

Emotional Freedom Techniques

Definition:

Emotional Freedom Techniques (EFT) is a series of **tapping technique exercises** that activates meridian points to **reduce stress** by tapping into the central nervous system and the parts of the brain that activate the sympathetic fight-or-flight nervous system

How to Perform:



Set-Up Statement:

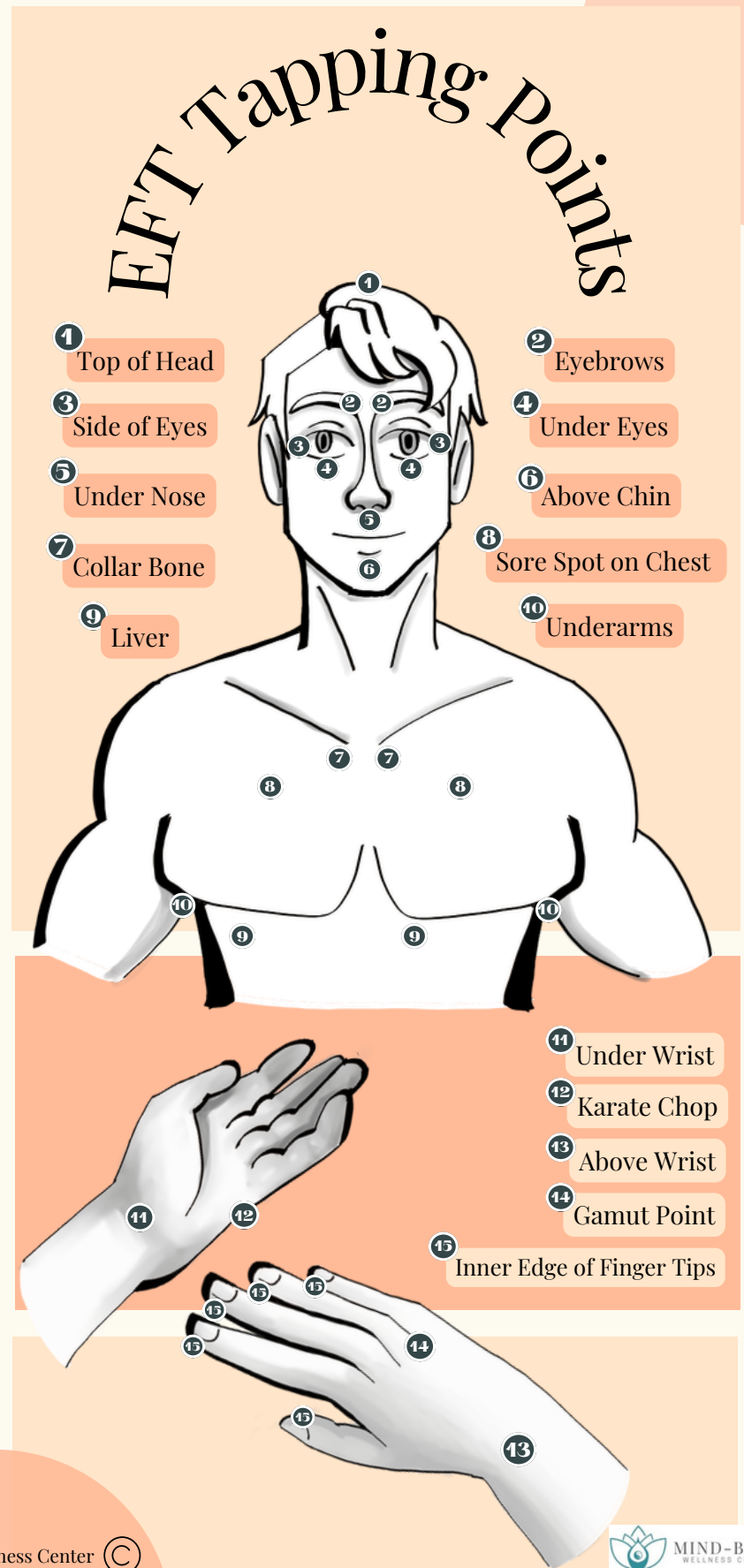
Problem-identification statement + Self-acceptance statement

Even though I have this (problem, fear, guilt, anger, etc.) :

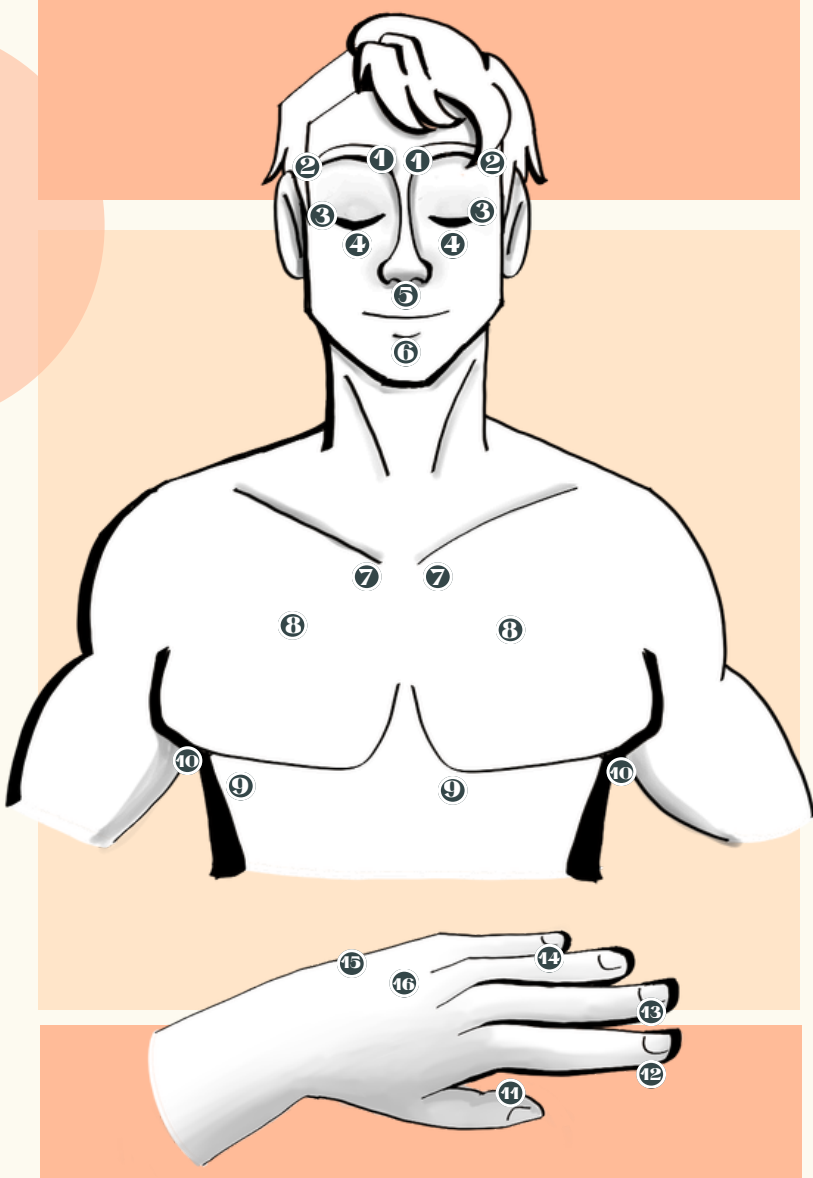
- I deeply and completely love and accept myself
- I forgive myself as best as I possibly can
- I want to get to a calm and relaxing place

Best Results Tips and Tricks:

- **Be specific** in your problem and set-up statement
- Set a **timer** for the exercise
- **Journal** your thoughts after each session
- Try it on **everything** (especially whenever you feel anxious/worried)



Specific Feeling Locations



1-2 Trauma

5 Embarrassment

11-13 Guilt

3 Rage

6 Shame

14 Heart Emotions

4 Anxiety

10 Anger

16 Pain
(Emotional/Physical)

Optional Extra Steps:

At any point, feel free to add any of the following:

- Deep Breathing
- Pacing Back and Forth
- Stomping Your Feet
- Massaging/Shaking the Tension Out of Your Body

State the Problem:

Before you begin, focus on a **specific feeling** and **recognize the location** in your body

Rate Your Distress:

On a scale of **1-10**, rate the **severity** of the feeling

Speak the Set-Up Statement While Tapping Karate Chop Point:

While tapping, speak the Set-Up Statement **3 times**

Even though I have this

(problem, fear, guilt, anger, etc.) :

- I deeply and completely love and accept myself
- I forgive myself as best as I possibly can
- I want to get to a calm and relaxing place

Begin Tapping Sequence:

Stimulate nerve endings **1-15** by tapping on them with your fingertips for a few seconds.

If you feel a lot of **moving energy**, **stay** on that point.

If **nothing** is happening, **move** to the next point.

Do the 9-Gamut Sequence:

Tap the **Gamut Point (16)** on the back of the hand while performing the following sequence:

- Eyes Open
- Eyes Closed
- Eyes Open
- Look Hard to the Right (Keep Head Straight)
- Look Hard to the Left (Keep Head Straight)
- Roll Eyes in a Complete Circle Clockwise
- Roll Eyes in a Complete Circle Counter-Clockwise
- Hum a Tune (such as Happy Birthday)
- Count to 40 by 2's (Out Loud)
- Hum a Tune Again

Recheck Your Distress:

On a scale of **1-10**, recheck the **severity** of the feeling

Repeat Tapping Sequence Until Distress is Low:

- Repeat stimulation of nerve endings **1-15** while also checking your distress levels after each round
- Repeat this process until distress is **low** or **completely gone**

Journal Your Thoughts:

- After your session, **notice** what you learned and what feels different about the situation
- **Notice** what makes you feel **sad, angry, frustrated, etc.**
- **Write** it out

Resources:

Tapping the Matrix.com worksheet
Emotional Freedom Technique worksheet
Natural Bio Destressing worksheet
WebMD. (n.d.). EFT tapping: What is it and does it work for stress? WebMD. Retrieved June 17, 2022, from <https://www.webmd.com/balance/what-is-efl-tapping>

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