

EFT™ - Emotional Freedom Technique

Step 1. Awareness

- Identify and name the problem/issue as specifically as possible.
- Rate the intensity of the problem/issue on the scale from 0 to 10.

Step 2. Balancing, or The Set-up

- Either, rub the fore foot (AF) in a circular fashion,
- or, tap the Karate Chop (KC) point,
- while saying the following affirmation 3 times: "Even though [describe the problem here], I deeply and completely accept myself" (or some other statement of self-acceptance).

Step 3. Clearing, or The Sequence

- Tap about 7 times at each acupressure point (see the diagram) using 3 fingers.
- At each point, say a short Reminder Phrase: "This [problem]."



Main acupressure points used in EFT:

AF - inner (palmar)	KC - outer wrist (forearm side)
EB - beginning of eyebrow	TM - thumb (outer edge of web)
ST - side of the eye	2F - index finger
UP - under the eye	3F - middle finger
UB - under the nose	4F - ring finger (opposite side)
DB - big toe (distal)	LF - little finger
CB - end of the collarbone	AC - armpit (top point)
BB - back foot (area used for balancing/tilting)	

Step 4. Evaluation

Focus on the problem again, notice any changes and rate how intense it is now. If the intensity only reduced a little, repeat, changing the Set-up affirmation to reflect the current intensity, e.g. "Even though I still [have issues] with [problem], I deeply and completely accept myself" and change the Reminder Phrase to "[current problem]".

Troubleshooting

If you are not getting good results from the above procedure, try one or a few of the following:

- Drink plenty of water.
- Repeat the procedure a few times.
- Take a break, move around & try again.
- Be more specific in identifying the issue.
- Look for different aspects of the problem and work on each separately.
- Learn more - download Gary Craig's free EFT manual from www.emofree.com
- Get help from an experienced EFT practitioner.

Emofree Eft Manual

Donna Linn, Suzan J. Wells



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A Practical Guide to EFT Judy Byrne,2014-05-01 EFT Founding Master Judy Byrne gives you practical advice on how to use Emotional Freedom Technique to improve your emotional well being and change your life In Introducing EFT through the proven method of tapping you will learn how to remove negative feelings let go of the past improve willpower and aim for a positive future CLEAR AWAY NEGATIVE EMOTIONS and find inner peace CURB CRAVINGS and take back control of your life TAP INTO YOUR POTENTIAL and eradicate those nagging doubts

The Promise of Energy Psychology David Feinstein,2005-11-03 This groundbreaking book explains how to tap into your body s energy not only to change your health but to change your behaviors and thought patterns as well Your body is comprised of energy pathways and energy centers that are in constant motion a dynamic interplay with other energies and with your cells organs immune system mood and thoughts If you can shift these energies you can influence your physical health your emotional patterns and your state of mind The Promise of Energy Psychology gives simple step by step instructions that will help you to overcome fear guilt shame jealousy or anger change unwanted habits and behaviors enhance your ability to love succeed and enjoy life The energy approach presented in this book can help bring about significant change in your life With this strategy stubborn phobias often fade in minutes the lifelong effects of an early trauma can frequently be reduced or completely eliminated uncontrollable anger can rapidly become manageable even elusive physical problems may respond where other treatments have failed The Promise of Energy Psychology is an amazing tool that puts the ability to effect change directly into your hands and finally gives you control over your fears pain and destructive behaviors

Just Tap & Calm Your Mind Neeraj Kumar,2023-07-11 A simple and powerful technique is explained to revive and rejuvenate life This book aims to solve your emotional problems physical pain and relationship conflicts The technique described in this book will bring you into the actual realm of life and you will experience a bounce back to life Also it will bring awareness and understanding of problems and their root causes You will learn to deal with various psychological problems like depression anxiety panic attacks fear of exams height the lift water reptiles etc grief overthinking repetitive thoughts and insomnia sleeplessness In addition you will learn how to apply numerous methods of the EFT Moreover you will be introduced to the challenges that may arise during tapping This book contains step by step instructions exercises and diagrams Also you will find unbelievable real life stories of healing

The Mother's Manual Audrye S. Arbe,2019-08-05 Who am I and where do I come to write this book I feel it necessary to address all aspects of motherhood so I decided to include both the sweetness and delight plus the shadow side of motherhood in this book Some challenging life situations occur that are vital for us to consider so I am including some disquieting statistics Because many women and men have refrained from checking within themselves or making an examination on emotional mental physical and spiritual planes about having children hardships have been created both personally and planetary

Heal Yourself with Emotional Freedom Technique John Freedom,2013-05-31 Emotional

Freedom Technique is a new and innovative alternative therapy that is rapidly becoming a phenomenon It is a safe and non invasive healing method based on tapping acupuncture points while you focus on a particular issue It has been shown to be effective in treating fears and phobias performance anxiety guilt shame self sabotage and other emotional conditions It is also being used to enhance and improve academic and athletic performance psychic and intuitive abilities confidence and self esteem and overall health and well being

Autoimmunity Heidi Whitaker, Kathy Browning, 2005-12 This book is two books in one It serves as both a dietary guide and a cookbook for those with autoimmune disorders You will learn which common foods have been making your autoimmune symptoms worse and which can help you heal You will also become familiar with herbs and lifestyle changes that can make all the difference in the world to your health This 286 page book cookbook is full of information you wish your doctor had told you to keep you from suffering needlessly This book is the first ever of its kind and it will make you wonder how you ever lived or cooked without it

The Witness Andrew Gaines, 2018-05-21 Starting with simple self observation The Witness provides tools that enable us to become more emotionally resilient creative and effective in every aspect of our lives In addition to our own self development many of the techniques introduced in this book can be used as workshops on the fly By informally introducing them to friends we contribute not only to their personal well being but to the cultural evolution we need at this time We are becoming the kind of people who can create and enjoy a life affirming culture

Intuition 'on Demand' John Living, 2008 The author presents ways to tap into intuition and use it as a guide to success

Better Golf with EFT Steve Botuchis, 2009-09-01 Better Golf with EFT improves the mental game of any golfer from touring pro to weekend duffer With Steve's book you will learn the techniques revolutionizing the field of golf psychology You will use the amazing discovery of combining acupuncture with quantum physics to eliminate your golf demons Step up to the first tee full of confidence relaxed and tension free never putt in fear again Putt with confidence avoid three putts and sink those pressure putts on the final hole

AMT Conference Manual 2003 Alex Kent, Susan Courtney, 2003-06 Contains papers from workshops presented at the Third European Energy Therapies Conference held in August 2003 The AMT is at the forefront of education and information about the new Energy Psychology and Meridian and Energy Therapies approaches In August 2003 an extraordinary group of people met to learn and share their knowledge expertise and energies at the Third European Energy Therapies Conference The manual contains papers from workshops presented at the conference giving readers the opportunity to learn the latest in this exciting field and share the flavour of this gathering

Tapping Donna Eden, David Feinstein, PhD, 2024-05-28 A lucid guide to energy psychology that demonstrates techniques and procedures that can bring about remarkably rapid changes in the way people feel and move through the world Bessel van der Kolk MD 1 New York Times nonfiction bestselling author of *The Body Keeps the Score* What if the answer to what's holding you back was at your very fingertips That's exactly the solution presented in Tapping We all face a range of issues in common areas of life from worry depression and trauma to self defeating habits addictions

and relationships Thankfully Tapping is an accessible and authoritative new work that offers a vibrant response to the psychological and spiritual trials presented by a world in unprecedented distress Renowned clinical psychologist Dr David Feinstein along with the world's most sought after expert on energy medicine Donna Eden promise Whether the emotional issue at hand is caused by stress or anxiety physical ailments aging the pressures of parenting work or staying centered and grounded in this world we offer a framework and a set of tools to help you show up at your best Tapping energy points on the skin while bringing problems and goals to mind changes the brain in ways that help to overcome those challenges and support those aspirations This stimulating practice places an astonishingly effective tool into your hands quite literally Emerging from time honored healing traditions the procedure signals your nervous system to reduce fear anger stress and grief while activating brain regions involved with problem solving and managing emotions to help you find inner balance and take charge of the internal models that govern your life As cultural historian Dr Jean Houston declares in her foreword this is a stunning call to action at a time of desperate personal and collective need Created for everyday and professional readers alike here is an unprecedented resource for self care and personal growth Through their extensive research and field tested refinements on this method Eden and Feinstein combine the scientifically validated effectiveness of tapping with the best practices of psychotherapy helping you move forward to a healthier and happier life

Healthy Body, Peaceful Mind, Awakened Spirit. Helen Birnbaum, 2017-06-15 Healthy Body Peaceful Mind Awakened Spirit provides powerful tools for achieving excellent health tranquility of mind and connection to spirit It discusses food allergies alternative therapies mindfulness meditation relationships parenting of adolescents the law of attraction and the power of our thoughts on the quality of our lives Concepts such as the role of energy and electricity in the body are explained in simple language Some of the latest findings in science are described touching on quantum physics and epigenetics There are also chapters on religion and the esoteric thus blending science and spirituality The book quotes numerous reports of contact with the spiritual realm and provides evidence for the continued existence of the soul after the death of the body The world of spirit is gradually being revealed to us through channeled information which is empowering as it is given with a profound understanding of the human condition The bridging of science and spirituality contributes to a deeper understanding of the world we live in and of supernatural phenomena This book presents in part the authors own journey toward discovering the tools available to us for living skillfully Helen shares her insights and hope for a better future for our planet as revealed in teachings from the other side

Psychic Self-Protection Judy Hall, 2009-11-02 This inspirational book will aid you in finding stability and security in a changing and challenging world It explains the difference between self protection and fear based defences and shows you how you can use crystals and other spiritual tools to change your mindset from a fearful one into a more confident positive approach to the world Judy has put together simple and effective ways to enhance energy levels and boost protection that have been used for thousands of years Her tools techniques and powerful energetic practices will help you to take charge of

your life and embrace change with power and gusto **IBS For Dummies** Carolyn Dean,L. Christine Wheeler,2011-05-12 Spot the triggers and handle IBS at home or work Get control of your symptoms and improve your quality of life Are you or a loved one suffering from IBS This plain English reassuring guide explains all aspects of this frustrating condition and helps you find the right doctor and treatment plan You get up to date information on the latest tests healthy nutrition guidelines diet and exercise plans and the newest medicines and therapies to bring you much needed relief Discover how to Get an accurate diagnosis Recognize the warning signs Reduce your stress Weigh treatment pros and cons Adopt an IBS friendly diet Help children with IBS *Irritable Bowel Solutions* Dr John Hunter,2009-11-10 Irritable Bowel Syndrome IBS is a condition that is often misunderstood and misdiagnosed Despite common perceptions only 50% of cases are related to diet and the causes of the other 50% of cases are rarely examined and sufferers are unable to find suitable treatment In this groundbreaking new book Professor John Hunter reveals how you can solve the causes of your IBS Using his carefully constructed questionnaire find out the reasons for your symptoms then turn to the appropriate chapter to learn how to treat them Irritable Bowel Solutions also answers all the other questions that might be causing concern such as What if I don t fit any of the types described What do probiotics really do and are they helpful Will my disease always affect me or can I manage it effectively *The Complete Idiot's Guide to Fighting Fatigue* Nadine Saubers R.N., B.S.N.,2008-08-05 A boost of energy for your customers and your sales Exhaustion is rampant nowadays for both medical and lifestyle reasons In this helpful guide a healthcare professional and scientific researcher explains the common causes of fatigue both physical and emotional and the most effective ways to prevent and combat it Readers will be able to recognize the warning signs of systemic fatigue figure out when medical treatment is required learn lifestyle solutions discover alternative therapies and consult a resource section for even more information Expert author brings an integrated approach both traditional and alternative to the prevention and treatment of fatigue Can be used by the millions of people suffering from such conditions as fibromyalgia **The Trauma Therapies** John Marzillier,2014-07-03 It is well recognized that those who go through a major trauma can go on to experience psychological problems Many seek psychological help and there is a now a range of psychotherapies specifically for those who have been through trauma In this authoritative book John Marzillier describes and reviews the various forms of trauma therapy examining what the therapies consist of their research basis their similarities and differences and what they tell us about trauma and its effects Designed specifically for therapists and engagingly written the book ranges from established therapies such as prolonged exposure EMDR and imaginal reliving to newer developments such as mindfulness meditation compassionate focused therapy and energy psychology techniques Aware that therapy is more than a collection of techniques Marzillier discusses the nature of psychological trauma the therapeutic relationship and what psychotherapy can offer The domination of a quasi medical model notably in terms of PTSD and of evidence based psychotherapy has led to a misleadingly simplistic notion that effective trauma therapies are those based on exposure This

book does much to dispel this notion For all psychotherapists and counsellors this is a valuable book describing the many and varied trauma therapies It shows how therapists of all persuasions can benefit from further understanding of how best to help those who have been through a major trauma [Searching ...](#) Donna Linn,Suzan J. Wells,2018-09-27 Perhaps the way you have been living is no longer working for you or maybe you feel there must be more to life Do you feel you would like to try a different path Are you looking for something new You already have the answers to your questions you just need to reach out and take them Discover how to access them through the world of energy and healing You can create positive lasting change and experience new possibilities insight and understanding Searching A Peek into the Invisible World of Energy and Healing explores the many options for healing available Healing yourself receiving healing and learning to give to others Twenty first century healing modalities Innovative modalities Established healing modalities Healing with the body Kick starting your healing In this simple and accessible guide coauthors Donna Linn and Suzan J Wells share their wisdom describe the things they wish they had known earlier and provide resources for further exploration You can change your energy and change your world **Permanent Habit Control** Brian Grodner,David B. Reid,2010-01-18 Grodner and Reid present the first professional book that attempts to permanently change health behaviors using Ericksonian Hypnotherapy This book provides mental health professionals with a practical resource that will help them initiate permanent habit change in their clients lives Hypnotherapy has been proven to help people break poor eating habits quit smoking reduce alcohol and drug consumption and manage stress The book provides eclectic and innovative behavioral and naturalistic interventions that can be individually tailored to help clients regain control of their lives The authors offer specific strategies processes metaphors images reframing techniques task assignments and other innovative techniques for managing unwanted habits beginning with the initial client contact and continuing through relapse prevention and follow up reinforcement sessions Assists practitioners in helping clients understand and access their internal resources to help them initiate permanent habit control Demonstrates how to employ the Enneagram a profound psychological and spiritual tool for understanding the self and offering pragmatic insight to initiate behavioral changes Presents case histories from the authors own clinical work to illustrate the interventions in practical and strategic ways Includes end of chapter activities to improve skills such as generating individualized treatment plans and conducting personality assessments Hypnotherapy serves as a less expensive alternative approach for improving the quality of life and helping people adopt healthier lifestyles through behavioral change [Energy Psychology Journal, 2:2](#) Dawson Church,2010-09-30 Energy Psychology Theory Research and Treatment is a peer reviewed professional journal dedicated to reporting developments in the field of energy psychology EP that are of interest to healthcare professionals and researchers It contains original empirical research into the efficacy of EP methods theoretical experimental and basic science papers illuminating the mechanisms of action of EP clinical insights on the application of EP to various populations and interfaces with other interventions book reviews and abstracts published in other journals that are

of relevance to the EP field Its goal is to further the development of EP as an evidence based method in the healing sciences

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