

From the Desk of
Ann Adams



BEGINNERS GUIDE TO EFFECTIVE TAPPING

PART 2 Cravings and Pain

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FromtheDeskofAnnAdams.com

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THE LEGAL STUFF:

While there is ongoing research EFT is still considered experimental. Its risks, effectiveness and benefits are not fully known. EFT is not a substitute for medical or psychological care, consult with your health care provider. This manual is considered educational in nature and is not to be relied upon as any type of professional advice. You are expected to assume and accept full responsibility for your use of these techniques.

ABOUT ANN



Ann Adams, a social worker with over 35 years experience, teaches EFT, sees clients and mentors practitioners internationally. She created EFT4PowerPoint, a comprehensive training program used by EFT trainers all over the world, coauthored *EFT Comprehensive Training Resource Level 1 (& 2)*, and codirected the EFT Master Program with Gary Craig, organized the EFT Master Showcases and developing multiple DVDs of these informative sessions giving tips on best ways to use EFT. Go to EFT4PowerPoint.com/store for a list of products. Click for more information [about Ann](#). To schedule a class in your area or an individual session [email Ann](mailto:ann@eftmastertraining.com) ann@eftmastertraining.com.

Ann has contributed articles, spoken at many conferences and written manuals and books on EFT for over 10 years. You can learn much more about EFT from the two books *EFT Level 1 (& 2) Comprehensive Training Resources* available from EFT4PowerPoint.com/store

ADDITIONAL NOTES

Any case histories used in this manual either have permission or are a composite with details changed to make them unrecognizable.

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PART ONE – Getting Specific and Keeping it Simple

- Constricted Breathing Exercise,
- Noticing and Using the Emotional Response in Your Body,

***PART TWO – Addressing Cravings and Pain**

- Conquering Cravings,
- Addressing Physical Discomfort,


PART THREE – Going Deeper

- Expanding into Specific Events (and Phobias)
- Using investigative questions



A Quick Review of Part 1

First an even briefer review of the web site introduction:
(<http://FromtheDeskofAnnAdams.com/IntroEFT>)

- 1. Clarify what you wish to work on.** Identify where in your body you feel upset or uncomfortable as you think about your issue. Identify and label where in your body you feel upset or uncomfortable.
- 2. Describe this physical feeling or sensation.** Close your eyes and clarify just exactly how, and where, you feel the emotional or physical discomfort. Whatever you define is OK.
- 3. Give a number to the intensity.**  Use a 0 to 10 scale of the intensity right *now*. Or make up, or guess, your number.
- 4. Create a positive statement about yourself.** Any level of acceptance statement will work. The default statement is, “I deeply and completely accept myself.” Can’t accept your self now? Just admit it and add in a *yet* or a *now*. “I do not accept myself, YET, but, maybe later.

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5. Problem description + Self-acceptance statement. Join the problem description together with the positive statement about yourself – the **Setup**. Even though I feel [description], I deeply and completely accept myself anyway.” Or, you can say it a conversational tone, “I feel shaky all over AND I accept myself anyway.” Any acceptance of self statement, no matter how tiny a piece of acceptance it is, will do fine.

6. Tap the fatty side of your hand as you say your two part statement - the Setup.



The purpose is to begin the process of accepting this is how you feel *right now*. You are accepting that, “*What is, is.*” As you tap, say your two part Setup one to three times.

7. Pick out a key word(s) or phrase in your sentence. This helps you stay focused on the specific feeling/issue you have chosen. Use a word or words from your description of your upset or discomfort in your body.

8. Then tap the other EFT acupressure points.



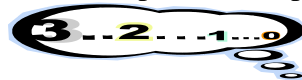
Eyebrow
Side of eye
Under eye
Under nose
Chin
Under your arm
Top of Head

Most people tap each point about 7 times.
It may take several rounds to notice a change.

Except for the head point all the other points go down the body. The head point is listed at the end because Gary added it later. It doesn't matter. Actually the order doesn't matter for any of the points you tap, so don't worry about forgetting the order (or forgetting a point.). You can use the head point first as it is easier to remember all the points from the top down.

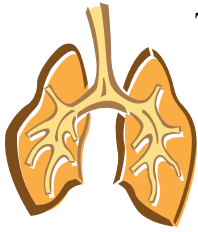
9. Measure intensity again

After one or more rounds stop to close your eyes and notice if the “feeling” you described earlier has changed either in intensity or shifted to another feeling. Write down any change and assess the current level of intensity. Revise your Setup and reminder phrases as appropriate.



10. Ideally tap until the intensity is 0.

Constricted Breathing



This exercise alone, used regularly, is very powerful over time to reduce stress.

1. Take a few slow deep breaths to stretch the lungs
2. Measure the percentage of your current breath against what a truly full deep breath would be. Write down your **%**.
3. Tap the side of the hand as you say a statement, one to three times, such as, “*Even though I am breathing at 75%, I deeply and completely accept my breath now.*”
4. Focus on your, less than full, breath you as tap through all the points, at least twice,
5. **Say your percentage as you tap each point as your Reminder Phrase.** (e.g., 65%).
6. Stop and take another slow deep breath. If it’s not up to 100%, continue until, if not 100% is much higher.

Noticing and Using Your Body’s Physical Response

Where do you feel the emotion?

The first thing you learned when reading the Introduction on FromtheDeskofAnnAdams.com was how to use the feelings in our body as indicators for our emotions. There is always a physical manifestation of an emotion, even if it is numbness or a “dead” feeling. Feeling “nothing” is still a physical response. Sometimes simply naming these emotions can be a challenge. Rarely do we feel just one emotion at the time. In addition, one emotion can manifest itself physically in a very similar way as another emotion. For instance, the physical description between panic and high excitement are very close. It doesn’t matter what you call whatever emotion you are feeling. In EFT you tune into *whatever* it is you are feeling.

Remember, “The physical feeling *is* the emotion. After all, if you didn’t have any feeling or response physically, how would you know you were having an emotion?”

As an example, think of something that makes you happy. Close your eyes and pay attention to what is going on in your body. OK, how do you know you are happy? Perhaps you are smiling so you can feel the tightness in the muscles you are using to smile. Another feeling may be a sense of lightness. Others have described the sensation as a metaphor such as, “a soaring feeling that fills my heart.”

Now think of something that really annoys you or makes you angry. Notice the difference. Certainly don’t feel the tightness in your smiling muscles do you?

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The idea is to simply take a slow breath. Then close your eyes and observe, *at this exact moment*, where in your body do you *feel* the strongest physical sensation of emotion or discomfort. around any issue you are thinking about? Measure the intensity of the sensation using the 0 to 10 scale.

State your Setup one to three times (i.e. the physical description + a self acceptance phrase) on the side of your hand or the karate chop point as it is often called.

Pay attention to *where and what you are feeling in your body* when you are thinking about anything that is upsetting you. Tune into that feeling while tapping. Tap the acupressure points as you focus on your specific feelings in your body. Use your definition(s) of the physical sensations as the Reminder Phrase as you tap the points. Measure your intensity again and adjust the Setup and the Reminder Phrases as the feeling shifts.

**The sensations may be very subtle. Whatever they are is OK.
Whatever definition is OK. Simply tune into them.**

Even though I feel (shaky) in my body, I accept how I feel right now.

Reminder Phrase would be, “*shaky*” or whatever your description is.

I am annoyed all the way down to my toes and I accept how I feel about it all. Or,

Reminder Phrase would be, “*annoyed,*” or, “*down to my toes.*”

I can feel my anger at their behavior in my throat and the tightness in my back.

No words?

Not sure how to describe your emotion or physical sensations? You do not have to use words.

Using words is only a small percentage of the effective use of EFT. I’m not saying it is not useful – just that it is not always necessary. If you are “tuned in” to the emotion, that is, you feel the emotion/sensations strongly, just stay focused and tap with no words. This is particularly useful in high intensity situations. Focus on the feeling and tap without words. Use the Focus-Tap with no words method when you can’t think of anything to say or if you are too upset to speak or just plain don’t want to say anything out loud.

You can also tap the points while saying whatever words come into your mind. “Rant” a bit. It’s OK. When Julie first learned about EFT she found it hard to figure out “what to say” even when she just focused on the sensations. She felt “funny” saying Setups out loud; it just felt too weird, so she just focused and tapped. She was a bit surprised that the tapping really calmed her. The next day she was really upset about something that her husband had *not* done that morning. She decided to see if EFT would be effective. This time though she was so mad at him she just started “ranting” about the situation as she tapped. It took about 6 minutes but she stopped and laughed. She was calm now and thought of several options to dealing with the problem that had a much better chance of getting what she wanted (i.e. for him to do what he’d

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said he'd do.) By draining off her anger and disappointment she was able to put the issue aside for the day and to discuss the problem calming with her husband that night. That's what EFT does. EFT does not solve your problem; it allows you to generate meaningful solutions.

EFT calms you so you can think more clearly about your problem.

DEALING WITH LONG TERM PAINFUL MEMORIES

In the event that tapping on one thing brings up an even more painful, even intense memory go slowly. Be kind to yourself. Don't expect a one minute wonder. Start with no words or very general words. For complex events or extremely painful or very difficult emotions consider consulting an experienced EFT practitioner to help you.

In high intensity events it is helpful to begin working on the issue "from a distance." Tap in a more general way.

Setup: *I have this very painful issue I don't want to open it up, AND I deeply and completely accept myself anyway.*

Reminder Phrase would repeat at each point, *"this painful issue."*

Another idea is to disconnect from the emotions by imagining that you put your issue in a "strong box" of some type. Or, imagine some other place where you could temporarily "park" your issue until the intensity is decreased and you feel comfortable in addressing the specific details.

Setup: *"Even though I put it in this strong box, I accept myself fully anyway."*

Reminder Phrase at each point could be, *"this box."*

Setup: *"I have a BIG issue I've hidden away behind 8 foot thick cement walls and I'll think about accept myself later."*

Reminder Phrase at each point: *behind thick walls, or, hidden in 8 feet of cement.*

When you feel comfortable start by dealing with small and the least painful pieces of the issue. Work on just one aspect at the time. Focus on the small manageable parts before moving to the more intense. More about dealing with memories in Part 3.

About Scripts

Using EFT by yourself, for yourself, can be a challenge. After all most folks are not really used to saying words out loud while tapping on themselves! While we all, at least occasionally, talk to ourselves; EFT may be stretching our comfort zone.

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We are pretty good at beating ourselves up with our inner critic telling us what a rotten person we may be or asking only the critical questions, e.g. “Why *do* you keep doing that?” We usually only answer such questions with our critical voice rather than our logical voice. We are not as good at answering our own questions logically. It is difficult to be objective about ourselves. After all we formed our perceptions of ourselves, others and the world from the experiences and the decisions we made long ago. We all have limiting beliefs that we are not even aware we have.

This challenge often leads to hesitation for a newcomer to EFT to even begin. Hence, the birth of “scripts.” The internet proliferates with “scripts” that list common limiting beliefs, decisions, emotions, typical experiences. Such scripts spoon feed you the words to use as you tap. It is easy. All you have to do is to Google your problem: Script for overwhelm, or anxiety, or weight, etc. and up pops several sites that cover your issue.

On the positive side scripts do several things: you see you are not alone in how you feel; you think someone else understands, and empathizes; it is a place to get started when you are feeling new and insecure about EFT; you get the feeling that you can do it too; somebody else is doing the work; you just have to follow along; it’s done for you. Perhaps it makes you feel that you are a part of something, that because the script does relate somewhat, you are understood and belong. You don’t feel as isolated about your problem.

On the negative side scripts never can be an accurate description of *you*.

**No one has lived *your* life; seen things through *your* eyes; made *your* decisions.
No script can ever cover all the involved details of *your* issue.**

Another key downside to scripts is that, all too often, scripts tend to give the impression that you should be able to fix whatever complex problem you have in a series of 3 to 5 rounds. You end with a few positive choices and – *you’re done!* Wouldn’t that be great? Who wouldn’t want that? Easy. Quick. Finished. Aw yes! Gee, if only!

You do feel a little better after using a script. Just tapping along to anything makes you feel better – tapping is calming. For the high majority of folks, while you do feel a bit better after tapping, parts of the problem is still there, you are still overwhelmed, anxious, overweight, etc. So now you get to add to your problem a sense of failure that you must have done something wrong – *you didn’t*. You may think that EFT does not work *for you*. Or, you think if only you can find the right script you can get it *right* the next time. Maybe, maybe not.

Use scripts, if you like them, with the understanding that the biggest benefit of scripts is that it may give ideas by bringing up an aspect you haven’t thought about. Take the ideas and create your own Setup. Tap on one related issue or event at the time.

**It is effective to use the same word/phrase on each point until that
word/phrase no longer has any intensity.**

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Part 2 - Conquering Cravings

Our first exercise in Part 2 deals with cravings. Decreasing or eliminating our cravings for unhealthy food, drink or behavior would help us better meet our weight goals or our goals for a healthier, more peaceful life.

Many of us have a particular substance or behavior we crave. Whether it is alcohol or drugs or food, or less than healthy behaviors, we can address the cravings with EFT. Cravings can be for anything. I've known people who felt deprived if they didn't get to go to the tanning bed several times per week. EFT can help decrease the craving and increase the drive toward more healthy choices. Having a choice is what it is really all about. EFT has, in thousands of cases, decreased, or eliminated a craving. It boils down to having a choice.

Let me make clear that cravings are not the same thing as an addiction. Craving, however, certainly goes with every addiction. Resolving addictions is more complex and complicated than a craving and can require professional help.

NOTE: More information is available about addictions on the DVD set: [Healing the Cycle of Addiction](#) available from [EFTforAddiction.com](#) .)



In resolving any craving – even addictive cravings – a very good place to start is at the very first awareness of the craving for the substance or behavior. If you are seriously craving a donut – a 10 – and you are on your way to the donut store, chances are high that you are not going to stop and tap. At that point, chances are you won't exercise your conscious *choice*; you will go to the store, put your money down and eat that donut.

But, what would happen if you started to tap as soon as you started thinking about that donut - or the ice cream, or the beer, or that left over pudding in the refrigerator?

Creating intensity around your craving for your favorite thing is usually pretty easy. Get a sample of your favorite and put it in front of you. Having it in front of you is helpful, but not necessary, just imagining it can create intensity. Start by paying attention to where – and how much – you are feeling the craving in your body and simply tap for that feeling. Reassess after several rounds and continue until the craving is gone, or you decide you really don't want it.

Food cravings in many cases can be very simple to tap down to low numbers, even to zero. But, not always! Let's explore a little deeper.

Cravings can have several aspects, or pieces: the sights, tastes, smell, feel, emotion, the thoughts it brings up (or blocks), and what that food or substance represents for you.

Look at your issue, in this case craving, as a puzzle to solve. You want to identify all the pieces and tap to resolve them. Sometimes you may be able to address several pieces/aspects at the

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time. With more complex issues you may need to address each aspect, or piece separately. Fortunately, usually you do not have to tap for every single bit and piece. Usually after addressing a few aspects of whatever your issue is the tapping “generalizes” and the other aspects or parts are resolved as well. We’ll talk more about this in part three.

Clarifying your issue is always the first step in EFT. Often asking yourself clarifying questions can be very helpful. You have already experienced using questions when you asked yourself exactly where in your body you were experiencing sensations and what would be the best words to describe it. Let’s look at the various kinds of helpful questions.

Let’s start with the kind of questions that are not helpful! Usually those questions start with “Why?” Why do I over eat? Why do I do this to myself? Why am I such a weak person? Why don’t I have any will power? Why do I have to always/say stupid things? Or, why do I always pick a jerk? Why don’t I do “this” or “that?” Why do I keep beating myself up? Why do I have to be the one who can’t do ...” Why am I *always* left out? Why do I *never* get what I want? Etc.etc.etc ad nauseum. There are times when asking yourself “Why?” might generate a useful answer but generally asking “Why” only leads to beating yourself up. “Why?” also brings up all sorts of punitive memories, e.g. those times your parent or teacher asked, “Why did you do that?” Let’s focus on the best type of questions to clarify your issue for EFT.

**“Why?” is most often a useless question in general
but especially so when attempting to clarify the issue you want to work on.**

You want to create a description of your craving with questions. You will use these descriptions to form your Setup and Reminder Phrases. You certainly don’t have to answer every single one of these questions to get started! Not every question will apply to you. You can start with the very first answer (aspect) that generates strong emotion, resolve that one and go on to the next.

First question to ask and answer is, *Right now what I am craving most is* _____.
Second question is: *How much do I want it right now?* _____ List your intensity level 0 to 10.
Now take a look at this list of questions and decide what it is that affects you the most right now.

- **Sight:** What does it look like? What do you like best about how it looks?

- **Taste:** What do you particularly like about the tastes?

- **Smell:** Is there a particular smell that attracts you?

- **Sound:** What sounds are associated, e.g. crinkling the paper, opening the box, etc.

- **Feeling:** What physical sensation is generated? A favorite tactile sensation it brings?

- **Emotion:** What emotion are you feeling?

[Type text]

- **Behavior:** Is there any *process* around getting the substance (or behavior) that is appealing e.g. unwrapping the cigarette pack?

- **Thoughts:** What are you thinking as you crave it?

- **Environmental:** What is happening around you that most often generates this craving?

- Can you recall what was happening in your life when you *first* experienced the craving?

- Are there particular places associated with the craving?

- Are there particular people associated positively (or negatively) with this craving?

- Do you experience it more when you are with certain people?

- Who else could be involved with generating this craving? Were there people in your past that influenced your craving this substance?

- What events in your past could be associated with the craving?

- **Identity:** What benefit do you gain from giving in to the craving?

- What would you be doing if you didn't have this craving?

- What are you giving up when you give in to the craving?

- What does having this craving mean *to* you?

- What does having this craving mean *about* you?

Right now what is the strongest appeal, the strongest aspect? The taste, the smell, how it feels in your mouth, the activity around getting it, how yummy it looks, any surrounding sounds, people or places involved? What you would be giving up? Or what you may get that you don't want? Pick the above aspect that is the most influential in your craving.

Create your two part Setup and reminder phrase from that aspect. Write down the intensity level on this particular aspect _____. After a few rounds of tapping, measure again. Continue until *that aspect* is zero, or won't go any lower. If that aspect is a zero check the overall craving intensity level. If the overall craving is not a zero, or your aspect won't go any lower, go back to the list and pick another aspect. Continue until you have a choice – to eat/do it or not to eat/do it.

Setup: *Even though I totally enjoy the process of unwrapping the piece of chocolate, I deeply and completely accept how I feel.*

Reminder phrase at each point: *unwrapping chocolate*

[Type text]

Setup: *Even though I love the feeling of acceptance I get when I walk in the bar with all the surrounding sounds and hellos of my friends, I totally accept myself.*

Reminder phrase at each point: *this feeling of acceptance*

Setup: *I love the smooth sweet taste of ice cream and I totally accept myself anyway.*

Reminder phrase at each point: *smooth sweet taste*

Setup: *Even though I am afraid that I would be giving up my favorite comfort food and would be even more anxious than I am now, I deeply and completely accept myself.*

Reminder phrase at each point: *giving up my favorite. Or fear or more anxiety*

Setup: *I can salivate just seeing a piece of chocolate cake with chocolate icing and ice cream on top, I am still a competent person, well in most ways anyway.*

Reminder phrase at each point: *Just seeing it*

THE FIVE Cs of EFT

The goal of reducing or eliminating your craving is about having a choice, not depriving yourself of something you really want. Generally, however, when we crave something it's because we are not getting something else we need/want. When we figure out what that need/what is and tap to reduce our negative emotions we can think more clearly about how to get what we need/want.



EFT gives us what I call the “Five Cs” to enable us to decide and act on what is the best thing to do. Those Five Cs are: clarity, calm, choice, confidence, and courage.

When we tap often we change our perceptions of the issue, the others involved, and ourselves – we gain *clarity* and perspective. EFT calms our body and our emotions.

When we are *calm* internally we can approach situations and communications calmly. You realize that within the issue there is *choice*. Choice we often didn't see before or felt inadequate to exercise. Having our body and emotions calm and realizing we do have choices gives us the confidence and courage to tackle our solutions. EFT does not solve your problem. EFT gives you the possibilities to exercise your own problem solving ability.

Clarity, Calm, Choice, Confidence, and Courage.

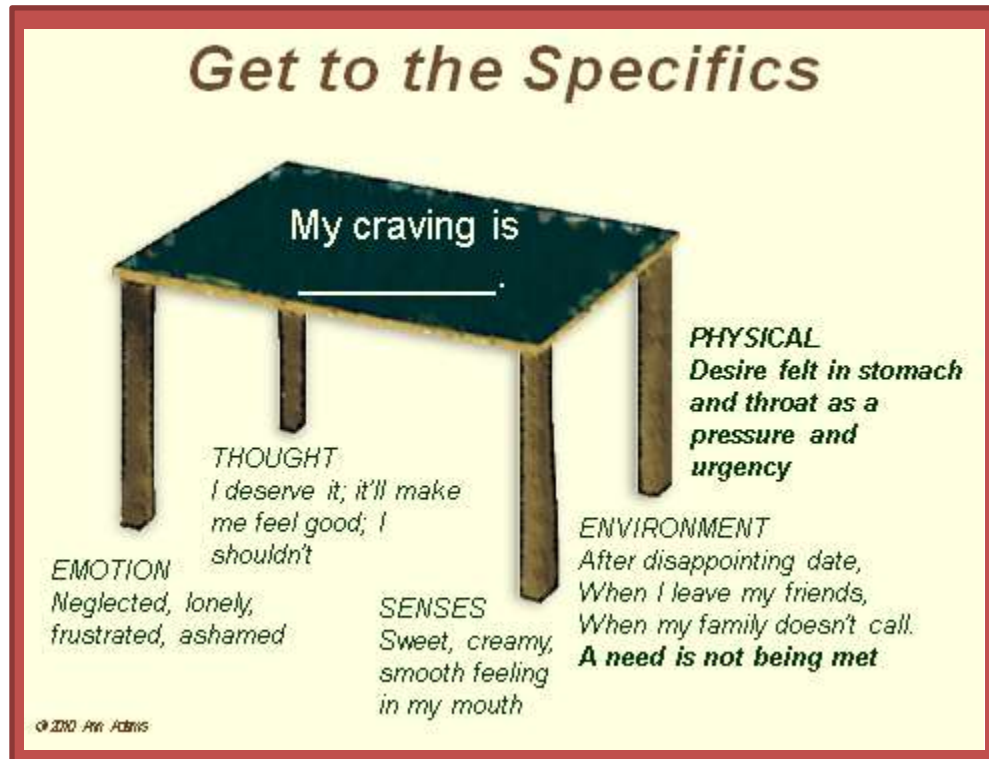
Get to the Specifics

The process of EFT is the same no matter what you are addressing:

- Clarify your problem description and assess intensity
- Develop two part Setup with your problem statement and acceptance statement
- Tap using words of your description
- Reassess and repeat modifying as anything changes

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While the actual process is the same what varies are the questions you would ask yourself to clarify your specific problem statement. When dealing with cravings you are particularly interested in the five senses *and* in what is happening when you begin to experience the craving.



Setup: *Even though I grab for cookies every time my husband frowns at me, I truly accept who I am.*

Reminder Phrase at each point: *grab for cookies, or, my husband frowns*

Setup: *Even though the smell of hot donuts calls to me and reminds me of Saturday mornings as a child, I accept myself fully and completely.*

Reminder Phrase at each point: *smell of hot donuts or childhood Saturdays*

“Wait a minute!” I hear you say. “Saturday mornings as a child were wonderful! I’m supposed to tap because I have *good* feelings about past pleasant times when I eat something?” Of course not, it is one of life pleasures to be transported by a smell, sight, sound, etc of a pleasant past experience. And, if on occasion you eat a favorite food from childhood and it brings up lovely memories, why indeed would you want to tap for that? You wouldn’t. But, suppose right now in your life, you are not getting much in the way of feelings of love and acceptance and you realize you are eating way too many donuts, or pancakes, or bowls of hot fudge ice cream because you want to recreate those pleasant feelings.

Most of us overeat because we want to fill an unmet emotional need. Identifying that unmet need and decreasing the intensity of the emotion behind it helps us – as I am fond of saying – to think more clearly about our problem. We are better able to problem solve in a healthy way. We stand

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a better chance of creating and carrying out and following through with a solution because EFT can give us the Five C's – clarity, calm, choice, confidence, and courage.

Our cravings are most often caused by underlying anxiety and or an underlying trauma – big or small. Repetition is often required until we discover and resolve what is causing the anxiety. Sometimes that is very clear to us. Other times it takes some digging to find the root cause – which can, at times be complex and may need help from a practitioner.

Addressing Physical Issues

First a disclaimer. Consult your physician. Do your due diligence in the medical world for your particular problem. EFT does not “cure” anything. EFT addresses the emotional components that may be factors in the drivers behind a physical problem. There is a lot of research that shows excess stress affects the body in multiple ways. So do years of poor diet, insufficient sleep and lack of appropriate exercise. EFT does not treat or cure pain or any other medical problem.

What can EFT do? EFT works on reducing the stress. It can reduce, or eliminate, the emotional impact of large and small traumatic experiences. EFT balances the energy in your body so that there is more energy available to help your body heal itself. It can calm your body and mind so that you have more ability to make healthier decisions for yourself and the motivation for carrying them out.

Let's get back to calming your body and mind. Several times now we've discussed the importance of paying attention to where in your body you feel the emotion or physical discomfort. We talked about the emotion being *represented or reflected* by the physical sensations. Physical malfunctions of our bodies can be impacted by our emotions and the experiences that generated those emotions. We'll start by addressing pain and then move to addressing serious diseases and chronic physical conditions.

Addressing Pain

You are now familiar with the process of:

- closing your eyes and
- paying attention to what your body is feeling right now and
- focusing on that feeling as you tap the points while
- using descriptive words – or not and then
- reassessing the feeling and repeating as necessary

This alone can be very powerful no matter the issue you are addressing. Try this exercise, too, with whatever pain you may be having. Ask after each tapping, “What am I feeling now? Or, what is coming up now?”

[Type text]

The same category of questions we've been discussing can be modified for any issue. Those questions can help you dig deeper - more on that below and in Part 3. In dealing with pain you can start by describing the pain itself and using your description as you tap.



The “Color” of Pain – Using Metaphors

We often use metaphors to describe our pain:

It is like I was hit on the head with a shovel.

It is like a rake digging into my eyes and head.

It is like a red hot poker in my gut.

It is a fire burning in my shoulder.

This tendency to use metaphors to describe our pain can be useful in creating a very specific Setup to address our pain or illness. Metaphors are very often a representation of underlying emotional issues as well. Shift the metaphor and frequently you are also addressing and resolving an emotional driver behind it.

If you already have a metaphor to describe your pain close your eyes and picture that shovel, or rake or poker or fire. Where exactly? What does it look like? How big? What shape? Size?

Develop as clear picture of your metaphor as possible.

Assess your current level of pain on the 0 to 10 scale. _____

As you tap you will be using both the intensity level *and* any changes in the picture of your metaphor to assess your progress.

Often your metaphor will change as you tap. Now it feels like someone's just hitting you with a pillow. The rake has changed into a brush. The poker is still there but it is smaller and now orange. The fire is much smaller and seems like it is starting to burn itself out. It is interesting to watch the changes in the metaphor as the intensity decreases.

Change your Setup description to match the change. _____.

Measure the current intensity on the modified picture. _____.

Tap until the intensity is zero or something else pops in your mind. This exercise often brings up long forgotten, but still related, memories. We will cover using EFT with memories in Part 3.

If you don't already have a metaphor to use, the below questions will help you make up a description. You don't need the answers to every one of these questions. You can begin with one or only a few of the below factors.:

[Type text]

- **Intensity:** What is the level of pain right now?

- **Behavior:** Where exactly is it in your body?

- What defines the pain?

- What type of pain? Sharp, dull, piercing, stabling, ache, numb, etc.

- What is it doing? Moving? Still?

- **Sight:** If it had a color what would it be?

- If it had a shape what would it be? Flat, ball, oblong, rectangle, other.

- What sort of boundaries? Thick, thin, narrow, etc.

- What is the texture? Solid, transparent, etc.

- **Sound:** Is it quiet?

- Is it making noise? What does it sound like?

- If it could speak what would it be saying? Does it have a message for you?

- **Emotion:** What emotion is related?

Shana has chronic shoulder pain. Let's see how she created her description:



- **Intensity:** What is your pain level right now? *My pain level is an eight.*
- **Behavior:** Where exactly is it in your body? *Just where my shoulder meets my neck.*
- What defines the pain? *It is like a long knot about 6 inches in length and it burns and aches.*
- What is it doing? Moving? Still? *It doesn't move, it just lies there, but it throbs.*
- **Sight:** If it had a color what would it be? *It is a deep burgundy.*
- If it had a shape what would it be? Flat, ball, oblong, rectangle, other. *It is like a rope all tied up in knots.*
- What sort of boundaries? Thick, thin, narrow, etc. *It's tightly woven has very thick boundaries at the edges.*
- Texture? Solid, transparent... *It is solid, very hard.*

[Type text]

- **Sound:** Is it quiet? Is it making noise? What does it sound like? *It is quiet but I get the feeling it is laughing at me.*
- If it could speak what would it be saying? Does it have a message for you? *Probably that I should spend more time taking care of myself and less time in front of the computer.*
- **Emotion:** What emotion is related? *Anger and frustration.*

Shana can choose to develop a Setup in a couple of ways:

- a) **Use just one piece of the description.** – this is a good place to start as a beginner. Just use one piece of the description at the time. Reduce it to 3 or below before moving to the next part of the description. Check your intensity often.

Setup: *Even though I have this level 8 pain in my shoulder, I accept myself anyway.*

Reminder Phrase at each point:

EB: *This #8 pain*

SE: *This #8 pain*

E: *This #8 pain*

UN: *This #8 pain*

Ch: *This #8 pain*

CB: *This #8 pain*

UA: *This #8 pain*

H: *This #8 pain*

Alternative Setup: *I have a burning, aching shoulder AND I accept myself anyway.*

Reminder Phrase at each point: *burning, aching shoulder.*

- b) **Use two or more of the most relevant parts of the description.**

When you have a little more practice you can choose to make the Setup and Reminder Phrases a little more complex. Hopefully, by now you understand that it really is OK to keep Setups and Reminder Phrases very, very simple. It is not necessarily faster to use elaborate wording. Fancy phrases are not necessary – focus is what counts. To help you focus you may choose to place one hand where the pain is as you tap with the other.

Setup: *My shoulder pain is a deep burgundy, long hard knot, burning, aching, and angry, AND I deeply and completely accept myself.*

Reminder Phrase: Use one part of the description at each point.

If you have more parts than points just keep tapping points until you finish your description.

EB: *shoulder pain*

SE: *deep burgundy*

E: *long*

UN: *hard*

Ch: *knot*

CB: *burning*

UA: *aching*

H: *angry*

Going Deeper



The above process by itself frequently, but not always, can significantly reduce your discomfort and often eliminates it entirely. When you feel you have gone as far as you can with the above metaphor process you may wish to dig a bit deeper.

Persistence is usually necessary in chronic issues. Sometimes lots of persistence. Andy tapped for his knee pain every day for six months before he had relief. Wow! Most of us would have thought EFT didn't work long before 6 months!

Andy took the Personal Peace Procedure* to heart. He made a list of every negative event and past memory in his life. He tapped every day for his pain *and* one or more of the events on his list. He began to be calmer and less easily triggered. His outlook and life improved and he began to have more motivation and energy to meet his goals.

These are good “side effects” of tapping even if your chronic issue does not resolve completely. Having more of the Five Cs – clarity, calm, choice, confidence, and courage – is helpful all by itself. Does EFT always work? No, nothing *always* works; we humans can be amazing complex. But EFT has a very high percentage of effectiveness when used in skillful hands. It may be helpful in chronic physical or complex emotional issues to seek help from a qualified experienced EFT professional.

Metaphors for Understanding the EFT Process

Before we begin listing our relevant questions let's talk about common metaphors often used by practitioners to help clarify the EFT process: The Onion, The Puzzle, The Tree.



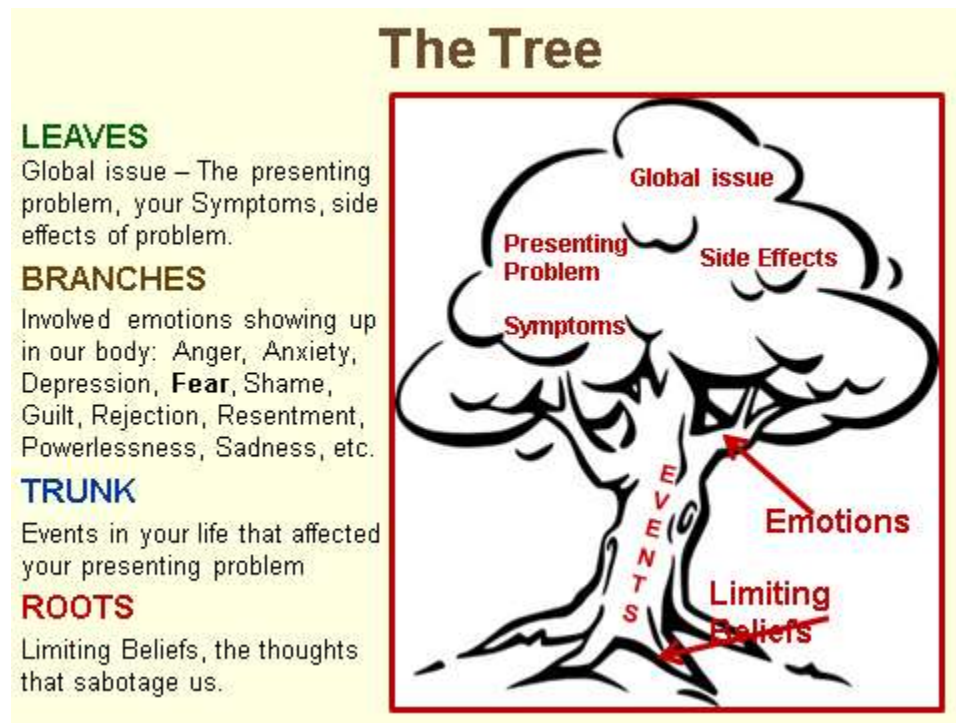
Peeling the Onion – We can look at the onion as our current presenting problem. As we take off the skin we realize it has many layers. EFT tends to uncover those layers of emotions and events and the aspects around them until it gets to the core issue, our limiting beliefs about ourselves, others and the world.

[Type text]



The Puzzle – Resolving our issue is like putting a puzzle together. The picture on the box represents our current view of our presenting problem, which may not be accurate. Each puzzle piece represents an emotion or event, each side of the puzzle represents aspects around that emotion or event. As we tap we begin to put the pieces together and as these fit pieces together, we realize that “picture on the box” we have been operating from is not 100% accurate. We recognize our limiting beliefs about ourselves, others, and the world. When we have worked through these the picture on the box shifts and you are able to complete the puzzle.

The Tree – The leaves represent our presenting problem, the branches the emotions, the trunk the events and the roots our limiting beliefs that can sabotage our efforts and prevent us from reaching our goals.



David decided to use the tree metaphor to outline his physical issue. He called it his “Nemesis” because he felt it was something he could not conquer.

He drew a tree on a piece of paper and put the name Nemesis in the leaf section. He added more “leaves” in the form of his physical description of the problem, his favorite metaphor for the problem and his doctor’s diagnosis and medical explanation. He then moved to the branches and listed his emotions around the issue: frustration, helplessness, out of control, fear of it getting worse, fear of future limitations, just fear itself.

[Type text]

Listing the events on the truck was easy at first as he just described how the accident happened. Then he asked himself if there were other times similar accidents or events happened when he'd also felt out of control, frustrated, helpless and fearful. This question brought up several other memories and he wrote them down too. Now he just had the "roots" or his limiting beliefs to cover. David had taken to heart the comment that it is impossible to be objective about your self. He decided to list *every* belief he had about the problem as he didn't feel he could honestly say which were *limiting beliefs*. He also realized that he may not yet know what limiting belief could underlie his problem. He remained open to other possibilities.

David took a look at his tree. "Where should I start?" He decided to start with the emotions. He picked frustration – intensity 7. He realized he felt the frustration as a choking sensation in his throat. He developed a Setup, "I feel frustrated by my inability to resolve this physical problem and I appreciate that I have the courage to address this with EFT." His Reminder Phrases rotated among: this frustration, it's a 7, I can't solve it, the frustration is choking me. He tapped several rounds and went back to assess the frustration intensity. Now at a 2, the frustration had changed to a tickling sensation at the back of his throat.

David revised his Setup to, "I have a frustration tickle in my throat and I'm OK." Three rounds later he realized that *what came up for him now* was a scene from the accident – the point where he realized he was going to fall.

As we tap it is helpful to always notice *what comes up for you now?* This question generally gives you the next place to develop a Setup and tap.

Check intensity frequently. Ask "What comes up now?"

Questions for Physical Issues

You will recognize the questions below as being modified from the same group of questions that you have been using:

- Physical questions that help you describe your emotions, and discover related events and their accompanying aspects;
- Behavioral questions that point out involved thoughts or things you did, or wish you had done that impact the presenting problem;
- Environmental questions, those investigative reporter type questions of who, what, when, where and how to gather details about related events and
- Identity questions that help point out how you see your self, others and the world and to begin to recognize the limiting beliefs that you have formed.

If you already have an event that you believe is related to your issue create a Setup and start tapping. Run that event like a scene in a movie; stop to tap at any point where there is emotion. Tap that emotion down to zero before you move on to the next part with emotion. Then replay the entire movie until you are down to zero on the entire movie scene.

[Type text]

If you don't think of an event right away see what comes up as you ask your self these questions.

Which question applies most to your physical issue right now?

- **Physical Feeling:** Where is it exactly in your body?

What does it feel like?

How would you or your doctor describe your physical issue?
Using medical terms and descriptions can be helpful.

- **Sight:** Are there any scenes (or memories – we'll cover those in part 3) that come up when you focus on the condition?

- **Taste:** Any tastes involved with the condition or the treatment?

- **Smell:** Any smells involved with the condition or the treatment?

- **Sound:** Sometimes just being told your diagnosis can be traumatic. Even when the medical staff is caring and tactful you may have emotional issues around that time. What happens when you think about what medical staff and others have said to you?

- What was your reaction to the actual diagnosis?

- **Emotion:** What emotion is generated when you focus on the condition?

- How do you feel emotionally about having this problem?

- **Behavior:** Is there any *process or activities* around having this condition?
Positive and negative. Examples: appointments, treatments, loss of time from work, that you must do or are unable to do certain things, becoming close to the medical staff, support groups, medication, etc.

- Where do you think you learned how to respond like that?

- **Thoughts:** What thoughts most often go through your mind when think about the condition? Do you remember when you first started thinking that?

- **Environmental:** When did this start?

- Currently, in what life situations do you experience the most difficulty or pain?

- Can you recall what was happening in your life within a year or two of the onset?

[Type text]

- Are there particular places associated with the condition?

- Is the condition worse when you are with certain people?

- Who else could be involved, affected by or affecting this condition?

- Were there people in your past that could have influenced this?

- What events in your past could be associated with it?

- **Identity:** What's your theory on why you have (or still have) this issue?

- What is the downside of having this condition?
e.g. what losses does it cause? Self worth? Activities? Independence?

- What is the upside of having this condition?
e.g. what benefit do you gain from having this?

- What would you want/need/have to be doing if you didn't have this condition?

- What would you be giving up if you didn't have this condition?

- From where, or whom, did you learn to behave, think, believe that?

- What does having this pain mean *to* you?

- What does having this mean *about* you?

- Is there a connected emotional issue?

- What is your theory about why you are not resolving the condition?

Example

Let's see of how these questions are used in a session with a practitioner.

JULIE'S STORY: Julie came to see me after her cancer diagnosis. She had been feeling tired and gone to the doctor. The tests she ran showed stage four cancer, the doctor told her the outlook was not good, treatments could help her but only by buying her a few more months. Julie was shocked. After consulting with family and friends, doing her own research and getting two other medical opinions she chose not to take chemo and radiation. Julie was 75 and otherwise in good health physically. Her children were grown and doing well. Her husband had died 10 years before.

[Type text]



Julie’s goal for coming to EFT was that what she wanted was for the last of her life to be as calm and pain free as she could make it. She wanted to spend her remaining time enjoying her friends, children and grandchildren, not feeling bad from chemo and radiation. It was her choice.

Julie was a pleasant person who in spite of the diagnosis had come in with a smile on her face. She felt that all her life she had been overly responsible, “wound tight” and out of touch with her emotions and felt it was not safe to express those she did feel. Cancer had been the last straw. She said, “I realize now I have all this built up anger but I can’t seem to express any of it.”

Over three sessions we dealt with the issues behind her inability to express anger and other emotions in a healthy way. Below is part of what came out of those three sessions

Stated Presenting Problem: *Unable to express anger or other emotions.*

Reported intensity of that inability: 9

When did this start? Who taught you that it was not safe to express feelings?

Julie’s father was a controlling man who felt that children should be seen and not heard. She and her siblings were not allowed to “run around and be children.” Her father could certainly express his anger, sometimes violently, but the children not supposed to express any negative emotion or for that matter happy ones either, especially if it was noisy. It was OK to smile, indeed, it was a mandate! “Put a smile on your face, kid,” her Papa, as Julie called him, would say, “you have food and a roof over your head; you got nothing to be unhappy about.” So Julie had gone through life with a smile – no matter how she felt – afraid to express any other feeling; she locked them all away. She felt it would be dangerous to express her anger. We started there and developed a Setup from her words.

Setup: *Even though I have all this anger and would be dangerous to express it, I deeply and completely accept how I feel.”* Julie had a hard time saying that she accepted how she felt. We talked a minute about what she could accept and settled on: “...I want to deeply and completely accept how I feel.”

NOTE: If you have a problem expressing an acceptance statement just change it to something that you can accept. Remember that you are not being asked to accept everything about yourself for ever after. Just accepting *something* about your self *at this moment in time*.

Reminder Phrase at each point: *dangerous to express anger.*

We tapped several rounds and Julie said, “Well, I guess in some situations it would not be dangerous.” I asked her if she remembered an event [**What happened?**] in which *it had* been dangerous. She said there were a several incidents [**Who was involved?**] of her, or another

[Type text]

sibling, being sent to their room without supper, to, as her Papa put it, “remember what you have to smile about.” **What was the worst part about it?** Going without supper or upsetting your father. “Definitely upsetting my Papa!” Julie said.

Setup: *Even though upset Papa when I was feeling bad and not smiling, I accept myself anyway.*” This time Julie felt OK saying it.

Reminder Phrase at each point: *Upset Papa.*

After a three rounds she stopped and said, “As a teenager I realized that my father got very upset when anyone was not smiling because he *needed* us all to act happy all the time. It was like he believed he wasn’t doing a good job.” “That’s a lot of insight for a teenager,” I said, “but that realization didn’t seem to make it OK to express your emotions now.” “That’s just it! I loved my Papa, I didn’t want to hurt him. Somehow knowing why he was the way he was, made it even more important to be smiling all the time. I did not want him to feel like a failure. It’s like it’s my job, my responsibility even, to make him feel good.”

I asked my favorite question. So it’s your responsibility to keep him from feeling like a failure. **What does that mean to you? About you?** “He won’t love me,” she sobbed. Notice in the Setup and reminder phrases below we continue to use her words, from her story.

Setup: *Papa won’t love me if I express anger, I have to protect him from feeling like a failure, and I deeply and completely accept myself.*

Reminder Phrases:

EB: *These tears*

E: *Papa won’t love me.*

UE: *Dangerous to express anger.*

UL: *It’s my responsibility,*

Ch: *to make him feel good,*

CB: *to always be smiling.*

A: *I have to protect him.*

H: *Papa won’t love me.*

We tapped three rounds. When Julie took a deep breath (often a sign that there has been significant movement), I asked, “What is the intensity on “Papa won’t love me.” About a 2. What is the intensity of being unable to express your emotions? “Well,” Julie said. “I can see that there are places that I can safely express my emotions and that I don’t have to do it violently like Papa did.” Maybe a 4 now. Presenting Problem Intensity: 4

And the Papa won’t love you part, **[what keeps it at a 2?]** “I think it’s the part about it’s my responsibility. I’ve always felt overly responsible for everything. I know it is irrational but I feel like the people I love will feel bad about themselves, like my Papa if I don’t act happy, stay smiling.” Notice that this is a bit different aspect of the Papa won’t love me issue. Julie said she felt that she was responsible for everyone’s happiness and that if she weren’t happy they would fall apart like her Papa. It occurred to her as she talked that she was afraid they too would become violent.

[Type text]

Setup: *Even though I know it is irrational for me to have to act happy for the people I love to not feel bad, I deeply and completely accept myself.*

Reminder Phrases:

EB: *It's irrational*

E: *I know it is*

UE: *I have to act happy*

UL: *no matter what*

Ch: *I'm responsible*

CB: *for making sure they feel good*

A: *I have to protect them*

H: *It's irrational*

And we did a couple more rounds:

EB: *I have to smile to be loved*

E: *I'm responsible for their feeling*

UE: *I have to act happy*

UL: *no matter what*

Ch: *or they will be violent*

CB: *like Papa*

A: *I have to protect them*

H: *It's irrational*

EB: *I have to smile to be loved*

E: *I'm responsible for their feeling*

UE: *I have to act happy*

UL: *no matter what*

Ch: *or they will be violent*

CB: *like Papa*

A: *I have to protect them*

H: *It's irrational*

Julie took a deep breath. [\[Note the cognitive shifts\]](#) “Gosh not only is it irrational, I’m acting like I control their emotions. I don’t have that kind of power. On top of that they are not stupid. Just like I could tell when my Papa really wasn’t happy even if he was smiling and not violent. I bet they can tell when I am worried or upset in spite of my smiles.”

“But, I don’t have any practice expressing my emotions in a healthy way. And I have no idea how to initiate a talk to them about my feelings. I didn’t teach my children how to express and deal with emotions either.” Julie had just shared several more issues to address later.

“This will be a safe place to practice. Let’s work on decreasing those emotions that you feel will be most “dangerous” to express to the people you love” I said. We worked the entire fourth session just on the intense anger she felt. Julie liked the concept of ranting and tapping. She liked just tapping and saying all those long suppressed thoughts and emotions. At first it took a little encouragement to say what she *really* felt and thought, no matter how unreasonable she judged it to be. After a few times assuring her this was a safe place to say whatever she felt she really got

[Type text]

into it. She tapped as she stomped around the room, at times yelling. She tapped and ranted over and over until it no longer had an impact to her. She left that session with an honest smile on her face.

Julie had joined a cancer support group and I encouraged her to begin trying expressing her emotions with the members. She reported at the fifth session that they had been very supportive and understanding and that since she'd drained the "worst" emotions she felt she was well on her way to beginning to be able to talk to her kids.

"That's what I want to work on today," she said. So, we did.

WATCH FOR PART THREE

In the next several days you will receive an email link to

Beginners Guide to Using EFT Effectively - Part Three

Going Deeper

- **Bothersome Memories – dealing with specific events (and Phobias)**
 - **Using investigative questions – to discover core issues**
-

WATCH FOR PART TWO

In the next several days you will receive an email link to

Part Two of the Beginners Guide to Using EFT Effectively – Addressing Cravings and Pain

If you would like even more in depth information about EFT please check out the books:

EFT Level 1 Comprehensive Training Resource

EFT Level 2 Comprehensive Training Resource

Available at: <http://eft4powerpoint.com/store>

There are also several excellent DVDs for beginners.

30 presentations were professionally filmed and edited from an EFT Masters Showcase where the EFT Masters shared some of their best tips on using EFT.

Presentations of interest to newbies:

Foundations of EFT – Nancy Gnecco

Self Sabotage – Jaqui Crooks

The Power of EFT – Peter Graham

The Color of Pain – Paul Lynch

These and others available: <http://eft4powerpoint.com/store> click on EFT Masters Sessions

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OTHER HELPFUL RESOURCES

To learn even more about using EFT, I invite you to click below to order the two course books written to reinforce EFT training: *EFT Level 1 (and 2) Comprehensive Training Resources*. No shipping if order both.

http://eft4powerpoint.com/store/index.php?main_page=product_info&cPath=15&products_id=51

If you would like to schedule an appointment for consultation or to have an EFT session information about scheduling an appointment with me can be found at:

<http://FromtheDeskofAnnAdams.com/Appointments>

I do like to travel and teach EFT. I am willing to come to your area to teach a class if you are able to bring 10 paying attendees to the class. While it is possible to teach a class with less than 10, that is a good number to assure sufficient interaction and variety to enable the best learning experience.

[Contact me](#)

There are several single DVDs that can be helpful in your EFT Journey. These were professionally videoed and skillfully edited. DVDs on many topics can be found at

<http://EFTMasterTraining.com>

If you are working with people with addiction, dealing personally with an addiction or have a loved one with an addiction you can find help from *Healing the Cycle of Addiction*. This 9 DVD set can help you understand the problems surrounding addictions. This set is truly a mini course in addiction.

<http://EFTforAddiction.com>

Want help marketing your EFT business? An e-book and 2 videoed sessions of EFT Masters discussing their best marketing tips is available from : <http://MarketingYourEFTPractice.com>

Check out all of my products available in the store:

<http://EFT4PowerPoint.com/store>

* Personal Peace Procedure is the term Gary Craig used for making a list of all the negative events in your life you can remember – most folks have over 100! Then, consistently tapping on those events until their intensity is 0. Fortunately, due to the generalization effect of EFT when one important event was resolved many similar events collapsed as well. Make tapping a part of your daily life.