

The Emotional Freedom Technique (EFT)

(with extra hand points) From Gary Craig, www.emofree.com. Modified by Betty Moore-Hafter

Preparation: Identify the specific problem and observe how it feels to you. You can rate it on the intensity scale of 1-10 if you like.

1. THE SET-UP: While continuously tapping the Karate Chop point (side of hand - see diagram), say the *Set-Up Phrase* three times: "Even though I have this [state the problem], I deeply and completely accept myself" (or: "I'm still a good person")** (See Set-Up Variation below).

2. THE SEQUENCE: Tap about 7-10 times on the following points. Tap firmly enough to feel a little bounce. As you tap each point, say, "this problem" [but not the "even so" part]. For example: "this anger", "this craving", "feeling so sad". You are "tuning in" to the problem by stating it over and over as you tap. This is called the *Reminder Phrase*.

Tapping points:

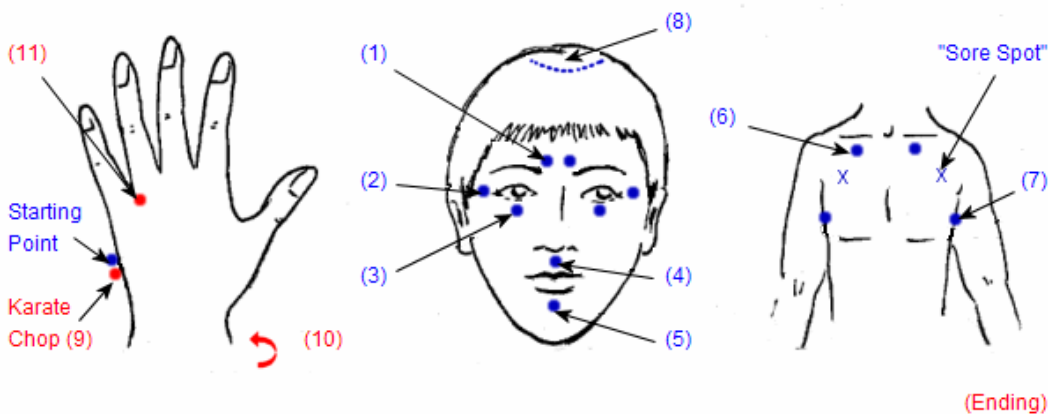
1) Beginning of eyebrow 2) Side of eye 3) Under eye 4) Under nose 5) Chin spot 6) Collarbone (just under) 7) Under arm (about 4" down) 8) Top of head (crown area)

STOP HERE for short version, for the LONGER VERSION, include these HAND POINTS

Extra points:

9) Karate Chop (again) 10) Inside wrist (tap lightly across area) 11) Top of hand (see diagram)

(To be guided through EFT, place your mouse over "Starting Point" - then pass your mouse over each of the tapping points in numerical order - then over "Ending")



3. BREATHING, OBSERVING, REASSESSING: Close your eyes and take a deep breath in... and release. With your eyes closed, notice your feelings, physical and emotional, and observe. Notice your thoughts, too. You may get further insights as you sit quietly for a moment after tapping. Then reassess the intensity of the problem you tapped for. Has it changed?

4. SUBSEQUENT ROUNDS: Do another round of tapping, changing the Set-Up Phrase (for the Karate Chop point) and Reminder Phrase (for the Sequence points) as follows:

(Set-up) "Even though I still have some of this [problem], I deeply and completely accept myself."

(Tapping the points) "This remaining [problem]..." or similar words: "Still feeling some anger..."

5. ASPECTS: An "aspect" is a different part of the problem. You've tapped for "this anger" and the anger is gone - instead, you feel sadness. "Even though I feel this sadness about it now."

** Set-Up Variation: Instead of the Karate Chop Point, you can rub the "Sore Spot": Place a finger in the indentation at the top of the breastbone, slide down about three inches and to the left about three inches. Feel for a 'sore spot' between the upper ribs. Rub it with a circular motion, saying the "Even though" set-up phrase three times.