

## What is Emotional Freedom Technique?

“The cause of all negative emotions is a disruption in the body’s energy system.”

*Gary Craig, Founder of EFT*

## What Is An Energy System?

You have an invisible energy system. One example is an electrocardiogram (ECG) that measures electrical energy in your heart. An electro-encephalogram (EEG) measures the electrical energy in your brain.

You have an additional subtle energy system in which the energy, ch’i or qi, runs in meridians, or channels, throughout your body.

Traditional Chinese Medicine has used the concept of ch’i (or qi) for thousands of years. Ch’i can mean “natural energy” or “life force”. The literal translation is “breath”. The practice of qigong, which means “life energy cultivation,” is one of the practical applications of this energy.

It is interesting to note that many other health systems have a similar concept. In Sanskrit, the word, prana, means “life force.” This is also used in yoga and many martial arts. Ayurveda, tantra and Tibetan medicine all use the energy principle of prana.

You are in good emotional, physical and spiritual health when your energy is balanced.

There are many conditions and events that can impede the flow of ch’i in your energy system. Upsetting experiences, anger and frustration, trauma, abuse of any kind, limiting beliefs, earlier life experiences, toxins, illness and allergies create blocks in the meridians. As EFT founder Gary Craig stated, a disruption in the energy system results in emotional distress.

Traditional Chinese Medicine believes that stimulating precise meridian points on the body corrects the imbalances. Acupuncture uses needles to re-balance the energy and restore health to the individual. Emotional Freedom Technique, EFT, uses fingertip tapping on 14 specific meridians to rebalance energy.

## What is Emotional Freedom Technique?

EFT uses systematic, gentle tapping with your fingertips on the points of origin of 9 to 14 meridians to rebalance this energy system, while you think about what is distressing to you. The tapping clears and releases the blocked energy associated with your distress and restores the flow of ch'i through meridians. This gives you freedom from distressing feelings and opens your mental and emotional choices.

A few minutes of tapping makes you feel better, because it re-balances your energy system. Gary Craig called tapping “emotional acupuncture” when he created the “basic recipe” you will learn here.

## How Do I Do EFT?

The basic recipe for tapping is written as a procedure. It looks complicated in writing. The best way to learn the procedure is to watch a video demonstration of EFT at <https://www.beconfidenttoday.com/eft-emotional-freedom-technique/> and scroll down the page to the video. I prefer to tap on 11 meridians bilaterally. You may see other practitioners tap on 9 meridians on one side of the body.

The basic recipe involves these steps:

- Set up statement and reminder phrases
- Self-acceptance statement
- Identify feeling and location in your body
- Rate intensity of feelings
- Tapping points
- Choice statement

The basic recipe consists of a set-up phrase and reminder phrase of the problem you want to work on. Add a self-acceptance statement, then take a reading of the intensity of your distress and tap on the 14 points of the meridians.

Although not all EFT practitioners agree, I suggest that you make sure you are well hydrated before tapping. Water conducts electrical energy more efficiently. Many people are dehydrated, either from drinking caffeinated drinks or not drinking enough water, so drink a glass of water before you start tapping to enhance your results.

Choose an issue, along with the behavior and feelings that is distressing for you. Make it specific. The more specific your target is, the better your results will be. The more ambiguous or vague your target, the more difficult it is to get good, observable results from your tapping. Here are a couple of examples.

This statement is too vague. "I feel anxious." A more specific statement would be, "I feel anxious when I have to make a presentation."

Too vague: "I've never liked to exercise." More specific: "I get tired and feel bad when I start to exercise."

Create a set-up statement that will focus your mind and brain on the location of the problem in your energy system. Start this statement with "Even though..." The best set-up statements include the feeling related to this problem.

Example: Even though I feel hopeless because I have failed at exercise programs so many times that I can't try again...

Now choose one of these self-acceptance statements and add it to the set-up statement:

- I deeply and completely love and accept myself anyway.
- As much as I am able - I deeply and completely love and accept myself.
- I accept myself as much as I am able to with this problem.
- I love myself as much as I am able to with this feeling right now.
- I care about myself with this problem.

The self-acceptance statement is often difficult for people, but essential to this process, so try it with one of the variations. You don't have to believe it; just say it.

The complete set-up statement would be:

Even though I feel hopeless because I have failed at exercise programs so many times that I can't try again,  
As much as I am able - I deeply and completely love and accept myself with this feeling.

Write down your set-up statement and the self-acceptance statement. You might want to get a notebook to record your EFT work, so you can track your progress.

Identify the location of that feeling in your body and rate the intensity of this distressing feeling on a zero to ten scale. Zero is neutral and ten is the most intense feeling that you can imagine.

For example the location of the hopeless feeling might be the pit of your stomach. Or it might be in your shoulders.

The intensity scale is often referred as a SUDS scale, which stands for "Subject Units of Distress Scale." This scale is used in psychology and in pain management, as well as EFT.

Write down the location of the feeling in your body and the SUDS intensity under your set-up and self-acceptance statement. Recording the set up statement, location of feeling and intensity is very important, so you can track and measure the changes and the results that the tapping produces.

Create a shortened version of your set-up statement to use as your reminder phrase, while you are learning to listen to what comes up in your thoughts while you tap.

At this point in your preparation it will look like this:

Even though I feel hopeless because I have failed at exercise programs so many times that I can't try again,  
As much as I am able - I deeply and completely love and accept myself

Feeling: hopeless

Location: pit of my stomach

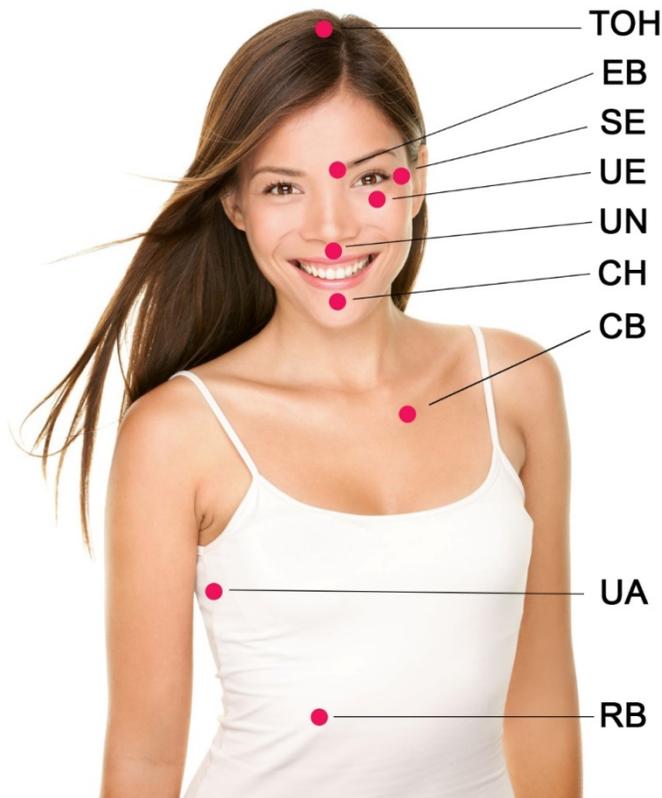
SUDS: 8

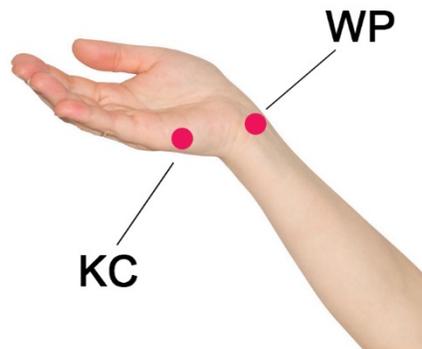
Reminder phrase: hopeless failure

Set aside this part of the preparation for a few minutes while you learn the tapping points. Study the following diagram of meridian tapping points. You can

also watch a demonstration of tapping in a video at:  
<https://www.beconfidenttoday.com/eft-emotional-freedom-technique/>

## Tapping Point Diagram





## Tapping Sequence

KC – karate chop point on the fleshy side of your hand. Tap this point gently, but firmly with 4 fingers of the other hand. Use either hand that you prefer to tap with. Tap on the KC point continuously while you say your set-up and self-acceptance statements 3 times.

TOH – This point is on the crown in the center of the top of your head.

EB – The eyebrow point is at the beginning of your eyebrow. The point is about the size of a nickel for the most effective tapping. Use 2 fingers to tap and don't poke yourself in the eye.

OE – This point is at the outside of the eye against the bony orbit. The point is about the size of a nickel for the most effective tapping. Use 2 fingers to tap and don't poke yourself in the eye.

UE – This point is centered directly under the eye against the bony orbit. The point is about the size of a nickel for the most effective tapping. Use 2 fingers to tap and don't poke yourself in the eye.

UN – This point is under the nose. Use 2 fingers to tap.

UL – This point is the crease under the bottom lip above the bottom of the chin. Use 2 fingers to tap this point.

CB – The collarbone points are located approximately 1 inch below and 1 inch out from the notch formed where your collarbones come together above the sternum/breast bone. Hold 4 fingers together and tap at an angle to effectively catch this important meridian. (See the diagram for correct tapping points.)

UA – This point is under your arm approximately 4 inches down from your arm pit against your rib. For women this point is usually under the bra strap. This point is often tender, so poke around the side of your ribs under your arm to find the sore spot. Find this point by reaching across your chest or by using your thumb on the same side as the point. (I call it “chicken wings” when I do it this way.) Either way is acceptable.

Rib – This point is on the last rib directly down from the nipple on the breast. This point may be tender also.

Wrist points – There are several points on the fingers that you can tap as a group by tapping one wrist against the other wrist. Hold up your hand and bend your wrist down until you see the lines formed in the skin. These are the lines you tap against each other. The wrist points include 5 meridians, so it is more efficient to tap each wrist against the other than to tap all 5 meridians on the finger nails and the back of the hand.

## Put It All Together

Now you are ready to tap a round of EFT.

The tapping process looks complicated in writing, but it is very easy to learn when you watch the video. I encourage you to view the video that demonstrates this on my website. <https://www.beconfidenttoday.com/eft-emotional-freedom-technique/>

Tap firmly, but gently, on the karate chop point on the fleshy side of your hand while you say the full set-up phrase and the self-acceptance phrase three (3) times.

Even though I feel hopeless because I have failed at exercise programs so many times that I can't try again,  
As much as I am able - I deeply and completely love and accept myself

Using the reminder phrase, tap firmly, but gently, about seven times each on all of the other points. You can vary the reminder phrase as thoughts come to mind. Use the meridian point diagram to remember all of the points while you learn the technique.

Top of Head:	TOH: hopeless
Start of Eye Brow:	EB: I've failed
Outside of Eye:	OE: feel hopeless
Under Eye:	UE: failed so many times
Under Nose:	UN: I'm hopeless
Under Lip:	UL: it's hopeless
Collarbone:	CB: always failed
Under Arm:	UA: will fail again
Rib:	RB: hopeless failure
Wrists:	WP: hopeless failure

Take a deep, releasing breath after each round of tapping.

Go inside and notice the intensity of the feeling, now, on the zero to ten scale. Write it down. It may go up initially and then decrease. Usually it decreases by one to three points with each round of tapping.

Notice what thoughts may have come to mind as you tapped with the reminder phrase. You may incorporate some of these in your next round of tapping.

Pay attention to your own inner voice as you learn to tap with Emotional Freedom Technique. The tapping scripts presented here are given to guide and teach you. For EFT to be powerful for you personally, you must learn to listen to your own inner voice and tap on your feelings and experiences about the issue you are working on.

Several rounds of tapping may be necessary to reduce the intensity of the feeling down to at least a three. At that point you have successfully cleared the problem or distress enough to instill the positive choice statement.

The choice statement is the change you want to choose for yourself about this issue. For example:

Even though I still feel a little hopeless about an exercise program, I choose to believe that I can succeed this time, because I am using these new techniques.  
I deeply and completely love and accept myself (as much as I am able).

Rate how true the choice statement feels to you at this starting point on the same zero to ten scale with zero being not true and ten being most true right now.

True: 2 (not very true right now)

Tap again on both the set-up statement and the choice statement.

KC: (3 times) Even though I still feel a little hopeless  
I choose to believe I can succeed this time, because I have these new  
techniques.  
I deeply and completely accept my feelings anyway.

TOH: Clearing the hopeless feeling  
EB: Releasing the past failures  
OE: Believing it can be different this time  
UE: Clearing and releasing the past  
UN: Believe I can change  
UL: With the new techniques  
CB: Believing I can succeed  
UA: I'm hopeful  
Rib: I believe I can change.  
Wrists: I can succeed this time.

Take a deep, releasing breath after each round of tapping.

Go inside and notice the intensity of the feeling now on the zero to ten scale.  
Notice how true the choice statement feels now. Write down both numbers. SUDS  
two and True five for example. Tap as many rounds as needed to get the SUDS as  
close to zero as you can and the Truth rating as high as possible.

## Suggestions and Tips for Tapping

Remember to drink water before you begin tapping. Coffee and caffeinated  
energy drinks dehydrate you and reduce the effectiveness of tapping.

If you find yourself yawning while you tap, this is a clear indication that you  
are releasing blocked energy. This is excellent. Occasionally, some people cry  
while tapping. Just keep tapping to release that energy. You will quickly feel  
calmer and stop crying.

Many EFT practitioners tap on one side of the body and get good results. I  
feel that the more comprehensive tapping pattern that is presented here is more  
effective.

If you read other EFT practitioners' articles or see videos about EFT, you may see different tapping sequences. Most of them leave out the rib points and the wrist points. These all work to some degree.

Tap several rounds as instructed above. It is important to notice what comes to mind as you tap. There may be relevant ideas or past events that support the current distress and support your being stuck that you need to tap on.

These are aspects of the problem which support the blocked energy, much as the legs of a table support the table top. Sometimes you can incorporate a new aspect in the next round of tapping. Other times the new aspect is so important or intense that you need to make it the focus of a new set up statement.

How can you tell the difference? Notice the feeling and the intensity of the feeling. If it is a new feeling or very intense feeling, make a new set up statement.

Adrienne was tapping on her past exercise program failures, when she suddenly remembered an incident from high school. Another girl in gym class made fun of her difficulty running laps. Adrienne felt humiliated and associated that feeling with exercise in general. Her feeling was an intense 8 on the SUDS scale.

This past experience of humiliation needed to be the focus of a set up statement and her humiliation cleared before Adrienne could continue to tap on her original hopeless sense of failure with exercise. The high school experience interfered with her ability to sustain a good exercise program in the present.

Note: Tapping does not change the original experience. It does allow the feelings about it to change, to clear and be released. Adrienne does not have to be stuck with the humiliation of that high school experience for the rest of her life.

Many people who are new to tapping have difficulty figuring out what to say as they tap. The purpose of the words is to keep the tapping focused on the blocked energy. Say what you would say if you were talking with a friend about the problem or tap and repeat the feeling word. It is essential to include what you feel about the problem for the best results. Learn to listen to your inner voice.

Jerry, who was learning Emotional Freedom Technique, was concerned about the focus on his distress in the set up statement. He was a student of the Law of Attraction and worried that he was reinforcing his negative thoughts and feelings.

Jerry wanted to go straight to the choice statement and tap on instilling the positive. That approach ignored the ball and chain that he was dragging around.

All the positive tapping, positive affirmations and positive thoughts would not remove the ball and chain. Jerry had to tap on the ball and chain to release it from his energy system.

Another way to think about it is that trying to instill the positive, without clearing the blocked energy, is like putting icing on mud. The mud is still there causing suffering. All the icing in the world will not change that fact. Or to deny the energetic block is like ignoring a flat tire on your car and pretending that you can drive without any problems, just because you say you can.

You have to accept the truth of your feelings in the moment to clear and release them.

The set up statement acknowledges the truth of your distress, so you can tap to release and clear it from your energy system.

Next, tap to instill the choice or positive statement and it will fill the void left by releasing your distress.

You may have heard that what you focus on with energy expands. With traditional affirmations you are trying to use the affirmation to override or overwrite the negative, which is only partially effective. With EFT you first clear and release the negative, then instill the positive choice to fill the void created by clearing the distress. This approach is much faster and more effective.

## **It Doesn't Work for Me**

You have faithfully followed every instruction, but the Emotional Freedom Technique is not working for you. What is wrong?

It could be a technical problem. There are videos on You Tube which show people tapping, but they miss the correct point on the meridian. Look at the tapping guide on page 5 to get the right points.

Drink a glass of water and wait a few minutes for it to be absorbed, and then tap.

The person who doesn't want to experience, feel or deal with their feelings can block Emotional Freedom Technique from working. Our friend, Jerry, felt overwhelmed by his feelings of sadness and guilt about the loss of a relationship.

He didn't want to go there! He did not get any results initially when we used EFT.

Are you discounting or invalidating your feelings about the problem you are tapping on? If so, then you have to first tap on that idea. "Even though I shouldn't feel this way, I deeply and completely love and accept myself anyway." How intense is the "shouldn't feel this way" on the SUDS scale?

Frequently there is some aspect of the problem that is overlooked. Adrienne, who had the experience of being humiliated in high school, would never have successfully cleared her excuse for not exercising with tapping, if she ignored that aspect of her experience. The block would still be active in her energy system.

If some aspect of the problem is unconsciously more important or more dominant, the problem cannot be cleared without addressing that aspect. A stronger belief will block the release of the stuck energy, until the stronger belief is addressed, released and cleared.

Julie wanted to attract more clients for her quilting business, so she tapped on her scarcity fears.

"Even though I'm afraid I won't have enough customers to make a living with my quilting business, I deeply and completely love and accept myself with this problem."

Location: chest

Anxiety SUDS: 7

Reminder: not enough customers

Tapping on this set up statement didn't produce much change in the intensity of her anxiety. But Julie listened to her inner voice as she tapped. She remembered hearing her mother frequently declare that money was dirty and the root of all evil.

Her mother's belief was embedded in Julie's unconscious. Part of Julie had agreed with her mother, so that stronger belief interfered with Julie creating an abundance of customers for her business in the present. Julie had to tap to clear and release her belief that money was dirty and the root of all evil. Then she could tap in a choice statement, "I choose to attract an abundance of customers with money who can buy my quilts," to fill the void left by clearing the fearful belief.

EFT will only be successful when you focus the tapping on yourself, your feelings and your experiences. Lucy's husband teases her about her weight, but

she feel humiliated by his jokes and taunts.

Lucy has no control over her husband. She can talk with him, explain how his ridicule hurts and ask for his support. She can tap on her feelings of humiliation and her anger about not getting the support she wants. “Even though I am so humiliated and upset that my husband doesn’t support me, I deeply and completely love and accept myself anyway.”

Lucy can tap on her fears that her husband won’t listen to her. “Even though I’m afraid that Sam won’t listen to me when I ask him to stop teasing me, I deeply and completely love and accept myself as much as I am able.”

Skepticism usually does not affect the efficacy of the EFT, but it can inhibit results. You can neutralize its effectiveness, if you are thinking, “This is absolutely ridiculous and unscientific....it can’t possibly work on me.” Tap on “ridiculous and unscientific” to clear that belief, and then proceed to tap on your problem or distress.

One person I know, who tried EFT, got so sleepy that she could not get through the session. EFT is very relaxing for many people. I suspect that her body was excessively sleep deprived or fatigued from stress.

I have observed over my years as a psychotherapist that many people get attached to their behavior and resist change. Even positive change can be daunting. Sometimes it is easier to blame the technique for not working than to simply say, “I don’t want to change!” and tap on that problem.

Although EFT is simple, elegant and powerful, there is an art to using it. I hope that the videos provide enough guidance that you can experience the amazing benefits of EFT. Feel free to contact me with any tapping problems you may be having.

## Additional Resources About EFT

[www.TheTappingSolution.com](http://www.TheTappingSolution.com)

[www.EmoFree.com](http://www.EmoFree.com)

[www.EftUniverse.com](http://www.EftUniverse.com)

<https://www.youtube.com/watch?v=0Vu0Tibt1bQ>

Is Therapy Facing a Revolution? | Peta Stapleton PhD |  
TEDxRobina