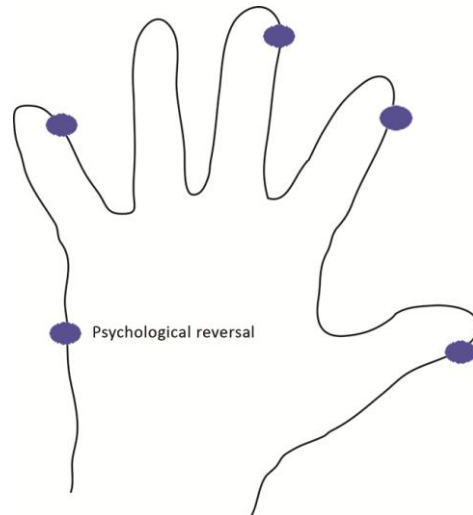
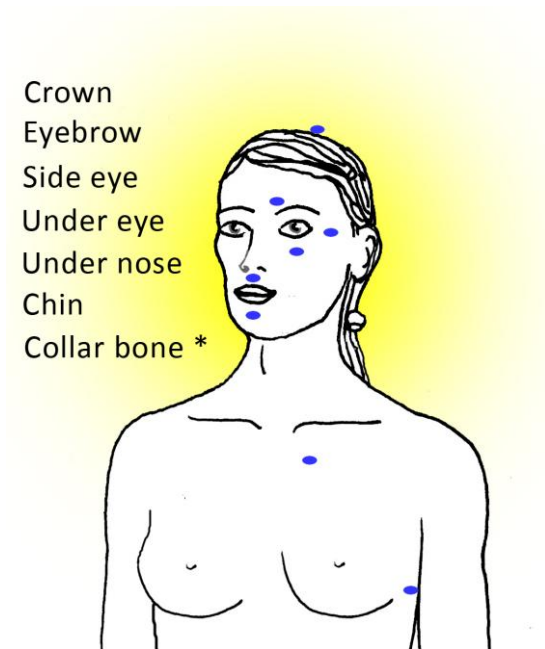


## Basic EFT technique



\* Collar bone is in fact the soft fleshy area 2 inches below and 2 inches left of the 'u' shaped collar bone.

1) Make a list of events or issues that disturb your equilibrium. You can call this your 'personal peace plan.'

2) Choose an issue or event to work on. If it is an issue tie it to a specific occurrence or memory that is more vivid than a general feeling. Your subconscious will bring up the most powerful memory to work with.

3) Begin by assessing the intensity of your feelings (e.g. anger, negativity, self-doubt, tension in throat, sick feeling in stomach) on a scale of 1-10 (1 = low; 10 = high) and make a note of it for later.

4) Then work back to the original source or cause of your present issue. (For example, a person who overeats may do so when becoming anxious due to an underlying feeling of loneliness, which is traced back further to when mum left her alone at home as a child of 7 years old.) Once you think you are near to the source of your disturbance, try to 'hang it' on a specific thing that happened that encapsulates all the feelings you are trying to resolve. If you were too young to have a specific memory (i.e. if you were a baby or toddler) don't worry – allow your imagination to create the memory of the event you have an unconscious sense of and work with that. NB. It can be like peeling the onion, until eventually you find the root cause and then can 'tap' for on the feelings aroused by that cause until it dissipates.

4) You might need to break down an issue into 'aspects.' Taking the example above, the little girl may remember one time her mother left her alone on a Saturday morning and she did not know how to make breakfast so went hungry. The aspects of this may include: the memory itself, the sadness, the fear, the

shame, etc, and each of these may be linked to other memories. Sometimes when you have successfully dealt with a few of these memories the rest neutralise like a domino effect.

5) If there is a pain of any kind you may like to describe where you feel the pain in your body, or give it a colour or texture. Again, be specific as possible to help you keep focussed.

6) Before you start tapping you need to set up a phrase to prevent 'psychological reversal': e.g.

*"Even though my mother left me alone and did not care for me that Saturday morning [insert your own words here as appropriate]... I completely and deeply love and accept myself."*

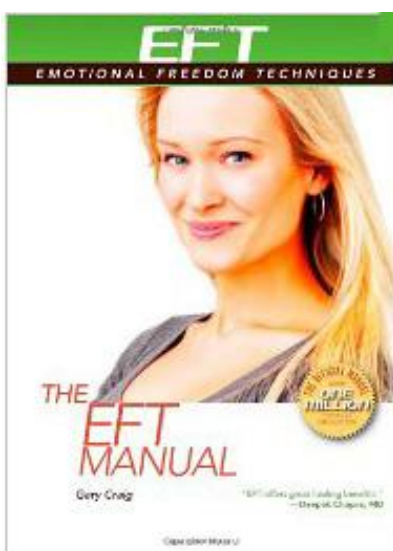
Say your chosen phrase three times while tapping on the karate chop point of the hand (see diagram).

6) Then work down through all the points of the body and hand (show above) whilst saying a 'reminder phrase' to keep the feeling present in your experience while tapping. E.g:

*"lonely and hungry"* [insert your own words here as appropriate]

Do as many rounds as you like and check the intensity of your feelings (e.g. anger, negativity, self-doubt, tension in throat, sick feeling in stomach – as started above) on a scale of 1-10 at the end of each round.

**TIP:** Keep working with physical symptoms or sensations as much as possible without getting into the content and story.



## Further reading

I recommend the EFT Manual (EFT: Emotional Freedom Techniques) by EFT founder Gary Craig as a good starting point. You may like to try Emotional Freedom Technique For Dummies by Helena Fone if you wish to learn more.

There is also a lot of information available online, including [www.eftuniverse.com](http://www.eftuniverse.com) and [www.emofree.com](http://www.emofree.com).

If you wish to work on serious issues or trauma, it is advisable to consult a AAMET qualified EFT Practitioner by searching website: [www.aamet.org](http://www.aamet.org).