

# A quick guide to finding freedom with EFT



EFT (Emotional Freedom Technique), also commonly known as tapping is an alternative or complimentary therapy.

EFT is founded in the understanding that energy flows through the body in channels called meridians, if this energy is blocked from flowing freely the result can be emotional or physical dis-ease. These blockages are caused by the traumas we experience and the beliefs we hold.

EFT clears these blockages by you stimulating acupressure points along the meridians while focusing on the negative emotion, memory or issue you are struggling with.

It really is a great tool to let go of anything!

Want to give it a go?

*Great. Lets do this!*

# 1 *Lets get started*

Identify the issue: Maybe an event, an emotion, or a physical feeling. This will be your focal point while you're tapping. Be as precise as you can. Really get in touch with how you feel, where is it in your body, does it have a shape, colour?

For example, 'this heavy red fear in my stomach' or 'I feel so sad because I argued with my partner and I feel restriction in my chest'.

What's the intensity: Rate the intensity of the issue from 0-10 (10 highest).

Breathe: It can take practice to get in touch with our bodies so don't worry if this is difficult at first. Practice taking a breath, close your eyes and focus on the issue. Notice what happens in your body and if it's nothing, that's ok. Go with the words.

## 2

The set up: To start you need a statement that:

1. Acknowledges the issue (as above)
2. Has some statement of you accepting yourself despite the issue

For example 'even though I have this heavy red fear in my stomach, I deeply and completely accept myself'.

**3** Begin by tapping the point on the 'side of hand' while simultaneously reciting your setup phrase three times.

Then, while repeating the identified issue (remember to be as specific as possible) lightly tap each point around seven times, moving down the body in ascending order.

See Section **4** for tapping points.

Rate the intensity again. If it is still above a 2 or so then repeat the process. You may need to change the words if it feels different.

If you're struggling with self-acceptance, you don't have to believe it yet so don't worry!

You can work on this too!

# 4

Top of Head: Directly on the crown of your head.

Eyebrow: Where the eyebrows begin, closest to the bridge of the nose.

Side of Eye: On the bone directly along the outside of the eye.

Under Eye: On the bone directly under either eye.

Under Nose: The indent between your nose and upper lip.

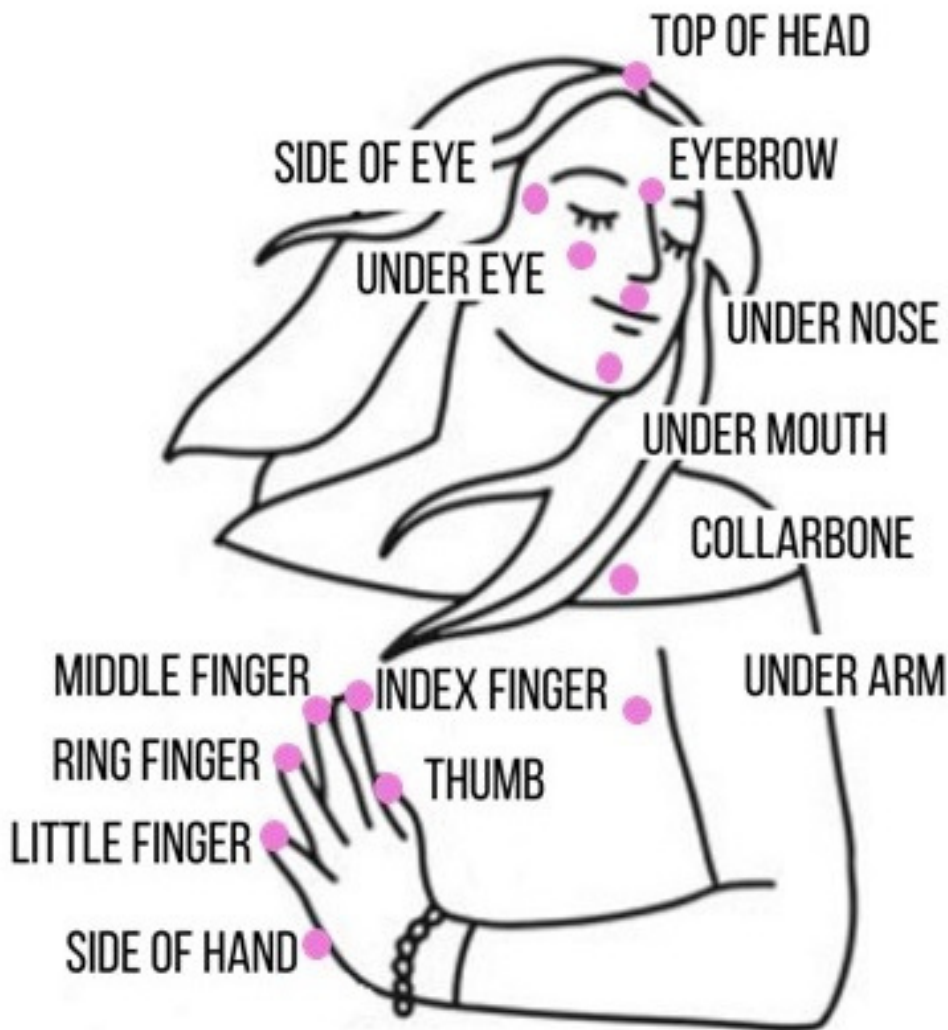
Under Mouth: This is the area just below your bottom lip and above the chin, right in the crease.

Collarbone: Starting from where your collar bones meet in the centre, go down an inch and out an inch.

Under Arm: On your side, about four inches beneath the armpit. For bra wearers, it's where the strap sits.



# 5



You will notice that I miss out the finger points in the description. If we were doing a session together, we would go more indepth and use these, but for now don't worry, it's not needed.

*You're ready to go!*

I hope you found this guide  
useful.

EFT is a great self-help tool and  
for deeper work it can be helpful  
to work with a trained therapist.

EFT is just one of the techniques  
I use to help my clients.

If you'd like to find out more  
about how I can help you then  
you can book a free discovery  
session [here](#)