



A BASIC SHORT-CUT VERSION OF EFT

Have pen and paper to hand for making notes.

Step 1.

Identify, *as specifically as possible*, the problem you wish to address.

Example: "This feeling of panic that's making my heart race, and my thoughts are all over the place, and it's making me thirsty, and I have a slight headache as well, and I'm scared."

Get the point? Really focus in on whatever it is that's troubling you, whether mental or physical, and thoroughly describe it to yourself. If you haven't come up with one in your description, sense an emotion that best fits the symptoms you've described – anxiety or "non-specific fear" would fit with the above example. When you have tuned into the problem, particularly the emotion, assess the level of distress you are experiencing, **right now**, as you contemplate the problem. On a scale where zero is no intensity of feeling whatsoever, to ten, which is unbearable – rate your level of distress. **Write it down.**

Remember, if you are contemplating a problem from the past, or envisioning a coming event, it is not a rating of the distress you **once** felt or **will** feel – but what you feel **now** – **at this moment**.

Now insert your statement of the problem – remember to be as specific as possible – into the following statement – **and write it down:**

"Even though I have this... (statement of the problem)... I deeply and completely love, trust, and accept myself, without judgment, anyway."

Example: "Even though I have this feeling of panic, which is making my heart race and my thoughts are all over the place, and I need some water, and I'm getting a headache, all because of this anxiety – I deeply and completely love, trust and accept myself, without judgment, anyway."

Step 2.

When you have written your statement down, put it somewhere you can read it and locate your "sore spot." That is, go to the u-shaped notch at the top of the sternum – about where the knot of a tie would be. Come down 3 inches (7.5 cms), then over to the left about 3 inches. Press and rub around this area until you find a slight tenderness under the skin. The sore spot is where you find this tenderness. **Don't press too hard**, as this is where lymph glands are situated. If this spot is too tender, try the other side (3 inches to the right of center). If neither is suitable, then use the side-of-the-hand spot (karate spot), on either hand, as instructed below: Preferably using the sore spot, rub the area gently in a circular motion with the tips of your fingers. If using the karate spot, tap this spot (not too hard, just firm tapping) continuously with a couple of fingers. Do this whilst reciting the following statement, with conviction, 3 times:



"I deeply and completely love, trust and accept myself, without judgment, even with all my challenges and seeming limitations."

Step 3.



After step 2, take a deep breath in through the nose and release it slowly through the mouth. Now focus in on the issue you want to resolve. Go over what you have written down from step 1 a few times and then while you slowly read out your statement, continually tap the karate spot. You can read it a second time or embellish what you are saying if it feels right to do so – but take your time and keep tapping the karate spot while you speak everything that comes up aloud.

Example: "Even though I have this feeling of panic, which is making my heart race and my thoughts are all over the place, and I need some water, and I'm getting a headache, all because of this anxiety, and I hate it when I get like this, and it reminds me of when my Mom shouted at me in the garden, and she didn't realize it wasn't me, and I hate to be shouted at – I deeply and completely love trust and accept myself, without judgment, anyway."



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Step 4.

When you have finished talking it out whilst tapping the karate spot, follow the short sequence below of places to tap. Just firmly tap each spot (about seven or eight taps) as you remind yourself of your statement by shortening it to the primary issue – **the emotion you have assigned to it**. If you have not got a specific emotion, take a guess at which one might best suit the issue – fear, anger, sadness, guilt, grief, frustration, whatever – just put an appropriate emotion to it – and as you tap each of the spots in the sequence below, repeat your emotional word or phrase at least once.

Example (from the above example): "This anxiety" or, "This fear of being shouted at" or, "This guilt I'm feeling."



Begin at the **eyebrow spot** – tap both if you want – where the eyebrow ends at the bridge of the nose. Tap and repeat the reminder term.

Next, the **side-of-eye spot** – both sides if you want to – on the bony orbit, next to the eye. Tap and repeat the reminder.



Then **under the eye** – on the bony orbit directly under the pupil. Both spots if you like. Tap and repeat the reminder term.

Then **under the nose** – between the top lip and bottom of the nose. Tap and repeat the reminder.



Then the **chin spot** – between the bottom lip and chin. Tap and repeat.

Then the **collarbone spot** – both sides if you can, just under the ridge of the bone, about 1 inch (2.5cms) down and to the side of the u-shaped notch at the junction of the sternum. Tap and repeat the reminder term.



Then **under the arm** – about 3 inches (7.5cms) down from the arm pit. Where a bra strap comes for women. Don't tap too hard as there are lymph glands here. Tap and repeat the reminder term.

Finally – tap the **crowns of your head** (sorry, no image) seven or eight times as you repeat the reminder term again.

Then take a deep breath in through your nose, and release through the mouth.

Tune into your "issue" and rate how you now feel on the zero to ten scale.

If your score has dropped by only one or two points from when you wrote it down on Step 1, repeat the tapping sequence above again, but begin with tapping the karate spot and repeating this revised statement three times:

"Even though I **still** have some of this... (emotion – e.g., fear, anger, whatever, as in the reminder term)... I deeply and completely love, trust and accept myself anyway."

As you progress around the spots above, now say: "This **remaining**... (emotion term)..."

Keep repeating the tapping sequence with this statement to start and the "remaining (emotion)" reminder phrase as you go around the spots until the rate of distress you feel falls to zero or one. Then take a deep breath in through your nose and breathe out through your mouth. If you are not able to drop your rating to zero or one, make a note of the issue you are dealing with and consult an EFT practitioner. Go to www.eftuniverse.com for a practitioner listing. Go to www.emofree.com for more on EFT and its founder Gary Craig.