

THE EFT PROCESS:

TAP IN THIS ORDER

- karate chop point KC
- Top of the head TH
- Eyebrow EB
- Side of the eye SE
- Under the eye UE
- Under the nose UN
- Under lower lip CH
- Collar bone CB
- Under the arm UA
- Thumb TH
- Index finger IF
- Middle finger MF
- Ring finger RF
- Little finger LF

STEP 1 Recall a specific past or current problem/event that you wish to work through. Be as clear as possible what the feeling, issue or problem is that you want to work on. Is the problem thought based, behaviour based, physical or emotional?

STEP 2 Determine the level of distress you feel on a scale of one to ten (0 not being a problem and 10 being intense). You may wish to write this down, so that you can compare the before and after scores so that you can measure the reduction in distress going down in between each tapping round.

Gather the various aspects of the problem. Where in your body do you feel the emotional issue most strongly? Does it have a colour, a shape? What does it feel like? What is its weight? Does it have a smell, a sound, a taste? We store information through our senses – visual (seeing), auditory (hearing), kinaesthetic (feeling), gustatory (taste), olfactory (smell) and the way we store a memory/emotion often relates to one or more dominant sense.

STEP 3 "SET UP": The set up is where we begin the actual EFT tapping process. While tapping with our finger tips on the karate chop point, on the side of either hand in line with the little finger, we use a 'set up statement' repeating it three times.

The traditional EFT set up statements is, "Even though I have this (name the problem or issue here), I deeply and completely love and accept myself." Repeat this statement or variations of this statement on this point three times before moving on to the additional sequential tapping points. If this statement is uncomfortable for you, you may prefer to select an alternative set up statement from the choices offered further on or, make one up of your own that feels comfortable for you.

STEP 4 Follow the full tapping sequence after you have started with the karate chop point. You can tap on either side of your body with either hand. Tap round all the tapping points lightly with the finger pads in sequence, about five to seven times on each point, while repeating the reminder phrase (this is a shorter version of the problem) i.e. the issue, symptom you are working on (this stress, this anger, this disappointment, this lack of self belief)

STEP 5 Repeat several rounds of tapping in this manner until you feel the problem starting to reduce in emotional intensity

STEP 6 Reassess the emotional intensity of the problem using the scale 0-10

STEP 7 Continue tapping round all points with further rounds, until the emotional intensity reduces to a 0

STEP 8 Now, think about the original problem and see if any emotional intensity remains

STEP 9 If any part of the problem that you started with remains, work through the various aspects of the problem and persist with tapping through the tapping sequence, until the problem subsides. " Even though I have some remaining (state the problem), I deeply and completely love and accept myself". Sometimes when we're tapping on a problem, it can change. It may feel as if the energy of the problem has shifted and moved around the body, some aspects of the problem, including the emotions that surface may have changed too. If necessary, to re-evaluate the problem and the aspects of it, start the procedure again from Step 1 and work through the aspects of the problem that have come up or changed as a result of tapping.

EFT SET UP STATEMENTS

There is a choice of EFT set up statements that you can use to transform your emotions. Decide from the following statements which statement feels right for you. Each set up statement is repeated three times, either using the same statement or a variation of the problem before moving on with the additional sequential tapping points.