

# EFT

EMOTIONAL FREEDOM TECHNIQUES



Excerpt compliments of [www.FromtheDeskofAnnAdams.com](http://www.FromtheDeskofAnnAdams.com)  
Chapter 3: Before You Tap

# EFT

COMPREHENSIVE  
TRAINING  
RESOURCE

LEVEL 1

Ann Adams & Karin Davidson

Energy Psychology Press  
P.O. Box 442, Fulton, CA 95439  
[www.energypsychologypress.com](http://www.energypsychologypress.com)  
Cataloging-in-Publication Data

© 2011 Ann Adams and Karin Davidson

This book demonstrates an impressive personal improvement tool. It is not a substitute for training in psychology or psychotherapy. Nothing contained herein is meant to replace qualified medical advice. The authors urge the reader to use these techniques under the supervision of a qualified therapist or physician. The authors and publisher do not assume responsibility for how the reader chooses to apply the techniques herein.

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopy, recording, or otherwise, without prior written permission from Energy Psychology Press, with the exception of short excerpts used with acknowledgement of publisher and authors. "Emotional Freedom Techniques" is a registered trademark belonging to Gary Craig and is used under license by Energy Psychology Press.

Cover design by Victoria Valentine  
Editing by Stephanie Marohn  
Illustrations by Kari Reed [www.ArtbyKariReed.com](http://www.ArtbyKariReed.com)  
Typesetting by HowToTap.com  
Printed in USA  
First Edition

10 9 8 7 6 5 4 3 2 1

# 3 Before You Tap



*What you will learn  
in chapter 3*

*What you will learn in chapter 3:*

*The purpose of acceptance*

*Why we tap with the “negative”*

*How to measure intensity (SUD)*

*More about getting specific*

*Aspects, daisy chains, and peeling the onion*

*Finding the feeling in the body*

*The generalization effect*

## Acceptance

The acceptance statement is at the end of the Setup: “I deeply and completely accept myself.” All Setups have the same default format:

*The problem statement and the acceptance of self anyway statement.*

“Even though I have/feel [...], I deeply and completely accept myself,” or some similar acceptance statement.

This is the real beauty and true gift of EFT. You have a problem *and* you are still acceptable. You acknowledge the problem *and* create self-acceptance *despite* whatever the problem is.

Important: *You don’t have to believe the acceptance part of the Setup. You only have to say it.* It is also helpful to say the Setup out loud with feeling and emphasis rather than just as a routine statement.

**Difficulty with self-acceptance:** As a beginner, it is easier to stick to the default acceptance phrase, “I deeply and completely accept myself.” Some people, however, simply cannot bring themselves to say, “I accept myself.” This problem can be approached as an issue in itself. “Even though I can’t say I accept myself, I accept myself anyway,” or “Even though I don’t accept myself, I accept that is the way I feel right now.” If you have difficulty in saying the default acceptance statement, it can be modified a bit. *Any* statement can be used that shows acceptance for how you truly feel.

Here are some examples of modifications for the acceptance part of the Setup:

I’m OK. (An easy one for beginners.)

I accept how I feel.

I accept some parts of myself.

I accept that I don’t accept myself.

Maybe I can accept part of me someday.

I’m still a good person.

I appreciate myself.

I accept myself even though I don’t.

I hope to accept myself someday.

I’m still a good/great kid. (Children respond well to this one.)

The goal is to make an acceptance statement that you can say. If necessary, modify the default, “I deeply and completely accept myself,” to something you can agree to at that moment in time, even if it is, “I hope to maybe, someday, be able to think about, perhaps, deeply and completely accepting myself.”

## Common Question

**Why are we using a “negative” statement?** A common question from beginners is why the EFT process focuses on seemingly negative statements or problems. Often people are familiar with affirmations, which are positive statements of what you would like to have become your reality. An example of an affirmation would be “I am slim and trim and at my ideal, healthy weight.” So why, they ask, would you want to tap for “Even though I am forty pounds overweight and feel disgusted with myself, I deeply and completely accept myself”?

The answer is simply this: You are recognizing and accepting what is going on right now for you, *your truth* at this moment in time. You are accepting how *you really feel* deep inside. You are tapping for those negative emotions around your life experiences and the negative, often limiting, beliefs that have been instilled in us all by the authorities in our lives. You are tapping for the little voice running a dialogue in your head telling you how to look at the world, how to interpret what happens, how to think about yourself, what you are and are not capable of, and so on. You are acknowledging your inner belief, even though it is negative, so you can begin the journey of full acceptance of yourself. *It is difficult or impossible to resolve problems until you have accepted that you indeed have that problem.* We spend way too much time in our lives fighting against reality. We may not like that we are forty pounds overweight, but until we accept that that is our current reality and that we are ok anyway, it is hard to begin the process of getting to our ideal weight. You don’t have to *like* being overweight. You are working to *accept how you really feel* about being overweight, so that change can begin.

Gwyneth Moss, EFT Master and AAMET trainer, uses the metaphor of bandaging a wound to explain the “Why tap on the negative?” question. You want to clean out the dirt and germs first (tapping for the real issue) *before* putting on the bandage. Putting on a bandage first (tapping for a positive) would leave behind the dirt and germs (the problem), which could continue to fester and grow.

Tapping neutralizes your current negative emotions, feelings, and beliefs around whatever issue(s) you are addressing. When we tap, we tap on the deeper belief – those negative emotions/memories/fears that are holding us back from the positive thing we desire. For instance, if your actual true belief (at whatever level) is that being overweight protects you, or is the only way you can be comforted, or keeps you safe from some real or perceived threat, tapping will not be effective until you address the fears and other strong emotions underlying your weight.

First, you find and address the reasons you are overweight. Only after easing the emotions around those reasons is there an open door to tapping for the positive.

We can, however, use positive tapping to help us become more specific. Tapping for what we want to be or to have can be used to identify the “yes, buts,” or what Gary Craig called “Tail Enders,” which may come up as we state affirmations or goals. For instance, behind the affirmation “I am slim and trim and at my ideal healthy weight” might be the Tail Ender, “Yes, but I have no willpower,” or “It’s too hard to be my ideal weight,” or “Being fat runs in my family.” Once you identify the underlying reason(s) holding you back from being at your ideal weight, you can begin to develop your Setup for tapping. Tapping on any Tail Enders you find will help you develop clarity about what you are really thinking and feeling so you can begin to use EFT to resolve those issues.

Until EFT loosens the hold of the negative Tail Enders (e.g., all my family is fat) and the negative emotions (e.g., I am disgusted with myself), none of the positive desires and goals can be reached. EFT balances the negative disruption around *what is*. The Setup prepares the energy system for the tapping and establishes acceptance of ourselves in spite of having the problem.

This is an essential component of the EFT Setup: to accept that you have a problem. Introducing a positive statement before dealing with the major parts of the negative issue is like ignoring the roots of the problem. This is much like pulling a weed out and leaving the roots; it just grows back. Using the EFT Setup on what you really feel while still accepting yourself anyway allows you to address and resolve the problem. For example, “Even though I am still angry that my sister made fun of me when I was six, and made me cry in front of my best friend Annie, and then slapped me for being a crybaby, I deeply and completely accept myself and how I feel,” enables you to begin the process of neutralizing the emotional impact of the event.

Sometimes we are tempted to add in a statement of what we *think* we should feel instead of accepting what we *do* feel. Adding in wishful thinking before we accept ourselves for having the problem is more like saying, “I have this problem, and I wish I didn’t.” For example, you may want to say, “Even though I am still angry that my sister made fun of me when I was six, I appreciate her good points anyway.” No, you don’t! When you are very angry, it is impossible to appreciate the good points of the person who hurt you – even if you want to. *With EFT, we recognize the actual feeling first so we can accept that we have it before we can use EFT to let it go. The first step is to accept where we are and then work to where we want to be.*



1. Briefly explain in your own words why in EFT we focus on the problem (the “negative”).
2. An essential component of the EFT Setup is to:
  - a. solve your issues in as few sessions as possible.
  - b. accept that you have a problem.
  - c. convince yourself that you don’t have a problem.
3. True or false? It is important in the EFT Setup to add in a statement of how you think you should feel.
4. What can you do if you are not comfortable with the acceptance statement?
5. True or false? Focusing on the positive is the best way to use EFT successfully.

Answers can be found in Appendix C

## What to Do Before You Tap

There are three parts of the EFT process you need to identify prior to beginning tapping. They are: clarify the problem, create a specific setup, and decide how to test results.

### Clarify the Problem

We’ve already said that clarifying your *specific* problem is the first step to a successful tapping experience. Our reactions to past events in life teach us how to react to similar situations in our future. We learned how to react to today’s events at some point back in our past. Our goal is to identify when, where, and how we picked up the limiting belief or learned the problem behavior or developed sensitivity causing an overreaction. We then tap around that specific event. Many times, a problem will repeat itself. Try to work with the first time you can remember feeling that same way.

“I’m forty pounds overweight” may be your presenting problem. For EFT to be most effective, however, it is important to find the “reasons” for your presenting problem: those events that led to the development of limiting beliefs and core issues underneath the presenting problem. There are many possible underlying reasons for being overweight. What was going on in your life when you started to gain weight?

Perhaps you are subconsciously afraid of attaining your ideal weight. Perhaps losing weight might cause another person to be attracted to you, and you are afraid of threatening your marriage. Perhaps you overeat because you are unhappy with your family life or your job. Or you began overeating when you were passed over

for a promotion or maybe when your favorite dog died. What event(s) led you to think or believe your “reason”? When you have found an underlying belief, now look for any event that created or is influencing that belief. Then you can tap for all the parts (aspects) of any associated past event(s) so you can begin to clear the negative conclusions around why you gained the weight. EFT works fastest when you find and clarify events underlying the presenting problem.

**Physiological or Body Reaction:** Finding a specific event or the underlying issue is often difficult, especially when working on your own problems. The alternative is to establish a mind-body connection. Note your body’s reaction when you are tuned in to the problem you are addressing. Where exactly do you feel your reaction in your body? Describe it as best you can. *It is impossible to have an emotion without a corresponding physical reaction.* William James, one of the American founders of psychology, recognized this phenomenon as early as 1884. According to James, the body responds physically to any exciting event (whether positive or negative) and our perception of those physiological changes *is* emotion. An emotion actually arises from a physical sensation, so we can be sure that the body’s physiological response is an integral part of the emotion we perceive. Becoming aware of this mind-body connection is very useful in using EFT to relieve emotional stress.

## Create a Specific Setup

Create a Setup that addresses your specific event or physiological feeling as clearly as you can. If at the beginning you can’t be totally specific, start with whatever feeling you are feeling *now*. Usually, as you tap, you remember related events or develop more clarity for the specific drivers behind your own reasons for your presenting problem. Even if you are starting on a more general or global statement, your goal is to get to a specific event. It is helpful to remember the little jingle (Adams 2006):

For results that are *terrific*, it helps to be *specific*.

This training resource will give you several tools to simplify the process of making the issue specific.

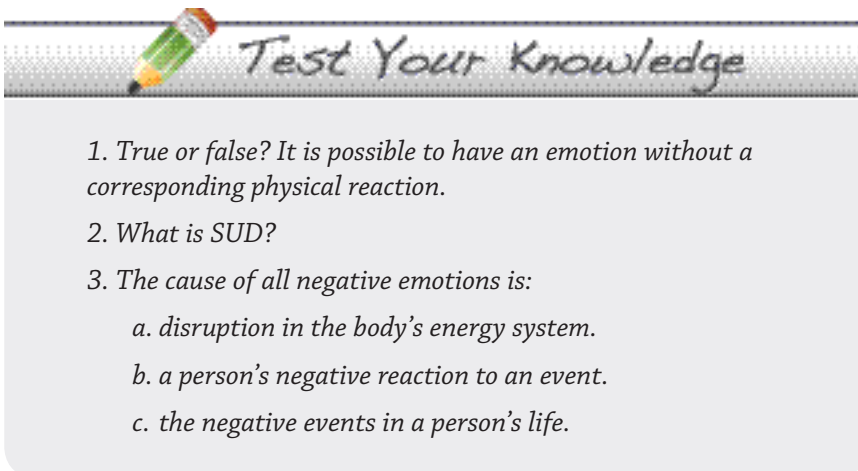
**Adjusting the Setup:** After developing your specific Setup and Reminder Phrase and then tapping the points, you will stop to measure the results. If your intensity is not resolved, don’t be concerned. It is not unusual for an issue to take more than a few rounds of tapping. If this happens, modify your Setup and Reminder Phrase to reflect that you “*still* have some of this issue.” There are two reasons for modifying the wording to reflect that you *still have some* of the issue. You want to keep the wording specific and recognize the current reality, which now is that *some* of the problem still exists. This practice also helps deal with any part of you (even subconsciously) that wants to hold on to the issue. Callahan felt that there was a distinct difference between getting over an issue and getting over an issue *completely*. The practice of adjusting the wording is to address any resistance to complete resolution of the issue.

## Decide How to Test Results

The SUD scale of 0 to 10 is the most often used “test.” Chapter 5 discusses using percentages, submodalities, and creative alternatives to test the intensity level of an issue. It doesn’t matter which method you use to measure progress. The important point is to test your progress frequently. Generally, as you tap, the intensity level goes down. It could, however, stay the same or go up. Keep in mind, when checking your intensity level, there is no right or wrong answer; all answers are simply feedback. Usually, you will test your progress after every tapping round. If the intensity is high, however, you may wish to tap several rounds before you stop to test.

Let’s look at how we addressed these three concepts – clarifying, developing a specific Setup, and testing – when we were doing the Constricted Breathing exercise:

1. Clarifying the problem. We established a mind-body connection. We assessed how well we were breathing at that moment in time. To do this, we had to notice how our body was breathing and noted how our body felt as we took our slow deep breaths.
2. Developing a specific Setup. We decided to work on how well we were breathing in the current moment.
3. Deciding how to test results. We decided to test the progress (or lack of progress) by using a percentage measure. We assessed what percentage of a full breath we were actually breathing at the time.



*1. True or false? It is possible to have an emotion without a corresponding physical reaction.*

*2. What is SUD?*

*3. The cause of all negative emotions is:*

- a. disruption in the body’s energy system.*
- b. a person’s negative reaction to an event.*
- c. the negative events in a person’s life.*

Answers can be found in Appendix C

## Before Practicing on Yourself

As a beginner, you want to start with simple issues rather than complex ones. Generally, the more current issues (within the past three years) are less complex because there are usually fewer aspects with current issues, or they involve less complex components. Pick the current (and usually simpler) issues to start – those daily annoyances that affect us all: My boss yelled at me today; anger at



the driver that cut in front of me on the way to work; my husband loads the dishwasher wrong; my son washed my favorite white blouse with his red shirt; I missed the bus; my friend embarrassed me telling that story in front of my date.

Hold off on the bigger ones until you are more comfortable with the process. Working with simple issues will normally give you quicker results. Complex issues can take time and may seem like you're not getting anywhere. Working with simple issues also helps you become familiar with EFT, gain confidence, become comfortable working with issues, and begin to understand the various aspects that issues can have.

Sometimes, however, what starts as a simple issue can lead to a deeper or more complex issue; simple issues may not stay simple. One student had the fear that she'd never learn the right words to say as an EFT practitioner – a typical concern for new learners. As she tapped on this issue, she realized that she often felt afraid of not being able to do things well. Tapping on a remembered event soon moved to her basic core issue: "I'm not good enough." This is a much more complex and time-consuming issue to address. Of course, EFT works with complex issues as well, but we want to begin with simple issues first. One has to learn to ride a bike before entering a bike race.

## How to Get Specific

Getting specific is stressed throughout EFT workshops, training materials, and this training resource. But getting specific can be a challenge for beginners because people often begin with a general description of their problem. They may say, for example, I'm unhappy; people take advantage of me; I don't like my job; there is too much stress in my life; I can't sleep at night; I can't drive over that bridge; I'm in debt; I can't do anything right; I'm not cut out for relationships; my mother doesn't respect me; my husband doesn't pay any attention to me. All of these presenting problems are examples of global issues. With EFT, your goal is to get to a specific time and event in which you first felt that the global issue was a problem in your life – an event that, when you think about it, still gives rise to that same negative emotion.

In many circumstances, a specific issue starts off with the statement "The time when ..." Examples: *the time when* my father beat me; *the time when* my brother dragged me by the hair; *the time when* Johnny put a spider down my back; *the time when* we had the car wreck; *the time when* the engine on the plane caught fire; *the time* I missed the ball and made my team lose the game; *the time* my teacher called me stupid in class; *the time* the study group told me I was a poor writer; *the time when* the girl wouldn't kiss me on the swings; *the time when* my husband ignored me when I wanted to tell him about my success.

It can be helpful to ask questions to find the specific event that led to, or contributed to, the negative that you want to release.

## Become an Investigative Reporter

Asking questions to get to a specific event is like being an investigative reporter. General descriptions of the problem are rarely the real problem. The real problem is some conclusion or belief you've formed about yourself or the world.

## Exercise:

# Remember a Scene

Think about a scene in a movie or TV program or a book you've read. Pick a scene that still affects you in some negative way.

- Pick a short scene, or part of a scene, that would be only a minute or less in length. Replay the scene in your head and note what you see, hear, feel, and think? Note, too, where you feel your reaction in your body.
- Give your overall reaction an intensity level of 0 to 10.
- Create a Setup: "Even though I have this [your reaction] to [your scene], I deeply and completely accept myself." Say the Setup three times as you tap the Karate Chop point. For example, "Even though I still shudder when I think about the ranger being spit on by the dinosaur, I deeply and completely accept myself."
- Create a Reminder Phrase. In this example, it could be "Spit on."
- Tap each of the Basic Recipe points: H (optional), EB, SE, UE, UN, Ch, CB, UA. Remember the head point can be omitted or tapped either at the beginning or at the end of each round.
- Measure your reaction.
- Repeat the Setup, modifying it to, "Even though I *still* have some reaction to this scene, I deeply and completely accept myself." Modify the Reminder Phrase to "This remaining feeling."

Notice as you tap if your attention switches to another part of the scene or jumps to an entirely different scene. If this happens, go with the new insight. In our example it could be "Even though I felt shock as I realized the ranger would die because of the spit, I deeply and completely accept myself." Repeat tapping until your number is 0. If you did shift to another part or scene, remember to go back to all the parts of any scene that came up and check to see if all the parts are down to 0.

*Important:* You may also find that your feelings about the scene change. First, your reaction was revolt at the spit, and then it could change to fear that the ranger will die. Your attention was, at first, on the scene just as the ranger turned. Then, as you tapped, you noticed more about the dinosaur. These various parts of the picture – what you saw, heard, felt, smelled, and tasted and the accompanying emotions – are called "aspects." This training resource will go into detail about handling these.

You need to find the events in your life that led to developing that belief. Use the same questions reporters ask: Who? What? When? Where? How?

Questions are very powerful. Questions make us think about the issue in a more insightful way to help clarify the issue for tapping. Questions help us look at the problem from a new perspective. Questions help us get specific.

Here are some important questions to help find a specific issue:

- **How?** How do you know that? How does this happen? How did you learn that? How do you do that?
- **What?** What makes you think that? What has to happen for you to do/feel that? What other situations does this remind you of? What was happening the first time you felt that? What do you need to have before you can resolve this? What are you getting out of holding on to this? What keeps you from changing?
- **When?** When does that happen? When do you feel like that? When else in your life have you felt that way?
- **Who?** Who else in your life does that remind you of? Who was there when that happened?
- **Where?** Where were you when this happened? Where else does this affect you?

**Why: to use it or not?** When we are asked “Why?” we tend to get defensive. The question “Why did you do that?” seems to indicate we *should* have done something else. After all, if we knew clearly why we did something, we probably would have already addressed the issue. Often we don’t have a good answer for “Why?” An EFT practitioner will focus on the questions who, what, when, where, how. Asking why often leads to a non answer, “I don’t know.” Asking why can have someone defending his or her position and lead that person away from the real issue. You may find you hear a more receptive response to “How do know that is a problem?” versus “Why is that a problem?”

Your goal is to find specific events that led to developing the fear, belief, or conclusion you developed around the presenting problem. These fears, beliefs, and conclusions are what Gary Craig called the “Writing on Your Walls.” The writing on your wall is composed of those “truths” you believe about yourself and the world; the suppositions you have made about yourself and the world; the learned information you consult every time you make a decision. Discovering these truths are helpful, but, to resolve them, you most often have to find and resolve what created the writing on your wall.



Let's give some sample questions for the problem description "My spouse does not respect me."

*What* happens to make you think that? *When* have you felt that same feeling before? *How* does she/he act (or *what* does she/he do) that makes you think that? *How* is that a problem for you? *When* do you feel most disrespected? Does your spouse remind you of anyone else in your life that you felt did not respect you? Are there other situations in which you do not feel respected? *What* happens then? *When* is the first time you remember not feeling respected by your spouse? *When* is the first time you can remember feeling disrespected? *How* are the events similar?

As you can see, most of the answers to these questions would start off with *the time when ...* Important: If you don't get to a time when, keep asking questions until you do.

We all create meaning from everything that happens to us in our lives. We make some interpretation of every event. We make a conclusion about ourselves and/or the world. In the previous example, maybe you stay in a disrespectful relationship because you concluded from your childhood experiences by watching your parents that all men/women talk that way to women/men, and so you decided that is just "how it is."

In another example, remember *the time when* your mother yelled at you when your puppy tinkled in the house. You have dozens of choices as to how to interpret that event. You can conclude you are not a responsible person or, if she's yelled at you often, that you don't do anything right. You can conclude puppies get in the way of getting approval from important people in your life. You can decide dogs in general create problems for you. You can believe that women get upset easily and, to get love, you are responsible to keep them happy or that there's nothing you can do about it but suffer through.

As that child, we didn't have the adult perspective or reasoning skills to see that Mom was stressed with a job, three kids, not enough money, and no support system, and was expressing her frustration at what she saw as one more thing she'd have to do. As a child, we make everything all about us, and our subconscious carries that child perspective into adulthood. We are still making decisions based on what we decided about ourselves and the world at five or eight or ten or sixteen. Would we *now* go to a six-year-old for advice on how to live our lives? Even a sixteen-year-old? Of course not, but most of us are still operating from the decisions we made as a child or young adult.

Until you resolve *the time when* you created your "truth," you will continue to operate from that truth written on your wall.

## **Do You Always Get to a "Time When...?"**

Not always. Sometimes we may not remember a time when. Try as we might, we can't recall anything specific. Perhaps it seems that "it has always been this way." You realize you must have experienced negative events but just can't seem to identify a specific one.

If this happens, you may need to tap generally about your issue before something specific comes up. It is not unusual for tapping to bring up memories we've

## Truth Exercise

Think of one of your own absolute truths or a firmly held belief you have about yourself and/or the world. Use some of the questions listed previously to find where you developed that belief. Not all conclusions are negative, of course. Dark alleys in the city can be dangerous; it is not good to walk out in front of traffic.

What “truth” do you hold that limits your life in some way? Go back to the list of questions and see if you can come to one or more “time(s) when ...” When you have a specific event, create a Setup from your *time when*. “Even though I have [this issue from the time when], I deeply and completely accept myself.”

Examples of beliefs:

Don’t rock the boat.

It’s not for people like us.

Don’t expect much.

Who do I think I am?

Don’t waste money.

I’m not smart enough.

Don’t stand out in a crowd.

I’ll never amount to anything.

Why bother?

Walk softly and carry a big stick.

Money is evil.

It can’t be easy.

I’m too old.

I’m not pretty enough.

To do it right, do it yourself.

Prepare for the worst.

Know your place!

Don’t get your hopes up.

People only look out for themselves.

Money doesn’t grow on trees.

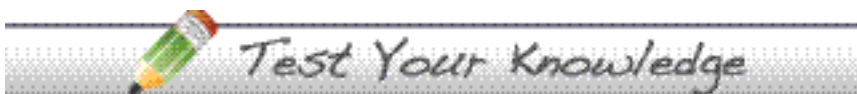
forgotten. In the event you can’t come up with a specific, this can be a good time to tap for the physiological response to your general problem description. This is a great way to tap when you can’t find specifics. *Where do you feel your response to the problem in your body?* Tap for your physiological response. For example, “Even though I feel a burning lump in my stomach when I think about being rejected, I deeply and completely accept myself.” Notice in this example that we gave a specific description of the physical feeling.

## Already Tuned In?

On the other hand, sometimes you find that you are already upset when thinking about an event. You are obviously already “tuned in” to a specific issue. In these cases, just start tapping for the immediate upset feeling. While your description of what is upsetting you might be a general statement, the emotions you are feeling are up front and center, and *are* specific. So, if you are already upset, just tap.

*Important: Keep yourself safe!* When on your own, don’t work with issues that are overwhelming. If you suddenly become emotional, stop focusing on the emotional issue but *keep tapping*, until the emotion regulates. If necessary, seek assistance from a professional.

You can wait until after a few rounds of EFT, when there is some level of calm, to get more specific. As you tap to calm the immediate upset, you will begin to gain clarity on the “real” issue. There is much truth to the saying, “You are never upset by what you think you are upset about.” There is often one, or more, earlier events that are contributing to the amount of upset you are feeling now.



1. True or false? Beginners should start with more complex issues rather than simpler ones.
2. Explain the importance of “getting specific.”
3. What are the general detective questions you can ask to encourage specificity?
4. When tapping, if you become suddenly emotional, it is important to:
  - a. stop tapping.
  - b. take a break.
  - c. keep tapping.
  - d. take deep breaths until calmer.

Answers can be found in Appendix C

## Aspects – The Pieces of Your Problem

Your presenting problem can be thought of as a puzzle with various pieces:

- The puzzle (your description of your presenting problem) has multiple pieces. You have to pick *one specific piece, or issue, at a time*.
- Each puzzle piece (issue) has several sides (aspects.) Most issues have *multiple aspects*. Often each side, or aspect, needs to be tapped on separately.
- Some pieces are more critical to completing the puzzle. These are often the *core issues* behind your presenting problem that must be addressed to solve the problem. Sometimes there are multiple causes and events that are linked to the problem.
- Other puzzle pieces seem to fall into place easily. When putting a puzzle together, sometimes it seems you search and search to find a particular piece. When you do find that elusive piece, it then seems that other pieces now easily fit into place. Dealing with our issues can be similar: we get one piece here and one piece there and finally we find our core issue; then

many of other related little pieces no longer seem so formidable. They were “put into place” when you found the core issue.

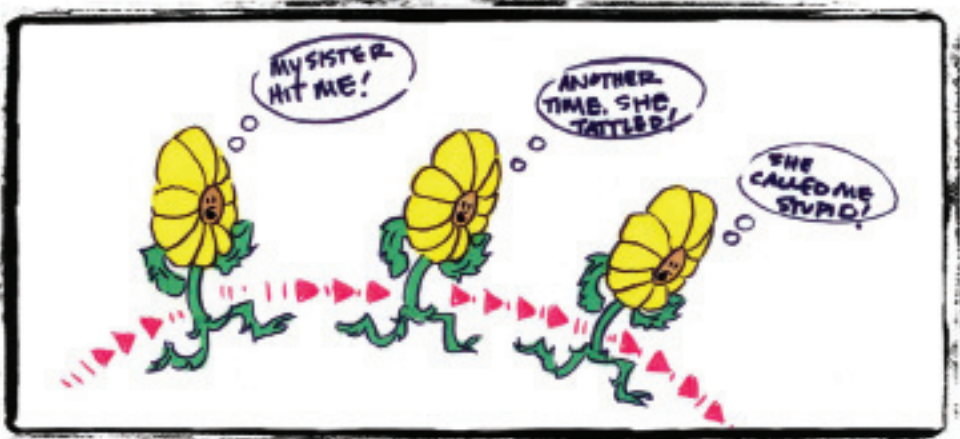
Most of our issues have multiple aspects and, at times, multiple related feelings or events. Fortunately, we don’t have to tap for every single one of them! As we resolve some of the events, or when we find and resolve our core issue, many of our other related issues are resolved as well. In EFT, this phenomenon is called the “generalization effect,” which often occurs after resolving several related events. Mary, Callahan’s patient, identified her fear in her stomach. Focusing on her stomach feeling allowed just one point, under the eye, to resolve her entire phobia of water. When she resolved the fear in her stomach, the other “pieces” fell into place.

The “easy” issues, like the easy pieces in putting a puzzle together, can be resolved so quickly they are called a “one-minute wonder.” Puzzles with large numbers of pieces and complex pictures can take much longer to complete. Don’t get discouraged when working on your presenting problem if some, or even all, the pieces seem difficult to find and fit into completing the picture. Perseverance and detective work is important in these situations. At times, it is helpful to have another EFTer to aid you in finding your own critical pieces.



## Daisy Chains

EFT can work so rapidly and efficiently that you may shift to another aspect of the same issue, or jump to another related issue. This can happen in a daisy-chain fashion from issue, to issue, to issue. The daisy-chain effect is an opportunity to address multiple issues effectively in one session. Therefore, as Gary Craig says, “When on a roll, keep rolling!” A good example of the daisy-chain effect can be found on Gary Craig’s DVD, *The EFT Course*, Part II, #4, where he works with Marlys.



Sometimes when you switch to another aspect or another event, it is obvious. You start tapping for the tension in your shoulders and, suddenly, the anger at your boss pops into your mind and is a much stronger feeling than the tension in your shoulders. Other times, you may not notice that you switch aspects or events at all. You may begin working on one situation about your sister and, as you tap, your thoughts shift to another situation with your sister and then to another. It's all about your sister, so you are not consciously realizing that your frustration has shifted to sadness, anger, resentment, or another feeling.

Your subconscious links what it considers related events or reactions and often brings these up as you tap. Because of this you may cover a variety of issues, and aspects of those issues, in your tapping. This can be both beneficial and counterproductive. You may jump to a different “daisy” before you’ve dealt with all the petals from the first one. Being aware of this daisy-chain possibility will help you identify when you shift to another issue, event, or emotion. It’s often helpful to write down your issue and your intensity. If you begin with “My anger is a 10,” and you then start feeling sad as you tap, write down, “Sadness is a 9.” After tapping for the sadness, make sure you go back and check the intensity of the anger you had originally. There could be many emotions and aspects, which is why it is helpful to write down what you are tapping on and your response.

This chaining effect may lead you to a different scene in the same event or to a different emotion or aspect of the same event. You may also jump to a different event related to the same overall issue. These are all good things. Simply make a note of them so you can go back and make sure each has been resolved. A common mistake beginners make is to stop tapping for any issue when they feel “better.” If you had an intensity of an 8 on your anger at the teacher, and you tapped it down to a 3, you will feel “better.” *Don’t stop there.* Continue following your own daisy chain until your anger is 0. Many students of EFT are walking around feeling better (lower intensity) about their situation but not free from its impact. Don’t settle for “better”; go for complete freedom – keep tapping until your aspect or issue is 0.

#### Examples of Changing Aspects

Different scene	Same event
Different event	Same reaction or emotion
Different emotion	Same event
Different event	Related to your reaction

For example, you start tapping for an automobile accident you had five years ago. You start with *the time when* you first realized the other car would hit you, and you are overcome with fear because you were helpless to prevent the car hitting you. Your intensity when you think about it is an 8. You tap, “Even though I feel helpless with the car coming at me, I deeply and completely accept myself.” As you are tapping the points with your Reminder Phrase, “Helplessness,” you shift to *the time when* the car was folding up in front of you and then to the look on the other people’s faces. Since the common denominator is the car accident and the feeling of helplessness, the shift to the other scenes may not even be noticeable to you. These are, however, different aspects of the same event. Noticing shifts to another aspect or to another related event is important. To use EFT successfully, you need to go back to check that each aspect has been fully addressed. If you miss testing an aspect, you may miss having the event resolved.



It is OK to keep tapping on each new aspect, emotion, scene, event, and issue as they appear, but remember, before you end your tapping session, go back to the beginning of *the time when your event started* and check to see that *each* part was reduced to 0. If any part of it is not completely cleared, keep the event on your tapping list for your next tapping time.

Gary Craig gives an example of the daisy-chain effect on one of his early audiotapes. He was working over the phone with a man who had a fear of heights. Since the man was a roofer, he was confronted with his fear every time he went to work. Gary asked the man to make a movie of one of the worst times when he was afraid (see the Movie Technique in the next chapter). They tapped the incident and all aspects. The roofer reported going from a 10 to a 0. Gary then attempted to test the results by asking the man to rerun his movie. The man reported his fear was an 8; they tapped it to 0. When tested by rerunning the movie again, surprisingly, the man reported a 9. The next test after a round of tapping revealed another high number. Generally, the test numbers after tapping do not keep going back up. In this instance, the man was going on to the next situation in which he experienced a fear of heights. After each round of EFT that brought his fear in one situation to 0, he was switching to a *different* roofing experience.

When you are working with others, they may tell you about the next issue that comes up and the daisy-chain process is obvious. Alternately, remember it is not always clear when aspects of an issue change – even to yourself! Asking after each tapping round, “What comes up now?” can help you identify when an aspect changes.



## Fear Exercise

Think of a phobia or fear you or someone you know may have. Then list all the aspects you can think of around it. This is very good practice and will make it easier for you to explore your aspects for any issue when working with EFT.

*Note:* When doing this exercise with others, never assume that the aspects someone else has around an issue are the same as you have.

## Peeling Onions

Gary Craig used this metaphor to describe the process of working through layers of issues. The more complicated an issue, the more layers, aspects, or issues it may have.

Working with each layer, or “peeling off” these layers one by one is important for complete resolution. Each aspect has a different feeling to it even if the difference is slight. Suppose you were passed over for a promotion. You may start out feeling angry that your boss didn’t appreciate your work or that a coworker sabotaged your chance for promotion.

You may move to the guilt that you felt when you told your spouse you didn’t get the promotion, moving then to your spouse’s reaction to the news, then to shame that your friends would think you weren’t good enough. Each of these feelings, or aspects, need to be addressed separately with EFT. It can be in the same “session” but addressed singularly. You continue working with each layer as it comes up. The goal is to keep tapping on each aspect until all of them are resolved.

Sometimes, particularly when working with long-standing beliefs or heavily traumatic experiences, you may work through the events and aspects with EFT only to find later that lingering pieces of the belief or trauma come up. These are new aspects of the issue that were not addressed or not addressed completely with EFT when you worked on it. Be persistent. It may take a good while to reach complete resolution.

We become attached to and comfortable with “our own stuff.” Often, we have to deal with the *resistance* we have to getting over the issue before we are able to *resolve* it. We’re torn about letting go of our stuff, sometimes without even realizing it; parts of us want to, and parts of us don’t. We may have to deal with



identity issues that could be attached. For whatever reason, you may feel, “This is who I am, and it is not possible to change, or “This is who I am, and I don’t want to change.” Even when we truly believe that we *want* to change, there is often a subconscious or inner fear of “What will happen if I change,” or “Who would I then be?” Tap for the part of yourself that doesn’t want to get over it, no matter how small that part may be. That part has a good reason, even if it seems to be an irrational reason, for wanting to keep the issue. Tap to resolve the I-want-to-I-don’t-want-to conflict, “Even though part of me wants to resolve this and part of me seems *not* to want to resolve this, I deeply and completely accept *all* parts of me.” Another common Setup would be, “Even though I have a conflict about resolving this, I deeply and completely accept where I am and how I feel about it.”

You could feel guilty for feeling or doing something you may think is “wrong.” We have so many ways we can “punish” ourselves. “Even though I feel guilty about this because I think it is wrong, I deeply and completely accept how I feel.”

Or you could feel guilty that you are resistant to change. In that case, tap for the guilt around any issue as another aspect(s). It’s important to be kind to yourself here; after all, it is very human to *not* want to change. All changes are a bit scary, even the changes that you truly believe you want. There is no magic crystal ball that will answer, “What *will* happen if I change something?” A possible Setup could be, “Even though I really don’t want to change this and I don’t know what will happen if I change this, I deeply and completely accept myself and my feelings.”

When working with EFT as self-help, it is often beneficial to tap several rounds on “this resistance” to whatever issue you’d like resolved. When possible, be as specific as you can when tapping for your resistance. Most of our long-standing issues are wrapped into our definition of “self,” and, therefore, resistance to change is a typical reaction. We may only be vaguely aware we have resistance to resolving our issue. We may not realize we have any resistance at all. Other times, we are very clear that we are getting something positive from having the issue and are therefore resisting.

It is helpful to ask questions about what the upside is and what is the downside? “What am I getting out of holding on to this?” Or “What would I be losing if I let this go?” Or “If I weren’t dealing with this, what would I have to be doing?”

For example, there was a woman who had a bad back. Her children would come to her home and help her do chores, go to the grocery store, and more. She truly believed she wanted her back to stop hurting. However, when asked the question “Would anything negative happen if your back was healed?” she realized that she was afraid her children would stop coming to see her and helping her. This belief was creating resistance to releasing her back pain. This aspect had to be addressed before tapping for her back problem could be effective. Finding such core issues of resistance can sometimes be a challenge; we are not always aware of our resistance, so it may take some detective work to find it. You will learn more about dealing with limiting beliefs in level 2.



1. Most issues have:
  - a. one aspect.
  - b. a couple aspects.
  - c. many aspects.
  - d. no aspects.
2. Explain the concept of “daisy chains.”
3. True or false? The more layers an issue has, the more complicated it is to resolve it.

Answers can be found in Appendix C

## Issues with Fewer Aspects

Sometimes simple issues with just a few aspects can be resolved in a very short period of time with EFT, usually within an hour, or even within a few rounds. Just as a jigsaw puzzle with fewer pieces is generally put together more quickly than one with many more pieces, occasionally, issues are resolved very quickly using EFT. Phobias, for instance, are often, but not always, easily collapsed with only a few rounds of tapping. As noted earlier, such quick resolution is called a “one-minute wonder.” There are many articles giving examples of one-minute wonders. It’s extremely gratifying to see a long-standing fear or issue collapse quickly with just a few rounds of EFT. However, *these situations are the exception and not the rule*. Although it’s wonderful when lasting change occurs so quickly, most issues have multiple aspects and several related events that must be resolved before completely collapsing the issue. Don’t give up. Keep tapping. Persistence and detective work will pay off in the end.

## Real Life

Thinking about a situation causes the same energy disruption as being in the actual situation would. Remember it is the *thought that causes the energy disruption*, rather than the event itself. A common question when first learning EFT is some variation on “I tapped away my fear of spiders while thinking about them, but what if I actually see a spider in the room?” Although you can cover many aspects just by imagining the issue, being in the real situation can bring up new aspects not considered or remembered during a tapping session. It’s possible that you didn’t get to all the aspects or core issues. Therefore, if any new aspects should come up in the real-life situation, you can tap on those now identified aspects.

Let’s say you’ve tapped for your fear of snakes. You’ve tapped for any situation in which you encountered a snake or situations in which someone frightened you with a story about a snake. You’ve tapped for imagining a snake; you’ve tapped while looking at a picture of a snake; you’ve tapped for one snake, lots

of snakes, curled up snakes, moving snakes, and every position you can think a snake could be in. You feel ready to test the results of your tapping by going to a pet store. When you get to the store and actually see a snake, you realize you didn't tap for the aspect of seeing a snake with its tongue flicking in and out. So you now tap for the moving tongue and realize you still have some fear of being close to a snake. You move farther back and tap until you are able to move closer. You might also realize that you are actually afraid of snakes because someone's tongue reminded you of a snake! Simply follow the path and keep tapping.

Important to remember: Tapping away fears and phobias does not take away self-preservation. *The goal of tapping away your over-the-top emotional reaction(s) is to give you a choice.* You are not, all of a sudden, going to decide to become a poisonous snake handler. Also, do not push yourself to "get over" a fear. Continue to tap and only take each next step as you feel comfortable.

## Aspect Exercise

Some problems have only a few aspects. Some have many, many aspects. Go back to the list of aspects you made in the Fear Exercise. Use EFT separately for each aspect. Watch for any new aspects that may appear as you are working down your list. It is possible to daisy chain to other related problems; for example, the real problem behind fear of spiders turns out to be the abuse you experienced from your sister as a young child.

When something new comes up, write down the newly remembered event or emotion, then go on to finish tapping with the current aspect and event you started with until 0 or you have no further movement on it. You can then refer back to your list and continue using EFT to work on the next aspect or issue.

Sound complicated? Resolving a phobia *can* be very simple. But it can also possibly become complex. Don't get overwhelmed. Handle aspects one at a time. It generally has taken a long time to get where you are now, so be patient as you work to resolve the issue. Create a list of all the aspects you can think of around your issue, then pick one and get started. Remember that, although it may be possible to have an issue, fear, or event with only one aspect, it is rare; so don't give up. Be persistent.

As you tap down your list of aspects, you may notice you become calmer and less emotional; at other times, you may not experience any relief until you have dealt with all the related aspects. Both experiences are normal.

You can also seek assistance from a more experienced EFT practitioner. We all need help sometimes, no matter how experienced we are.



1. In your own words, describe “aspects.”
2. The point of tapping for a phobia is to give you:
  - a. the desire to be confronted with the object of your fear.
  - b. a choice.
  - c. no choice.
3. True or false? New aspects can appear while tapping.

Answers can be found in Appendix C

## Physical Responses Associated with Emotion

You are beginning to see that, to be successful using EFT, it is important to be persistent and to keep tapping on each aspect and related issue that comes to your attention.

Let’s look at another way to approach your problem. Remember that the physiological response *is* the emotion. Sometimes, when it’s difficult to articulate an emotion, or to find a specific event, it is possible to work with the physiological response associated with the emotion. EFT works just as well when you work with your body’s response.

- *Where* is the feeling in your body?
- *How* would you describe it?

When you can identify and describe the physical feelings around your issue, you can use your definition as your specific issue. Develop a Setup and Reminder Phrase for whatever physical feeling you identified: this sick yucky feeling in my stomach, this choking sensation in my throat, this elephant sitting on my body, this suffocating feeling in my chest, or this ball in my stomach. Do not worry if your description is *real* or not. There is no real “ball” in your stomach. You don’t have to worry about what your description means. As the ball in your stomach dissolves as you tap, your emotion decreases as well.

Check the intensity of the physical feeling by assigning it a number between 0 and 10. A possible Setup could be “Even though I have this ball in my stomach, I deeply and completely accept myself.” Continue by tapping all the EFT points using the Reminder Phrase, “This ball in my stomach.” After each round of EFT, notice if the feeling moves or changes. Continue tapping using the new place or feeling until the intensity tests at 0. Be persistent; it may take many rounds.

*Note:* Some people have developed the coping skill that dissociates them from emotion and the physical impact of an emotion. This keeps them unaware of or denying any emotion or physical affect. EFT can still be used in these cases, but doing so is beyond the scope of this level 1 training resource.

## Physical Feeling Exercise

Now let's try this. Pick a small issue in your own life. (Small means that, when you think about it, the intensity is a 5 or below.)

- Where is the feeling in your body?
- How would you describe it?
- What intensity number would you give the physical feeling?
- Tap the Karate Chop point (or rub the Sore Spot) as you say three times, “Even though I have [your description of the physical feeling in your body], I deeply and completely accept myself anyway.”
- Tap each EFT point as you say your Reminder Phrase [brief description of the feeling in your body].
- Continue tapping the points until your intensity number goes to 0, or until your description of the physiological response changes.
- If your description changes, change the Setup and Reminder Phrase to fit the new description. Follow any movement of your physical response or any change in the description. Continue tapping until there is no longer a response and the number is 0. Then go back to the “small issue” you started with. Is the intensity on it the same? Has it changed? What comes up for you now that you are revisiting this issue? If the intensity is a 0, you have resolved that issue. If the issue has now brought up other underlying issues or “daisy chained” to a different aspect, create another appropriate Setup and continue tapping.

## The Generalization Effect

In Gary Craig's *The EFT Manual* (2008), the metaphor of the forest and the trees is used to describe the generalization effect.

You have a problematic issue (forest) with many events (trees), often with many aspects (branches), making up that forest. To resolve the issue, you have to address relevant events and aspects. To remove a real forest, you cut down one tree at a time.

To resolve an issue with EFT, no matter how large the issue, you address one event or feeling (tree) at the time.

EFT is designed to address one specific event or memory at a time. To fully resolve your issue, identifying and tapping for multiple aspects around that memory *may be necessary*. Fortunately, due to the generalization effect, it is *not always necessary* to tap for every aspect



around an event or every memory that created a problematic limiting belief. Sometimes, as the energy is balanced around a few of the related aspects or memories, the entire issue is balanced as well.

An example of the generalization effect can be found on Gary Craig's EFT DVD, *The EFT Course: Six Days at the VA*. Gary Craig worked with Rich, a Vietnam veteran who suffered from PTSD for many years and was under treatment through the Veteran's Administration. Rich had experienced many horrific traumatic events during his military experience, but, as he worked with Craig and resolved some of the traumatic memories, his emotional response to many other memories collapsed as well.

Karin Davidson describes the effect as a beaver dam. Imagine the logs are events that contributed to your issue. You don't have to clear or remove *all* the logs to make the dam weak enough to collapse. Keep tapping around each "log" and soon all the logs, the entire issue, will be washed away. The earlier or lower logs in the dam represent your childhood events and the upper logs the more recent events. Many practitioners believe that, for complex issues, it's better to try to locate the *first* time you had the feeling about your issue and work on that event. Dealing with childhood issues first is like removing the lower logs first, which could break the issue dam sooner, without having to tap on *all* the events regarding the same issue. For example, if your issue is that you have a problem asserting yourself because your father always said negative things about you, start with the first time you can remember him saying something negative to you. Often, as you start by tapping on an early memory, an even earlier memory comes up. Start with what you do remember. You can't always get to the lower logs until you have removed some of the top ones.

The generalization effect means you don't necessarily have to tap for every aspect of a memory to collapse it. If you have addressed and tapped for a few of the main events and feelings (the key events and feelings holding that logjam in place), the entire issue can collapse. As your energy system is balanced around a few of the key aspects or attributes of your issue, the connected parts are balanced as well.

The benefits from balancing or neutralizing the foundational events or aspects can generalize to other similar experiences as well. Relieving your phobia of spiders could resolve your negative emotions around your sister's treatment of you as a child, which may or may not include her scaring you with a spider.

You can see the generalization effect at work, too, when you tap for an emotional experience and you notice the pain in your shoulder is gone. Or you tap for the specific pain in your knee and find that your lower back pain is relieved. Or you may notice as you relieve the pain in your neck that the behavior of your coworkers no longer triggers an angry reaction.

## **Do You Always Tap for a Specific Aspect or Event?**

The short answer is yes ... and no. As we have seen earlier, while we work diligently to get to a specific aspect or event, there are times when it is either



not possible or not practical (or maybe not even safe; for example, it may cause a significant emotional upset). In EFT, it is *not* usually helpful to tap for an overly general belief: I am useless; I have a poor self-image; I am unlovable; I can't do anything right; I am not good enough. Maybe, if you tapped for such a general problematic statement every day for a *very* long time, your subconscious might identify enough issues and aspects for you to resolve it – maybe. As Gary Craig says, tapping for a general statement of your problem is like cutting off just the tips of the bad trees. Those negative trees are all still standing there.

*Note:* Craig believes that one of the most serious mistakes that EFT learners can make is attempting to use EFT on issues that are too large, complex, or global. New EFTers may be able to make progress on a global issue if they are persistent, but, if this takes a long time, they may give up too quickly. When they are able to break the problem down into specific events, they will see faster results and be encouraged to continue.

When you can't seem to identify any events behind your issue, try tapping on your physical response every time you have a related negative thought. Notice what comes up as you tap; follow the new thought or feeling as you tap.

There are times when you are already upset by an event and obviously already tuned in. This is the time to “just tap.” You can tap using a general statement such as “This upset,” or you can say nothing at all, just tap. The intention of EFT is to be as gentle as possible. *When the emotions are already strong, you don't want to increase the emotion.* Simply tap and keep tapping until you are calmer. Gary Craig calls this “taking the edge off” excessive emotion, and it is one of the few times when you tap for generalities rather than specifics. While “this upset” is a general statement, the emotions you are addressing are up front and your physiological responses are specific at that point. You will, consciously and subconsciously, tune to what is important for you right at that moment. In this case, just tap; don't worry about Setups or words or trying to develop anything specific.



## Test Your Knowledge

1. True or false? It is important to describe your physical response to an emotion as accurately as possible.
2. The metaphor of the “forest” and the “trees” explains:
  - a. daisy chains.
  - b. the generalization effect.
  - c. the apex effect.
  - d. peeling the onion.
3. According to Gary Craig, what is the biggest mistake that new EFT students can make?

Answers can be found in Appendix C