

# EFT

## BASIC SHORTCUTS

### Emotional Freedom Techniques™

Developed by Gary Craig

#### THE DISCOVERY STATEMENT

**The cause of all physical symptoms and negative emotions is a disruption in the body's energy system.**

#### SOME EXAMPLES WHERE EFT CAN BE HELPFUL

Accidents • Addictive Cravings Including Cigarettes • Agoraphobia • Alcoholism • Alzheimer's Disease • Anxiety • Arthritis • Asthma • Attention-Deficit and Disruptive Behavior Disorders • Bee Stings • Being Alone • Body Embarrassment • Cancer • Carpal Tunnel Syndrome • Chocolate Addiction • Chronic Fatigue Syndrome • Claustrophobia • Coffee Addiction • Commitment Avoidance • Computer Addiction • Concentration • Constipation • Dentists • Depression • Disease • Driving • Dyslexia • Eye Pain • Eyesight • Fear of Public Speaking • Fear of Elevators • Fear of Flying • Fear of Intimacy • Fear of Spiders and Other Phobias • Fear of Needles • Fibromyalgia • Fingernail Biting • Grief • Guilt • High Blood Pressure • Insomnia • Irregular Heartbeat • Irritable Bowel Syndrome • Joint Pain • Learning Disorder • Low Back Pain • Lupus • Marriage • Migraine or Sinus Headaches • Morning Sickness • Motion Sickness • Multiple Sclerosis • Muscle Tightness • Nicotine Withdrawal • Numbness in the Fingers • Obsessive-Compulsive Disorder • Panic Attacks • Physical Pain • PMS • Poor Coordination • Posttraumatic Stress Syndrome • Psoriasis • Rape Trauma • Rashes • Rejection • Schizophrenia • Sexual Dysfunctions • Sexual Abuse • Stiff Neck and Shoulders • Stomachaches • Stress • Stuttering • Substance Abuse • Toothache • Tourette's Disorder • Trembling • Ulcerative Colitis • War Trauma

**There are many, many more. A complete list is several times as long. Try it on everything. You may not get 100 percent success (who does?) but often EFT will give startling relief where nothing else seems to work.**

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## EFT IN A NUTSHELL

Memorize the following **BASIC RECIPE**. Use it on **any emotional or physical problem** by customizing it with an appropriate **SETUP** statement and **REMINDER PHRASE**. Where necessary, be persistent until *all aspects* of the problem have vanished. *Try it on everything!*

## THE BASIC RECIPE

Create a mental picture which best represents your issue. While thinking of that scene, if possible, rate the degree of distress or intensity on a **scale from 0 to 10** with 10 being the greatest effect imaginable, and zero being totally at ease about the situation.

## THE SETUP

**Repeat your complete setup statement out loud three times while tapping on the Karate Chop point** (see below):

*“Even though I have this [state problem: specific disorder or upsetting thought/emotion], I deeply and profoundly love and accept myself.”*

*[Variations: completely/totally/fully/greatly/really accept/love/honor/respect/appreciate/forgive myself, etc.]*

Example: *“Even though I become paralyzed with fear even when I just think about public speaking, I fully appreciate and forgive myself.”*

It makes no difference whether you *believe* that you accept or love yourself; just say it when the appropriate time comes. And if you need to add: “. . . even if some part of me doesn’t really believe this,” then do so.

**The Karate Chop Point:** The Karate Chop point (abbreviated **KC**) is located at the center of the fleshy part of the outside of the hand (either hand) between the top of the wrist and the base of the baby finger. It is the part of the hand you would use to deliver a karate chop. Here you vigorously and firmly *tap* the Karate Chop point with the fingertips of the index finger and middle finger (and ring finger, optional) of the other hand while saying out loud, three times, the setup statement you have chosen.



## THE TAPPING SEQUENCE

Tap lightly but vigorously on each release point listed on the following page for as *many taps* as it takes to complete your shorter reminder phrase out loud—then move to the next release point. It usually takes about seven taps to do this, but the exact number is unimportant. Your **REMINDER PHRASE** summarizes the distress, e.g., “. . . this headache/tension/anger” (or variations, including adjectives: e.g., “. . . this annoying headache/tense lower back/intense rage/paralyzing fear”).

**EB** = beginning of the **EyeBrow** (where the eyebrow starts by the bridge of the nose),

**SE** = bone at the out**S**ide edge of **E**ye,

**UE** = bone **U**nder **E**ye (about an inch below pupil). Tap gently here; the tissue is delicate beneath the eyes,

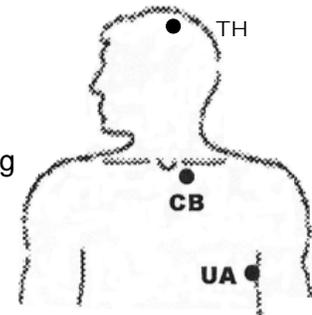
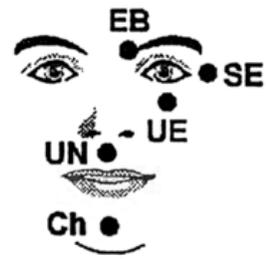
**UN** = **U**nder the **N**ose and above the lips,

**Ch** = middle of **Ch**in (the indentation between lips and jaw bone),

**CB** = beginning of clavicle/**C**ollar**B**one (go to notch at base of throat, go down about one inch and to the left or right about one inch). Make a fist and thump lightly on this spot so that your fist covers the area just below one of the little points of the collarbone. Using your whole fist ensures that you are stimulating the entire area; it is therefore not necessary to be too precise with this location.

**UA** = **U**nder the **A**rm (about four inches below armpit or in the middle of the bra strap for women); the *exact* position is not essential.

**TH** = **T**op of **H**ead (about where a baby's soft spot would be). Curl your fingers downward so that the fingertips lightly tap the top of the head, positioning your hand with your wrist toward the front, your fingers pointing backwards, so that half of your fingers are stimulating the right side of your head and the remaining ones the left side. This stimulates both hemispheres of the brain. You may tap longer on this spot than the others, if you wish.



This sequence completes the first half of one “round” of the treatment. For the second half of the “round,” repeat taping sequence at the beginning of the **EyeBrow**. This time, repeat your **self-affirmation** phrase, for example, *“I deeply and profoundly love and accept myself.”*

**EB** (beginning of **EyeBrow**), **SE** (**S**ide of **E**ye), **UE** (**U**nder **E**ye), **UN** (**U**nder **N**ose), **Ch** (**Ch**in), **CB** (**C**ollar**B**one point), **UA** (**U**nder **A**rm), **TH** (**T**op of **H**ead)

After each complete round, assess your Distress Rating to see if it has come down, or if your feeling about the situation has changed *in any way*. There will usually be some shift, but if your rating has not changed at all, then repeat the sequence using the *following* sentence as you tap the **Karate Chop** spot:

*“Even though I am stuck at (give number at which your Intensity Rating is stuck), I deeply and profoundly love and accept myself.”*

Your Reminder Phrase will now be, *“I am stuck at \_\_\_\_\_.”* Doing this will usually bring your Distress Rating lower. When it does so, go back to your original sentence and continue with the next round.

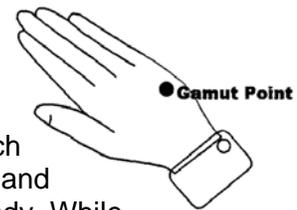
A cardinal rule of this method is that you *must continue* the treatment until your Distress Rating has come down to a “2” or below, preferably to a “0.” If your Distress Rating is still not coming down, it is usually because you need to address another *aspect* of the problem in addition to the one you started out with.

Another aspect of a problem can be recognized by being aware of your thoughts while tapping. For example, while tapping for fear of public speaking you are imagining that people are laughing at you. So your new setup phrase might include, *“Even though I imagine that people are laughing at me when I get up in front of them, . . .”*

**EFT is not simply a technique for *feeling better*, it actually causes you to *process* the situation in a healthier way.**

### EYE ROLL

With a very low residual intensity level (e.g., 1 or 2), do an **EYE ROLL** (abbreviated **ER**). **Continuously tap on the Gamut point** (point on the back of the hand, between and just above the knuckles about one-half inch toward the wrist, in the valley between the two thin long bones of the ring and baby finger on the top of the hand) while holding your head level and steady. While still tapping, look down toward the floor (without moving your head) and slowly raise your eyes to the ceiling to the count of about eight as you continually tap the Gamut point on the back of your hand. This will usually lock the changes in. Stop tapping, close your eyes, and take a couple of deep breaths.



Now, if this is a situation that you can test out in real life, proceed to do so. If the distress returns, seek an overlooked aspect of the situation and tap for that.

### NEED HELP?

If you encounter any difficulty while attempting to use EFT, and you wish to have some additional guidance, please feel free to contact me via email, [DrRuth@DynamicResources.net](mailto:DrRuth@DynamicResources.net) or call me directly at (619) 961-7500 for assistance. I'll be happy to walk you through the procedure, and help you with any problems you may be having with the process.

There are many advanced ways to work with this basic pattern that can empower the protocol greatly for achieving even more amazing and incredible results. In addition, there are methods for helping others, pets, children and those that are at a distance. Please ask me to coach you through learning more advance patterns and progressive applications of EFT.