

Getting Started with EFT

Emotional Freedom Technique

1

Identify and name the problem. Be as specific as you can. E.g. *fear of big hairy spiders* rather than just *fear of spiders*.

You may find it useful to give it a number from 0—10 to rate the intensity of the feeling.

2

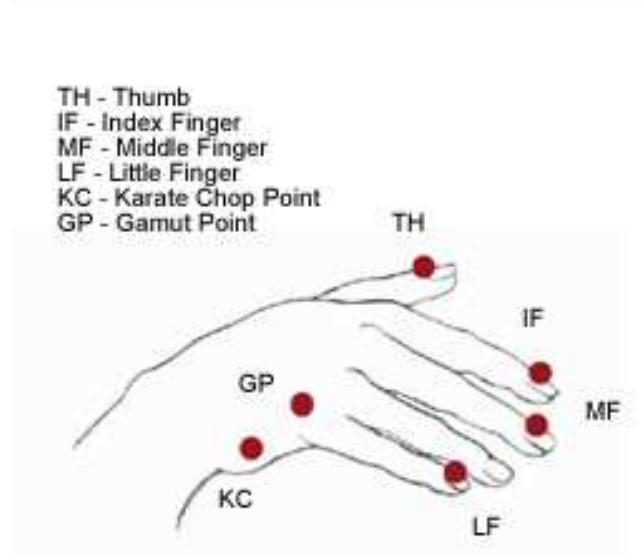
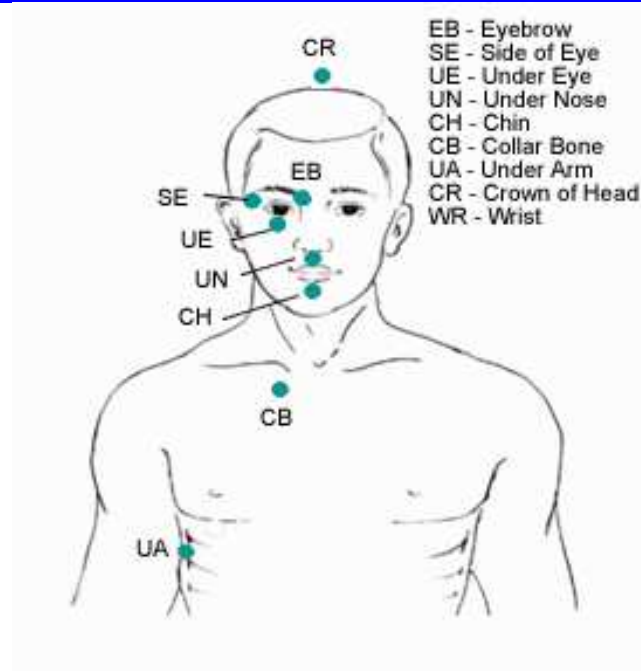
Tap the Karate Chop (KC) point. Say the following phrase three times:

“Even though I [*describe the problem here*], I deeply and completely accept myself”

3

Tap each of the points (see diagram) using two fingers with reasonable pressure, around 6 times on each point.

At each point, say a short reminder phrase, “This [*problem*]”



4

Take a deep breath and then focus on the problem again. Have you noticed any changes? It may increase or decrease. What number would you rate it at now?

If it is still there and you rate it more than 2, repeat the process like this.

“Even though I still have some of this [*problem*] remaining, I deeply and completely accept myself.

Change the reminder phrase to “remaining [*problem*].”

Points to Remember

- Drink plenty of water
- Repeat the procedure a few times
- Be very specific in identifying the problem
- Break it down into small pieces e.g. fear of flying involves many aspects.
- Request help and support online at the EFT [Anxiety Discussion Forum](#)
- Download the EFT Manual (it's free!)
- Get help from an experienced EFT Practitioner via NPS.
- Although EFT is basically simple, people are not. Sometimes you need perseverance or an external viewpoint to help overcome blocks

Aspects

A really important understanding for working with EFT is that most problems we have are made up of lots of different aspects. That is, they can be broken down into highly specific individual instances. So, for example, a fear of flying might include the anticipatory fear that builds up in the week before the flight, the journey to the airport, parking the car, the space, noise, lighting etc. of the airport, the check-in process, waiting in the departure lounge, boarding the plane, taxiing, taking off, landing.

When we break a problem down into the really specific aspects like this, EFT gives much clearer results. You can also see progress quickly.

Checking

How will you know you are successful? Always go back and check. Just thinking about a past situation in which you felt intense fear or anxiety usually brings back some of that feeling in the present moment. When you can re-visit those memories and have absolutely no anxiety response, you will know you have achieved emotional freedom. This is why it is so useful to rate the intensity of the feeling before you start, between 0—10.

Always take just one aspect and reduce it to between 2—0 before moving on to the next aspect.

Important Questions

When you have had a problem for a very long time, it can start to become a part of who you think you are. For this reason, it is always worth looking through these important questions before you tackle any long-standing problems. The answers to some of them will indicate where you need to work with EFT if you are not ready to release the problem entirely. This is where help from someone else can really be of great benefit.

What are the possible benefits to holding on to this problem? What are the drawbacks to having the solution?

Although this may seem like a daft question, it does bear some thinking about. E.g. someone who has been signed off work because of anxiety may not want to return to a pressurised and stressful workplace, so it may be beneficial to keep some of the anxiety in order to stay at home.

What happened last time you tackled this problem?

For many people there is a history of seeking help and experiencing the peaks of hope and the pits of disappointment. This can make people cynical and despondent. It may be worth doing some EFT with these feelings first e.g. “Even though I felt devastated when the GP told me I’d never get over it, I deeply and completely accept myself” Reminder phrase: “Feeling devastated”)

Who will you be without this problem? Will it change yours or others’ expectations of you?

Anxiety and phobias can, over time, limit your sense of who you are and what you can achieve. How would you feel if you could be confident, assertive, feel secure, stand your ground and therefore what might you or other people expect of you?

Felling the Forest

Gary Craig, the creator of EFT, likens this process to chopping trees in a forest. Each individual aspect is a tree and we use EFT to fell the tree. The good news is that we don't have to target all the hundreds of trees individually. There comes a point when we have felled sufficient numbers of trees for some of the others to weaken and fall over by themselves.

If you uncover a possible block to releasing the problem, you can use EFT in the same way. E.g. *If I lose my fear of public speaking I will have to change my job.*

Create a setup phrase like this:-

“Even though I'm afraid of changing my job, I deeply and completely accept myself” with a reminder phrase of “afraid to change jobs”

There may be several *aspects* to this fear, such as fear of change, sadness at the loss of colleagues, fear of unfamiliarity, fear of other people's expectations of me. Each one of these can be tackled with EFT.



Identifying the Trees in the Forest

To really get to grips with all the fears—and there are often many—underlying anxiety or phobias, you can ask yourself “... and that would mean?”

E.g. If I overcome my fear of social engagements that would mean ...
..... I would lose my time for myself
..... I would drink more than I want to
..... I might be seen as a tart/looking for sex/available for relationships
..... I would have less money for other things
..... I would have less time for my family

Either writing down the trail of fears or asking a friend or professional for help will help you to stay on track as it's easy to feel lost in the forest!