I deeply and completely accept myself; even though I am scared about...; even though I am depressed or angry...; even though I can't sleep; even though I miss...; even though I am afraid of..., etc.

Then tap each of these spots while paraphrasing what your issue is (feeling sad, feeling depressed, etc.). Just say out loud whatever comes to mind—whatever feeling or statement you feel in your heart. You can tap down either side of the body with one hand, even switch sides in the middle of the process, or use both hands on both sides of the body; just a medium pressure tap, a few taps on each spot.

Eyebrow (just above beginning of inner eyebrow)

Side of eye (temple)

Under the eye

Under the nose

Chin

Collarbone (just inside where the collarbone begins—hit a bit harder here)

Under the arm (about 4 inches down from the middle of the armpit)

Top of your head

On your hand between the bones of the pinky finger and the ring finger.

Stay tapping the top of the hand between the bones of the pinky and ring finger and do this while tapping:

Close your eyes

Open your eyes

Look down hard right, then left

Make a circle with your eyes going one way and then the other

Hum briefly (preferable a song)

Count to 5 out loud

Hum briefly again

Now repeat the process by going back up to your eyebrow, tap on all the spots and back down to your hand repeating the hand process. Keep doing this over and over until you feel the feeling is gone or much better. It typically takes 2-4 sets to shift something, more if it's an older issue.

Always measure how intense you are feeling before you begin and after each complete round. You can continue repeating this process until you are at zero with each issue.

Using Tapping with Kids:

1. First help your child figure out the strongest negative emotion they are feeling at that moment, i.e. anger, sadness, or fear. Let them say it in their own words and tap with them, using their words.
2. Ask them how bad their emotion is before you begin, using a scale of 1-10, 10 being very bad and 1 being minimal. When you are done tapping you can ask them again; hopefully it will be only at a 0 or 1 when you are done.
3. Ask them if they can tell where they are storing that emotion in their body—they might feel an ache in their belly, tightness in their neck or chest,

- a headache, or other pain (they may not be able to answer this question which is fine).
4. Tell them to do what you do and say what you say. (Note, every practitioner adapts their own version of the tapping sequence, if you see something you like better on YouTube go ahead and use it.)
 5. Begin by using two fingers from either hand and tap with medium pressure just above your eyebrow to the inside, closer to your nose. Keep tapping as you say, "Even though I feel angry (or whatever emotion they named), I deeply and completely accept myself."
 6. Now tap on your temple near your eye and say it again, "Even though I feel angry, I deeply and completely accept myself."
 7. Now tap under your eye and say it again, "Even though I feel angry, I deeply and completely accept myself." (Continue to have your child follow your tapping and say what you say.)
 8. Now move to under your nose, tapping and saying, "I'm so angry." Show a little emotion so your child can copy you.
 9. Move to under your bottom lip and repeat. You can mix it up and say what your child might be angry at, perhaps school, friends, or confrontations: "I'm so angry that boy did that to me!"
 10. Now tap just under the middle of your collar bone (either side of your chest—you can even switch sides of your body and face—it doesn't matter). Keep making statements that you think your child might feel. "So and so was so mean", "I am so mad at him!" Ask your child what they want to say and keep tapping.
 11. Move to under your armpit about two inches down, keep making statements and tapping. Think about what your child might be feeling and make those statements or let them talk. Keep having them repeat after you.
 12. Now move to the crevice or indentation on the top, pinky side of your hand and tap there while saying a profound statement about the emotion your child is feeling. "I am really mad!" Stay tapping on that spot on the hand and look up with your eyes, then down. Look to the left and then right (do not move your head, just your eyes), make a circle with your eyes, go back the other way, count to five out loud, hum a few notes and then count to five again. This is a critical part of the process, because it triggers different parts of the brain where emotion is often released. If your child is feeling more emotional at this point, have them repeat all of the eye movements, humming and counting again a few times, all while tapping on the hand. Do it with them!
 13. Now start all over again on the face and continue on all the spots you did the first round (eyebrow, temple, under your eye, under your nose, dimple in your chin, collar bone, below your arm pit, and the pinky side of the hand). Continue with this pattern until you can tell they are feeling better. This might take 5 minutes, or it might take 20 minutes (occasionally longer). They might sigh, take a deep breath, get distracted, smile. You can stop and ask them to give you a number between 1 and 10 naming how emotional they feel now. Hopefully, it will be much lower, even 0! If not, keep going or switch

to another emotion—there is often more than one emotion to deal with at a time.

14. If they become really emotional during this process, don't stop, keep going. Tell them it will only last for a minute. If they need it, you can always tap on their bodies for them. Talking and tapping for them works, but it is better to let them participate. With little ones, under about 6 years old, you can tap back and forth on their legs or shoulders and just talk to them about something that is bothering them, it typically helps. You can even try it with babies!
15. One last note. Throughout the process, remind your child to think about the area on their bodies where they are holding the negative emotion (you asked them about this earlier)—it will help them to release the energy/emotion and keep them from feeling too emotional by focusing on their body not their emotions. Keeping them thinking about their bodies helps keep them grounded as well. It might sound complicated, but it's not. Practice it a few times and you will be able to use it any- time, anywhere. It's a great tool for many different issues!

A shortened version of EFT is simple yet it's still effective. It's what I use in the classroom, or on myself when I don't want anyone to know I'm tapping. Have kids cross their arms over their hearts and tap back and forth gently on the front of their shoulders, not too hard and not too soft. They can also cross their arms and tap under their arms, or just back and forth on their legs. If a child is upset, you can also tap on them, for them. It's most beneficial to tap this way for six to seven minutes, until you see them relax and they can refocus on what they are doing.

Using Tapping in the Classroom or with a Group of kids

Wording I used for group tapping in a classroom where they had lost a fellow schoolmate—the kids repeated after me and tapped where I tapped:

“Even though I'm sad Drew is gone, I love and accept myself” (above the eyebrow)

“Even though it's hard not to have Drew around anymore, I love and accept myself” (under the eye)

“Even though I'm sad Drew is gone, I love an accept myself” (under the nose)

“It's hard to lose someone you love” (chin)

“I miss Drew a lot” (collar bone)

“I wish I could see him again” (under the arm)

“My heart is sad” (top of the head)

“I hope I feel better soon” (eyebrow)

“It helps to know my friends feel the same way I do” (under the eye)

“I know my feelings will get better” (nose)

“It helps to know he's in a better place” (chin)

“He's probably watching over us right now” (collar bone)

“I bet he's smiling and playing and laughing” (under the arm)

“It makes me smile to think of him smiling” (top of the head)
“He’s happy and that makes me feel better” (eyebrow)

**The trick to tapping (individually or with a group) is using the body points that are typically used in tapping while saying what the other person/students might be feeling. You may not know exactly what they are feeling, but you will have a sense and you can try a few different emotions/thoughts to get to their general thoughts. After acknowledging their painful emotions it’s important to bring them around to positive thoughts, gently, but powerfully, so they can believe they no longer have to feel those old negative emotions and put positive emotions in their place. It works!

Thank you and happy tapping!

Love,
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