

Emotional Freedom Technique

EFT or Tapping

Emotional Freedom Techniques is a form of counseling intervention that draws on various theories of alternative medicine – including acupuncture, neuro-linguistic programming, energy medicine, and Thought Field Therapy. It's used to restore balance to your disrupted energy and it's demonstrated benefits as a treatment for anxiety, depression, physical pain, insomnia and other symptoms.

GENERAL STEPS FOR THE TAPPING PROCESS

1. Identify a problem or concern you would like to address. This is often referred to as your Most Pressing Issue (MPI).
2. Rate the magnitude of the feeling or discomfort, at this moment, on a scale of 0-10, 10 being the most intense.
3. Establish a Set-up Statement or Affirmation using the following statement:
Even though I have _____, I deeply and completely love and accept myself.
4. Select a "Reminder Phrase" – this is a few words that help you focus on your Most Pressing Issue (MPI). For example, This stress...
5. Start by tapping on your karate chop point, repeat your "Set-up Statement" 3 times.
Even though I have _____, I deeply and completely love and accept myself.
6. Using 2 fingers, tap on each point (5-7 times each) starting from the inner eyebrow and finishing the cycle at the top of your head, while making affirmative statements and reciting your "Reminder Phrase". Example, This stress... is overwhelming.
7. Continue the tapping or stop when you experience relief or need to move on.

RESOURCES:

Intro to tapping: <https://www.youtube.com/watch?v=JiD72cZ5mcU&t=2s>

More on tapping: <https://www.youtube.com/watch?v=4yt00kJVa-Q>

Tapping Points

