

Introduction to EFT

So you are new to EFT or perhaps just heard about it? Maybe it looks a bit overwhelming or maybe seems just weird. Let's simplify it all.

There are many “newbie” EFT introductions on the internet telling others how to use EFT. Some are helpful and others add to the confusion.

This EFT Introduction will start you out in the way I've found to be the most easily used and understood way to be immediately helpful, with the shortest learning curve.

EFT is basically a powerful relaxation method that, as I am fond of saying, “...calms you down so you can think more clearly about your problem.” It has been shown many times to reduce pain by decreasing or eliminating negative emotions that may be affecting the painful issue.



It is the most powerful thing I have ever used in 38 years as a social worker to reduce:

- anxiety – and it really is all about anxiety
- phobias – those irrational fears that just won't seem to go away
- cravings – for *anything*
- physical discomfort – uncomfortable, painful parts of your body
- lingering effects of any traumatic event – however long ago

Denise, a social worker in private practice, introduces EFT to her clients as “faster than a speeding Valium.” Since all emotions at their roots boil down to anxiety/fear, it is indeed all about relaxation. EFT is a powerful way to relax and neutralize negative emotions.



EFT uses points on our body that we naturally use to comfort ourselves. Next time you are in a group of people look around and note how many are:

- rubbing their temples or head or under their eyes?
- holding their hands on their chest or rubbing in that area?
- have their hand under their arm?
- biting or massaging their fingers or finger nails?
- rubbing their hands together
- placing index finger under nose or under the lower lip?

We all have used these points on our body – we do it often unconsciously.



All of these points are on the acupuncturist's chart of meridian points.

What if, you could use these points in a purposeful way, focusing on your issue – whatever it may be – and quickly calm yourself *and* the impact of the issue?

Let's learn the steps

1. Clarify the issue you wish to work on.

The easiest method for most people to get in touch with what is bothering them is to:

- close your eyes and
- pay close attention to *where* in your body
- you are feeling upset or uncomfortable.

Is it in your stomach, your chest, your throat (all very common places) or in your arm or back or foot or head or – where else? In other words, what is it in your body that lets you know you are upset about “this”? It is not possible to have an emotion without a corresponding physical response. Indeed, the way (how and where) our emotion shows up in our body is how we interpret we are upset.

2. Describe this physical feeling.

“I have this tightness in my throat” or, “I feel like I am going to explode” or ” I have a sharp stabbing sensation in my lower abdomen” or “Every time I am in the dentist’s office my feet won’t stay still” “I feel a weight on my chest and starting to sweat” or, “I am having trouble swallowing” or “My lower back just above the right hip is very sore.” You can also simply name the emotion you think is behind that physical feeling, “I am terrified.” or “I am extremely anxious.” or, “I hate his guts down to my toes.” or “I can’t breathe deeply whenever I think about this.” * **Whatever description that fits what you’re feeling is just fine.**

3. Assess intensity.



Using a 0 to 10 scale decide **how much this feeling is bothering you – right now at this moment in time.**

It is helpful to write down both the number and your description of the feeling.

This will help you track your progress.

4. Come up with some positive statement about yourself.

Yes, I know; when you are really down on yourself that can be hard. This process is only asking that, right now, for this moment in time, you can accept yourself at least some. Let me give you a default statement: “I accept myself anyway.” or it could be, “I am OK.” or “I am still a decent person.” or “I have other strengths.” or “I accept how I feel.” or “I handle other things well.”

If you can’t say *anything* positive about yourself about the issue, just admit it. Add in a *yet* or a *now*. “I do not accept myself, YET, but, maybe later I’ll think about accepting something about myself.” “I don’t accept myself, NOW, but maybe someday.” Or, try for a percentage, “I am able to accept 20% of myself for NOW.”

5. Put the two together

Two ways to do this: EFT teaches to join these two together by saying: “Even though I feel [description], I deeply and completely accept myself.” However, many people find it easier to put the two together in a conversational way in a sentence separated by AND. Examples: I feel shaky all over AND I accept myself anyway. There is a heavy weight on my chest AND I have survived the dentist every time so far. I hate his guts for good reasons AND I accept how I feel.

6. Say your sentence as you tap the fatty side of your hand

I call this fatty part of the hand the “friendly spot” as it is where our hands/fingers touch when we shake hands. The habit of shaking hands began as a way of showing a stranger that we were not holding a weapon – sort of the first step toward becoming “friends.” Think of this spot as the first step towards “making friends” with this part of yourself that, at least for now, you have to live with. For now, whether we like it or not – sort of like an assigned dorm mate. What you are really accepting is reality – this is how you feel. All too often we try to block what we are feeling especially if it is unpleasant. Acceptance of a problem *is* the first step of resolving it.

Start tapping on the fatty part of the little finger side of the hand as you repeat the 2 part statement three times that you have created, “Even though I have [this feeling], I am an OK person.” Or the conversational sentence, “I have [this feeling] AND I’ve always survived before.” “I have [this feeling] BUT I accept how I feel.”

7. Pick out a key word or phrase in your sentence - Examples: Terrified, want to run, hate his guts, anxious, tightness, etc.

8. Tap other acupressure points.



While there are additional points** generally this “short cut” is effective. State your key word or phrase at every point:

- Top of your head between your ears – use all finger tips
- Nose side of your eyebrow -
Easy way is to take 4 fingers and tap at the bridge of the nose *between* the eyebrows.
- Side of your eye – use two fingers on the boney part right next to your eye
- Under your eye – two fingers on the edge of the bone under the eye
- Under your nose – tap between the bottom of your nose and your upper lip
- Chin – actually not on the chin but in the indentation below your bottom lip
- Collarbone – trace the “V” as it comes to the chest then go an inch over & inch down (either side).
Easy way is to tap with all fingers below the V.
- Under your arm – about where the bra strap comes on women, on men, level with nipple.

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

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. For instance, your chest felt tight and suffocating when you began tapping and after tapping you feel that the sensation has moved to a restricted feeling in your throat. The 8 intensity of your chest feeling is gone but you now would give the restriction in your throat a 6.

10. If intensity not a 0, go back to step 4 and repeat until calm

The amount of time this takes can vary widely between user and his or her underlying issue. For most people using this process there is a very high probability that you will noticeably reduce, or even eliminate, your physical sensation and the emotion behind it.

Complex issues can take a lot of perseverance and may need more information about other EFT techniques to be maximally effective. It may also be helpful to schedule a session with an EFT practitioner to help you learn and use the method in the most effective way for you.

As you continue in your search for information about EFT you will run across many generic scripts on the internet for “what to say” while tapping. These can be helpful at times for some people as it is possible to “Borrow Benefits”*** while tapping along with others or using a generic script. To maximize your experience before tapping along take just a few seconds to close your eyes and identify where in *your own body* you feel the issue or discomfort you wish to address. Write it down, and *then* tap along.

You can download a free manual with more information about this useful technique by entering your email address in the box on the right side of the web site:

www.FromtheDeskofAnnAdams.com/IntroEFT

Yes, I'll occasionally send you information about EFT but not more than twice per month and you can unsubscribe at any time.

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\*Some people are not readily in touch with the feelings in their body. Some find it easier to take a deep breath and assess what percentage of a maximum full “normal” breath they are taking. You can then use a statement such as, “I am not breathing as fully as I can AND I accept that is where I am NOW.”

There are many other ways to clarify getting to a specific that are listed in the [EFT Level 1 Comprehensive Training Resource course book](#) available [www.EFT4PowerPoint.com/store](http://www.EFT4PowerPoint.com/store)

\*\* More points are also described in the downloadable free manual and in the [EFT Level 1 Comprehensive Training Resource course book](#)

\*\*\**Borrowing Benefits* was the term Gary Craig, founder of EFT, used when describing the frequent phenomena of one person gaining some relief, or resolution, while tapping along with another person's issue. This also applies to generic scripts.