

EFT

FULL INSTRUCTIONS

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

THE BASIC RECIPE

If possible, as you mentally or emotionally relive the situation, rate the intensity on a **scale from 0 to 10** with 10 being the greatest effect imaginable, and zero being comfortable.

THE SETUP

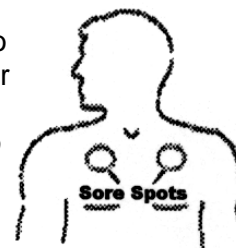
Repeat this **affirmation** three times:

“Even though I have this [state problem: specific disorder or upsetting thought/emotion], I deeply and profoundly accept myself, (even if some part of me doesn’t really believe this).”

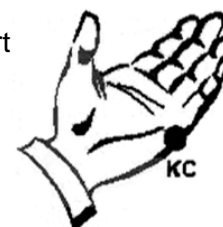
[Variations: completely/totally/fully/greatly/really accept/love/honor/respect/appreciate/forgive myself, etc.]

while you **rub** the “**Sore Spot**” or **tap** the “**Karate Chop**” point, or do both, one after the other.

Sore Spot: It is located in the upper portions of the chest. Find it by going to the base of the throat where you will find a U shaped notch at the top of your sternum (breastbone), about where a man would knot his necktie. From the top of the notch, go down about three inches and over about three inches to your left or right. If you poke around within about a two inch radius, you will find a spot that feels sore or tender. This is the place you will need to rub while saying the affirmation.



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.



PSYCHOLOGICAL REVERSAL

These procedures using the “**Sore Spot**” and the “**Karate Chop**” point, correct **Psychological Reversal** (abbreviated **PR**), also called “Polarity Reversal,” which is when the polarity of the energy pathways in the body goes into reversal. Some symptoms of this Reversal are when EFT or other treatments such as medical, don’t work or won’t hold, reversing words, concepts or numbers as in dyslexia, being grumpy, irritable, negative, experiencing self-sabotaging behavior, procrastination, mental blocks as in math, writing, and computers.

In addition, on the 0 to 10 scale, the numbers are going down very slowly; for instance, only one or two digits at each check point; coordination is off and there is awkwardness or unbalanced

gait; arms don't swing evenly and smoothly when walking; off in performance or competence, timing is off; confusion, reading causes inappropriate sleepiness, and hyperactivity.

THE TAPPING SEQUENCE

Tap firmly, but not hard enough to make yourself sore. **Tap about seven times to 10 times** on each of the following energy points **while repeating a REMINDER PHRASE** that summarizes the main ailment or upset, for example, *"this headache/tension/anger"* (or variations, including adjectives such as, *"this annoying headache/tense lower back/intense rage"*).

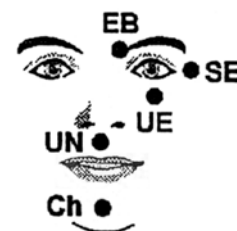
EB = beginning of the **EyeBrow** (where the eyebrow starts by the bridge of the nose),

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

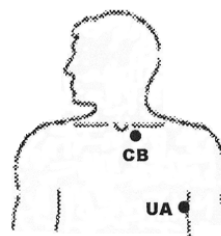
UE = bone **U**nder **E**ye (about an inch below pupil)

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),



UA = **U**nder the **A**rm (about four inches below armpit or in the middle of the bra strap for women),

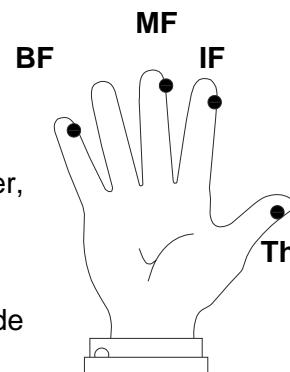
Th = outside edge of **T**humb next to the nail,

IF = side of **I**ndex **F**inger next to nail on the side facing the thumb,

MF = side of **M**iddle **F**inger next to nail on the side facing the index finger, (skip ring finger),

BF = inside edge of **B**aby **F**inger next to nail on the side facing the ring finger,

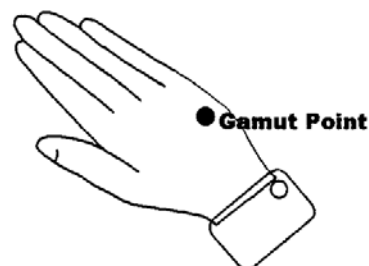
KC = **K**arate **C**hop point between the baby finger and wrist on the outside edge of the hand.



THE 9-GAMUT PROCEDURE

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 in the top of the hand, while holding head level and steady. While still tapping, perform the 9-Gamut actions taking **about 2-seconds each**:

- (1) close the eyes,
- (2) open eyes,
- (3) look hard down to right,
- (4) look hard down to left,
- (5) roll eyes in a circle,
- (6) roll eyes in a circle the other direction,
- (7) hum 2-seconds of any song out loud (e.g., Happy Birthday),
- (8) count rapidly from 1 to 5 out loud,
- (9) hum 2-seconds again.



REPEAT TAPPING SEQUENCE: Tap about seven times on each of the following energy points (same as on page 2) while repeating a **Reminder Phrase** at each point while tapping.

EB, SE, UE, UN, Ch, CB, UA, Th, IF, MF, BF, KC

RELIEVING RESIDUAL SYMPTOMS

If applicable, check your response now on the scale from 0 to 10 and rate it. If relief is partial, repeat **THE SETUP**, adding the underlined words, *“Even though I still have some of this [state problem], I deeply and profoundly accept myself.”*

Repeat **THE TAPPING SEQUENCE** adding the word *“remaining”* to the **REMINDER PHRASE**, for example, *“this remaining headache/tension/anger.”* You do not need to repeat the 9-Gamut Procedure. Just continue to repeat **THE SETUP** and **THE TAPPING SEQUENCE** until the symptom intensity decreases.

With a very low residual intensity level (e.g., 1 or 2), do an **EYE ROLL** (abbreviated **ER**). Simply hold your head level, look down toward the floor 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.