



DRAFT AS OF 2 5 16

DEVELOPING INDIVIDUALIZED SETUP LANGUAGE USING QUESTIONS

(NOTE: This article assumes existing knowledge of EFT)

CHALLENGES IN USING EFT

There are many internet sites giving instructions for using EFT in some variation of: Find a specific, get an intensity number of how much it bothers you, focus on that specific as you tap and use words from your description of the specific as you tap. Then measure your intensity again. That's pretty much the process. Simple really.

Not everything that is simple, however, is easy! Many people find using EFT for themselves difficult. They give up, or say it doesn't work for them or keep tapping in the hope that this time it will work.

Learning something new can bring up every learning insecurity we have: I don't learn things easily, I never did well in studying, I'm not smart enough, others get it but I don't, there is something wrong with me, I am not good enough, I'll wait until I can do it perfectly, I can't figure out what to say and so on.

Another challenge is that many people is developing a specific event that is narrowed down to something manageable. What *is* a "specific event" anyway? The instruction is to "Tell the story, like you would to a friend." I don't know about your friends but my friends can tell stories of "an event" that has as many angles as side streets in Los Angeles and as many characters as there were soldiers in the Civil War. How do I decide what's important enough to address? And do "each" scene methodically"— sounds major intimidating.

And then there are the words! Over the years I must have over a hundred emails with some variation on the question, "What words do I say for..." Deciding what "words" to use appears to be a real block for people.

It can be difficult to truly look at ourselves as it is not possible to be totally objective about ourselves, our experiences, our perceptions and our limiting beliefs. It can be useful to tap with an experienced person who can be more objective and supportive in your journey.

LET'S START VERY SIMPLE

Specificity is a kingpin of EFT. And yet, finding and dealing with a “specific” can seem overwhelming. Specificity can be as simple as using any *specific* physical sensation you s when you think of your issue, your level of breath or one aspect of an event: “the look on your mother’s face.” Note that this exercise did not directly address any event – only the physical sensations that came up as you thought about your issue. Addressing the breath and the body sensations is a safe and gentle way to begin to go deeper into one’s specific issues and events. It also increases body awareness – an important piece of overall mental health. The breath and body sensations can also give you a lot of information as to one’s readiness and ability to safely go deeper.

ADDRESSING THE BREATH

Constricted Breathing Exercise is a great way to get started with EFT. When we are stressed we do not breathe deeply. Tapping whenever we notice our breathing is less than 100% can be a life changing exercise all by itself.



- Take a few slow deep breaths to stretch the lungs
- Measure a truly full deep breath. Write down the %.
- Create and state your Setup, for example, “Even though I am breathing at 75% of my capacity, I deeply and completely accept myself right now in this moment.”
- Focus on your breath you as tap through all the points, at least twice,
- Say your percentage as you tap each point.
Stop and take another slow deep breath. If it is not at 100%. Repeat until it is at 100% or it won’t go any higher.

THE EFT STEPS:



- Clarify and describe breath, or sensation, or aspect.
- Assess the intensity level.
- Develop a two part Setup: The physical definition AND a statement of acceptance about yourself.
- State that two part Setup as you tap the fatty side of your hand (karate chop point).
- Tap the points – using a Reminder Phrase at each point. Use words that describe the physical sensations you feel *now*.
- Reassess the intensity and whether the breath, sensation, aspect has changed in any way.
- Modify the Setup to reflect any changes.
- Repeat the process until 0 or no further progress is made.

The EFT process does not change, no matter what the issue is. It can, however, be a challenge to clarify *what* you are addressing and focus on it as you tap

USING QUESTIONS

Questions can be helpful to identify what to work on and in developing the wording to use in the Setup.

Questions can be divided into four major categories:

1. **Physical questions** – These include all five senses, sight, sound, feel, taste and smell, thought and behavior.
2. **Environmental questions** – These scan the environment. They are the detective or investigative questions such as who, what, when, where, how. These are the time and place and people questions to gather details. Even small details can be important.
3. **Cost/benefit questions** – These questions assess the gain or loss when you make any behavior change OR when you don't change the behavior at all. Whatever you do there is a positive and a negative. Assessing how those affect your life is helpful.
4. **Identity questions** – Ask what this issue means *to* you and *about* you. This can include fantasy, make believe, guess, let's pretend, metaphorical and future pacing questions.

Questions can be modified to fit any problem, issue, event, scene, craving, pain, memory, etc.

The EFT process is the same; what changes is the approach, the timing and the questions you'd use to clarify the issue and the words. Questions are a powerful way to help you find a specific to focus on as you tap. The importance of being specific when using EFT cannot be over emphasized. Specificity is a king pin of EFT, even when the specificity you choose is the breath or a physical sensations.

DO YOU HAVE TO USE WORDS?

Words are not always necessary. Gary Craig stated that words were only 10% of the effectiveness. Tapping with no words as you focus on your breath or sensation or scene can be very effective. If you do use words, it is not necessary to get "fancy" with the wording. You can use the same word or phrase at each point, use different words from the description at each point or use the entire description at each point. It all works.

Non-Questions - Questions are *not* always helpful! Depending on a variety of factors, questions can actually create a resistance and lack of rapport. At times comments such as: *Share with me what that's like for you. Tell me more about that. I wonder if you could explore that a bit deeper. It appears really hard for you to talk about this* are more empathic and less threatening

USING EFT WITH PHYSICAL SENSATIONS

Like addressing you breath, addressing the physical sensation in your body as the focus for tapping is easy to do.. No matter the issue being addressed, focus on the physical sensations you feel in your body as you are focusing on the problem – or on your answer to any of the suggested questions. Using the physical representation of your emotion or discomfort can totally avoid the What-do-I-Say dilemma that seems to plague so many.

It is helpful to think of all emotions simply as energy in your body. You cannot have an emotion without a corresponding physical sensation in your body. Without the physical sensation how would you know you are having an emotion? Calm the physical sensation, you also calm the "emotion."

Identifying where you *feel* unhappiness in your body is easier than attempting to figure out which, of probably many, emotions you feel, and events you've experienced, is/are behind your current unhappiness.

Pick an issue you wish to address. Close your eyes, and take a slow, comfortable breath, focus on where in your body, at this exact moment, you *feel* the strongest physical sensation of emotion or discomfort. Most everyone can do this. If you cannot, go back up to using the Constricted Breathing exercise.

You want to focus on the sensation that is strongest in the moment. Be as descriptive as possible in pinpointing the feeling, for example, “the tightness in my throat,” “the suffocating feeling in my chest,” “my upset stomach,” “this ache behind my eyes,” “the throbbing in my lower back” or “my shaking knees.”

Assess how intense the sensation is on a 0-to-10 scale. Create your Setup from your description of the sensation. Remember that your “problem statement,” in this case the physical sensation, is always followed by a positive acceptance statement. Any positive statement that is accepting of yourself is fine. Examples:

- *Even though I feel like I am going to throw up, I deeply and completely accept myself anyway.*
- *Even though my throat is tight and feels restricted, I am alright.*
- *Even though my shoulders feel they are carrying the weight of the world, I fully accept that is how I feel right now.*
- *I am so tense and tight; my stomach is in a knot; but I am OK.*

Tap the points as you focus on your specific physical response to the emotion. Use your definition(s) of the physical feeling as the Reminder Phrase as you tap the points, for example, throw up, or throat constriction, heavy shoulders, stomach in a knot, etc.

When you are just starting with EFT, simply use the same word, or words, at each point. Actually, using the same words is still a good idea even if you have years of experience – repetition can be very effective.

Don’t think you have to be creative and come up with different words for each point or develop very creative Setups. Keep it *simple and focused on the physical manifestation of the current upset*. The repetition is helpful *and* you don’t get sidetracked by the challenge of “What words should I use?”

ADDRESSING PAIN

While a motivation for some people is to use EFT to resolve or “cure” a physical problem, EFT does not “cure” anything. EFT balances the energy system around your issues so that there is more energy to problem solve, more energy to make better decisions, more energy to motivate yourself to do what needs to be done, *more energy for your body to heal itself*.

EFT’s 5 Cs – CLARITY, CALM, CHOICE, CONFIDENCE, COURAGE.

As Chip Engelmann states on an article on emofree.co: *"The truth is, people don't really come to me for help with a past trauma. They don't think about that trauma. That trauma is packed away tightly in their back closet so they can function today. Clients come to me with problems and pains that have manifested in their lives today. And as we open the closet to make a repair, the trauma falls out, ready to finally be resolved."* Chip Engelmann in an article on emofree.com. <http://emofree.com/pain/pain-management/emotion-trauma-pain-articles.html>

One way to begin to address pain is a technique that Paul Lynch, EFT Founding Master, first called "The Colour of Pain." This process uses submodalities to uncover and address emotional components that may be contributing to a physical issue.

First, relax with a few rounds of EFT using the Constricted Breathing exercise or simply taking a few slow comfortable deep breaths.

Then close your eyes and move your awareness to the area of physical discomfort. Give an intensity level for the pain.



1. If it had a *color what would it be?
2. Is it larger or smaller than your hand?
3. Is it moving or still?
4. Is it solid or transparent?
5. If it had a feeling or emotion what would it be?
If no answer comes to mind, just guess at what it might be.
6. Assess the intensity of the emotion.

The Colour of Pain is represents a metaphor (i.e. a code word or phrase for something that identifies an unrelated something as being "like" or the same.) We use a great many metaphors in our daily language. Common ones related to pain could be: he is a pain in the neck, a thorn in my side, he galls my soul, he's feeding me a lie, get off my back, stop ridding me, etc. Or, descriptive, it's like: a rake scraping my insides, a sledgehammer to my head, tightness in my throat, pounding in my heart, choking off my air, etc.

CHANGE THE METAPHOR, CHANGE THE SUBMODALITIES, CHANGE THE INNER "PICTURE" AND YOU CHANGE THE ISSUE BEING ADDRESSED.

Submodalities are the representations of our thoughts and are descriptions involving our five senses. Submodalities cover qualities such as

- Size
- Color (or lack of)
- Thickness
- Boundaries
- Solid or transparent
- “In” or “out” of the scene
- Distance from and angle viewed

HERE IS A LIST OF COMMONLY IDENTIFIED SUBMODALITIES

VISUAL	AUDITORY	KINAESTHETIC
Do you have a picture?	Important sounds	Sensations / emotions / physical action
Black & White or Color	Location – source of sound	Location
Near or Far	Direction	Size
Bright or Dim	Internal or External	Shape
Location	Loud or Quiet	Intensity
Size of Picture	Soft or Rasping	Steady or intermittent
Associated or Dissociated	Fast or Slow	Movement/Duration
Focused or Defocused	Pitch - High or Low	Vibration
Focus - Changing/Steady	Tonality	Pressure
Framed or Panoramic	Timbre	Weight
Movie or Still	Tempo	Hot/cold
Movie - Fast/Normal/Still	Pauses	Texture: Rough or Smooth
Amount of Contrast	Cadence	Rhythm
Clear or Fuzzy	Duration	Body Action
3D or Flat	Uniqueness of Sound	Pain sensations (describe)
Angle Viewed From	SMELL AND TASTE may also be involved	

USING THE DEFINITION OF PAIN

Using descriptions of the pain itself is useful. There are many words used to describe pain. Pain is often described as a metaphor. If the exact medical terms for the pain/physical problem is known use those words as well. There are several books (e.g. Louise Hay) that match the location and type of pain with the type of problem that is needing resolution. These may be helpful in the “detective work” to uncover underlying factors. Be careful, however, in making assumptions. Always remain open to other possibilities.

Pain can be: aching, acute, agonizing, angry, burning, chapped, chronic, crampy, crippling, crushing, deep, dull, electric, excruciating, gnawing, griping, heavy, inflamed, irritated, itchy, knot-like, pinching, pins and needles, pounding, pressing, prickling, pulsing, raging, raw, severe, sharp, shooting, stretching, stiff, sore, stabbing, stinging, tender, throbbing, tight, torturous, vice-like

©2010 Ann Adams

There are many ways you and the client can clarify words that resonate with him or her. The client's words are the words to use in developing the Setup and Reminder Phrases. The goal is two-fold: to address the pain itself and to discover any emotions and meaning that may be impacting the physical pain or problem. This may take a good bit of detective work

Where ever you start, whatever approach you use, after each tapping round always ask the best open ended question there is:

WHAT COMES UP FOR YOU NOW?

In addition to the questions and approaches already mentioned above let's apply more or the: Physical, Environmental, Cost/Benefit and Identity questions

- **Sight:** How do you "see" this problem? How do others "see" this problem?
- During any of the process of dealing with this problem were there any sights about it that upset you?
- **Sound:** Was there anything any one said to you about this that was upsetting?
- **Taste:** Are there any tastes involved? Medicines? Food you "have" to eat?
- **Emotion:** How do you feel about having this pain/problem?
- What are your fears around this?
- **Behavior:** What does this issue prevent you from doing?
- What would you be doing if you didn't have this?
- What would you *not* be doing if this problem was gone?
- **Thoughts:** What is your theory as to what is going on?
- **Environmental:** Are you alone, isolated, or have a support system?
- How do you feel about the support you have?
- How old is it?
- When did it begin?
- What events led up to it?

- What was happening in your life before this happened?
- Are there particular places or times or people that make this pain better or worse?
- Who are/were the most influential people in your past that may be affecting this?
- When else have you had this, or a similar problem?
- What other events in your past remind you of this memory or response?
- **Identity:** How does having this change how you see yourself?
- What are you giving up if you resolve this?
- What does having this problem **mean to** you?
- What does having this problem **mean about** you?
- When it happened did you make any new decisions about yourself or others?
- If you didn't have this issue what benefit would you gain?
- What would you possibly "lose out on" or now have to do?

ADDRESSING CRAVINGS



Cravings of any sort often respond well to using EFT.

Addiction is a much more complex problem that usually requires professional help from experts in the addiction field. EFT, however, can help with the cravings, anxiety, withdrawal and address underlying emotional issues and give the person a self-help tool.

Questions used to address cravings will focus on what is it about the substance that is so attractive –

The five sense questions: the look, the taste, the smell, any sounds, the benefit, the physical sensations, what are you thinking with the craving begins, what are you feeling and doing?

Environmental questions: When do you most want it? Who affects your doing this? Are there places that bring up the craving more? Or the cost/benefit questions: What is the benefit of doing this? What would you be giving up if you didn't? Or the identify questions: What does this mean about you?

Create questions that create a description of your craving. Use these descriptions to form a 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, tap that down to 0 or until it stops decreasing in intensity and go on to the next most intense piece..

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 is affecting you the most right now.



- **Sight:** What do you like best about how it looks?
 - **Taste:** What do you especially 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.
 - **Physical/Tactile Sensation:** Any tactile sensations? Where do you feel the craving in your body? (Use specific physical sensation words)
 - **Emotion:** What emotion are you feeling? Where does that emotion show up in your body?
 - **Thoughts:** What are you thinking when you begin to crave it?
 - **Environmental:** What is happening just before you begin to crave it?
- What's around you that could be generating this craving?
 - Can you recall what was happening in your life the *first* time you experienced the craving?
 - Are there particular places associated with, or generate, 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?
 - **Gain and Loss:** What benefit do you gain from giving in to the craving?
 - What would you lose if you don't give in to the craving?
 - **Behavior:** Is there any process around getting the substance (or behavior) that is appealing e.g. unwrapping the cigarette pack, the atmosphere, the people?
 - What would you be doing instead if you didn't have this craving?
 - What are you giving up when you give in to the craving?
 - **Identity:** What does having this craving mean *to* you?
 - What does having this craving mean *about* you?
 - What is missing in your life this craving is filling?

As you go through the questions, you are looking for one with the strongest appeal, the strongest aspect to the thing you crave. The taste, the smell, how it feels in your mouth, the activity around getting it, how yummy it looks, any surrounding sounds, makes you feel "grown up," or a feeling of courage? If the craving is limited to a certain place or around certain people use the investigative reporter type questions: who, when, where how.

Often times it may be the meaning to you. Julie's mother always gave her hot chocolate when she knew Julie was upset. Julie paired drinking hot chocolate with her mother's love. David had begun smoking at a young age to "fit in" and "feel like a man."

What you would be giving up? Joni Mitchel was right when she said, "Somethings gained and something's lost in living every day." What would you be getting that you *don't* want? Pick the aspect that is the most influential in your craving. What's missing in your life that this is attempting to fill? George realized that if he gave up smoking at work he wouldn't get so many breaks. Susan realized that if she gave up eating brownies every night she'd have to deal with her loneliness.

Create your two part Setup and reminder phrase from your answer.

Pick the one answer that has the strongest emotion around it and create your Setup and Reminder Phrases from your answer.

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

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.

Setup: Even though I grab for cookies when 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 waaaay too many donuts, or pancakes, or bowls of hot fudge ice cream. Or like Julie, too many cups of hot chocolate. What you gain is to temporarily recreate those pleasant feelings from *then* into the *now*. The problem is, it’s temporary. Until you resolve the issue behind not having sufficient support for feelings of love and acceptance the craving will return over and over.

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 create, carry out and follow through with a plan to get our needs met in a more healthy way.

Our cravings are most often caused by underlying anxiety and or an underlying trauma which causes distressing emotions– big or small. Repetitive tapping, perseverance, is often needed until we discover and resolve what is causing the anxiety. Sometimes the cause is very clear. Other times it takes some digging to find that cause. Causes that at times be complex and may need help from a practitioner.

THE EFT PROCESS MAY BE SIMPLE, BUT PEOPLE CAN BE VERY COMPLEX!

WHEN TO *NOT* TO BE SPECIFIC

Specificity is the kingpin of EFT. Does that mean that you *never* tap generally? No. Tapping generally can calm your body and help you identify a memory and give you the courage and energy to deal with your problem. Tapping in a general way can be useful.

When the intensity is severe then it is better to start tapping in a general, generic way. Don’t focus directly on the memory of a highly intense event. Tap in a general way until your feelings decrease and you feel ready to go deeper. It is important that you and/or your client feel safe to “go there.” Don’t attempt to “go there” until you are ready.

It is not uncommon, even with good rapport, that someone is reluctant to address a painful incident they have long kept contained. Going into our painful, embarrassing or shameful events are particularly difficult for many. Start with breathing and the body sensations around the fears of beginning to address the issue. Tap for the discomfort or fear you may feel by just thinking about addressing the event. Focus on your breath and tap for any constricted breathing.

GAINING A PROTECTIVE DISTANCE



One useful technique is to gain some “protective distance” from the issue. Imagine the painful issue is securely locked in a container in a protected safe place. Creating this imaginary container and location can take a while for some and can get quite elaborate. Or imagine that the issue is far away, down the street or in another state or country or under the ocean.

The idea is that the issue is safely contained and “distant.” You can then tap for the description of the container or the sensations you have as you think about the container. You are not addressing the event, just the container or general statements about “what’s in the container.” Like in the above examples about using metaphors for pain, **as you tap for the metaphor of the containers you are also addressing the issue.**

Continue tapping until you feel sufficiently safe to address the issue more directly. This may take several sessions.

- *I am afraid to look closely at this and I accept myself anyway.*
- *This is so painful I don’t even want to go there and I appreciate how I feel.*
- *Even though I am afraid of what is in my box, I fully accept my reluctance.*
- *I put my issue in a chained box within a locked cedar chest in a large safe inside a bank like vault in the deepest part of the ocean and I still accept myself fully right now.*

When you have very upsetting, or repetitive childhood trauma *don’t* start with your most upsetting issues. Start with smaller annoyances. If your issue is very upsetting it may be better to seek out a therapist or EFT practitioner. Significant traumas can be challenging to deal with on your own. **The goal of EFT is to be a self-help skill and to be as painless as possible but some situations may be overwhelming and may require expert help.**

Tap generally when you are having trouble identifying what to tap for. Or, you know you get upset in a particular situation and you would like to break that pattern but don’t seem to be able to pull up related events, thoughts or emotions right then. Or, you are having a problem identifying an internal physical feeling. Sometimes, too, a global statement helps you bring up issues you need to address. Try it and see what bubbles up.

- *Even though I can’t even begin to understand why I am upset, I accept myself anyway.*
- *Even though I don’t understand why my stomach gets so very upset when my boss calls me in her office, I deeply and completely accept how I feel.*
- *Even though my body feels paralyzed with fear just thinking about addressing this, I accept my body’s willingness to protect me and I can choose to address it very slowly.*

- *Even though I am unable to define what I am feeling right now, I accept what is happening.*
- *Even though I don't have a clue on how to begin this tapping stuff, I'm OK.*

If are feeling overwhelmed, back up and simply tap while focusing on your internal sensations, don't be concerned about the words right now.

Many times we describe what is bothering us in a very general way: I'm unhappy, I'm lonely, I hate my job. It's OK to start with such a general issue to calm yourself and to see what comes up.

Addressing issues in a general way can appear to be effective for two reasons: 1) simply tapping on the body is relaxing; you "feel better" and, 2) as you tap in a general way you it's possible that, consciously or unconsciously, you are tuned in to *a key event/emotion/physical issue*. All too often, however, the general approach does not offer a complete and permanent resolution – you simply didn't get all the parts and pieces.

EFT works best when you address specific experiences and/or feelings that are behind your general problem. Getting to a specific experience or feeling is important because specificity is a key factor in the effective use of EFT.

FOR RESULTS THAT ARE TERRIFIC, IT HELPS TO BE SPECIFIC

USING EFT WITH BOTHERSOME MEMORIES

Bothersome memories can be traumas with a little "t" or a big "T." Since the goal of EFT is to be a painless as it can, go slow and address small parts first.

EFT is a terrific tool for when we are triggered by negative memories. EFT can free up and balance the "locked" energy around any memory. EFT does not erase the memory – it still happened. We simply no longer react emotionally or physically to the memory. With EFT you are able to shift and change your perception of the memory and its effect on you.



George was sitting in his living room reading a book watching his six year old twins play a board game. One of them became angry and dumped the board on the floor causing the other to cry.

George was immediately *transported* to a long forgotten memory of similar treatment by his older brother during a game. He was overcome with a sense of helplessness and intense anger toward the twin who had upset the game.

George's memory had been *triggered*. He was aware that his own internal response was over the top as a parent. He was responding as if he was still the child.

Most memories constitute a specific event or a specific "scene," The story often starts with "The time when..." The part of an events that most upset us is usually a very short time.

In EFT we want to tell our story, as if it were a short – less than 3 minute – movie. Just like in a movie your event had a beginning, some crescendos, characters, a plot, location and an end. Just like in a movie your memory is made up of scenes – scenes that can often be described with your five senses: what you see, hear, feel. Sometimes in *your* movie smells and tastes are involved.

Just like in a movie you can only "watch" one scene at the time. You focus on the details of your movie for tapping: the details, the aspects of the scene, and any physical sensations. You want the intensity for each scene ideally to be tapped down to zero before moving to the next scene.

THE MOVIE PROCESS

Run your movie scene in your mind noting any sights, sounds, feelings (physical sensations, tactile memories or and emotions), any smells and tastes involved. Any thoughts you remember?

Identify a "bothersome memory" and pick a part of it that lasts less than 3 minutes.

Give your "movie" a title.

Assess the intensity you feel right now about that scene.

Clarify the aspects from the sights, sounds, feeling, smell, tastes, emotions, thoughts.

If the intensity is high tap first just for the movie Title: "Even though I have this [*movie title*], I deeply and completely accept myself."

If intensity is <6 tap for one of the aspects, "Even though I see the blood all over me, I am ok."

Use the movie title or the aspects as the reminder phrase while you tap the points.

Re-assess the intensity and modify Setup and Reminder Phrases as focus shifts.

QUESTIONS TO HELP DEVELOP YOUR SCENE

- **Sight: What do you see?** Who is doing what? Standing where?
Are there any expressions on faces that have significance?
- **Sound: What do you hear?** Who is saying what? Aware of background?
- Were there any tactile experiences?
- **Taste:** Are there **any tastes** involved?

- **Smell:** Smells are a key memory generator. Were there **any smells** involved in the scene?
- **Emotion: What emotion** does it bring up? What is the threat to your safety? Are you alone, isolated? Is it a person or people, crowds?
- **Behavior:** What are you doing? What would you liked to have done?
- **Thoughts:** What were you thinking then?
- Did you make any decisions about yourself or others when this happened?
- **Environmental:** What is happening around you?
- What was happening just before this happened?
- Are there particular places that can generate this memory or response?
- Does being around certain people trigger this response?
- What are their characteristics?
- What were the most influential people in your past that could be affecting this?
When else have you felt this way?
- What other events in your past remind you of this memory or response?
- **Identity:** What benefit do you gain from reacting? Safety?
- What would you be doing if you didn't have this reaction?
- What are you giving if you resolve this?
- What does having this memory **mean to** you?
- What does having this memory **mean about** you?
- Were there decisions you made at the time about yourself, others and the world that are now preventing you from reaching your goals?



One scene can lead to another. One memory can lead to an earlier similar memory. EFT often works like peeling the layers of an onion. It may uncovering several layers before resolution.

Be sure you go back to check the intensity for the exact same scene you began tapping for. Watch for shifts. It is common to change aspects or scenes as you decrease the intensity on the original memory.

Check to see what shifted:

- Did you change scenes?
- Are the smells or tastes the same?
- Are there different voices, words, tones sounds?
- Are you still having the same emotion?
- Are the sensations in your body the same?
- Are your thoughts the same?
- Have you moved to another similar or related event?
- Did any new factors come up?
- Am I interpreting this event in the same way?

As you tap the intensity, the scene, and the meaning can change or shift. Focus the tapping on what shifted. But always go back to exactly what you started with to assess the beginning and ending intensity. Methodically go back over the event. You want to test, test, test to make sure you have cleared all the related aspects. This constant reassessment is more challenging when you are working on your own. There is often a tendency to tell yourself, “That’s done.” before you’ve actually gotten all the parts and pieces.

When working on your own it’s to stand in front of a mirror and tell the story out loud in minute detail. Telling the same story out loud often brings up more details than simply running the event in your head.

PHOBIAS

A phobia is an extreme irrational fear of or aversion to something. The person is aware their reaction is irrational.

There are literally hundreds of phobias (<http://phobialist.com/>) and at least two phobias for every letter in the alphabet except Q and Y. Until EFT the key treatments for phobias were: exposure treatment, (~1986) flooding, counter-conditioning (1924) and various forms of systematic Identifying the phobia, clarifying all the ways the phobia impacts you and then tapping for each of those aspects often takes care of the phobia.

All phobias are not alike. People react to different aspects of the same phobia.

John is afraid of only one part of flying, for instance, flying over land seems OK but flying over water is terrifying. You may be just fine seeing a spider in a book, even a small one in a corner

of your home but if it is big and moving you run screaming from the room. Or, snakes in cages in the zoo may be manageable but your anxiety shoots up to a 10 if you see even a very small green garden snake in your yard. You could have such a fear of dogs that even a picture of a small “cute” dog can create intensity. Someone else only panics when getting close to a big dog.



It is helpful to write down anything about the phobia that brings up any reaction or emotion. Tap for the aspect that generates the most intensity and work down the list. The exception would be if your level of intensity is way too uncomfortable – in that case start with a much less intense aspect.

Explore when the phobia started. Look for any related memories. The person may be very clear on when it happened, or have no clue.

Sally had just learned about EFT. She had an aversion to anything that was at all what she described as “mushy.” It really wasn’t a major problem until she became a mother. Lots of “mushiness” around raising a small child! When her preschooler had invited her to join in his play dough experience, she started tapping about the *feel* of the Play Doh but was quickly transported back to an experience with her brother. The intensity of the emotion she’d had at age 8 was still surprisingly high.

Sally’s older brother had put a slug down her back. She picked the “scene” that generated the most current intensity: his holding her down as he put the slug down her back. She remembered her 14 year old brother chased her, held her down and laughed with his friends as he put the slug down her shirt. The most intense aspect surprised her – his laughter. She tapped several rounds on the sound of his laughter until, when she relooked at the scene, she could see him laughing but could no longer *hear* him laughing. What then came up for her then was the intense shame she’d felt at being unable to fight back or protect herself. She was very hurt that the older brother she adored would do such a thing. She tapped for several minutes on the shame and the physical sensations that feeling manifested. Then she tapped for the hurt and disappointment around her brother’s behavior. And, while she’d known rationally *before* tapping that she was a little girl and he was older and bigger, that realization became real. “I was just a little girl and he was lots bigger; there was nothing I could do.” She tapped a couple minutes more on the sadness that came up; she adored her brother, how could he do such a thing? Then, she remembered what had happened later. A memory long forgotten.

After the slug incident her brother had gone off with his friends to play ball. That night he came to tell her good night. “Hey, kiddo, he said, “I’m sorry I put that slug down your back. I promise I won’t ever do that again.” She had forgotten this part entirely. She replayed the slug scene again. It seemed very far away.

She saw a teenage boy looking for approval from his buddies. She just happened along at the moment they’d found a slug. Tapping allowed a more realistic perception of the scene and her brother- a cognitive shift. He hadn’t chased her as she’d originally remembered. He had held her tight against him and put the slug down her back. She switched to the scene of his apology. She saw genuine remorse and shame from him for what he had done. She and her older brother had been great buddies; she was terribly hurt that he would treat her like that. He was genuinely sorry he’d upset her. She realized that the aversion to “mushy” was symbolic to protect her from disappointment from those she loved and trusted. She smiled to herself as she sat down to happily play with her son and the Play Doh.



Phobias can be “tied” to one memory such as Sally’s or can be developed and/or strengthened by repetitive events. Phobias tied to one single incident generally are resolved quickly. However, phobias can also be complex and take lots of “digging” to find the cause.

John’s fear of spiders developed as a young child. His father kept a pet tarantula and, in his misguided attempt to have John share his enthusiasm - frightened him. John was unable to resolve his spider phobia until he worked through many situations in which his father had imposed his will on John without considering or listening to what John wanted. John’s spider phobia was entangle with his image of himself as “not important” and “not worthy of love” and that “what I want doesn’t matter.” In working with John, the relationship between us was probably more important as the tapping – dare I say that! He needed to be heard, not just

listened to. He needed to have his answers carefully considered, his reluctance and resistance respected, his baby steps to self-worth genuinely celebrated, any comment from me was carefully checked for his acceptance and thoughts. He needed to feel he mattered.

Any list or how to's should always be taken as a We will explore the same basic questions as they apply to phobias

- **Sight:** What is it exactly about how it *looks* that affects you? What other characteristics do you see that impact your reaction: how big, how many, moving or still, colors, etc.
- **Taste:** Any tastes involved with your phobia?
- **Smell:** Any smells involved with your phobia?
- **Sound:** What sounds are involved? What is it *about* that sound that is upsetting? What does the sound remind you of?
- **Feeling:** What textures could be involved? What are the sensations in your body when confronted with your phobia?
- **Emotion:** What emotion is generated? What is the threat to your safety? Are you alone, isolated? Is it a person or people, crowds?
How do you feel emotionally about having this problem?
- **Behavior:** Are there things that you do or don't do because of this phobia? What did you do when exposed? What do you wish you'd done?
- **Thoughts:** What thoughts most often go through your mind when confronted with the phobia?
- **Environmental:** Are there any scenes or memories associated with the phobia?
- What was happening when you developed this phobia?
- Currently, what life situations trigger the phobia?
- Can you recall what was happening in your life within a year or two of the onset?
- Are there particular places associated the phobia?
- Are certain people or places more likely to trigger the phobia?
- Who else could be involved in preventing a resolution of the phobia? What people in your past influenced this phobia? Who else in your family/friends shares this phobia
- What events in your past could be associated?
- **Identity:** What is the gain to you from having this phobia?
- What would you be doing if you didn't have this?
- What would you be giving up if you didn't have this?
- What does having this phobia mean *to* you?
- What does having this phobia mean *about* you?
- What losses does it cause? Self-worth? Activities? Independence?
- And, if you don't know answers. GUESS.

Generally your problem is a symptom or side effect of something else, you certainly have feelings about that "symptom" and there were events that affected or created that problem. But underneath it all are limiting beliefs that you formed in your past, often as a young child, as you made decisions about yourself, others, and the world. Sometimes as you are tapping

on one related event another, perhaps forgotten until now, earlier event is called to mind, an event in which you made those limiting decisions. Perhaps you decided you were powerless, or unworthy, or could not take care of yourself or that men (or women), or a certain race or other type of people could not be trusted or were greedy or mean, etc. Or perhaps something happened in a place that frightened you badly and you decided that spiders or planes or bridges, or elevators, etc. were dangerous.

WHEN NOT TO USE QUESTIONS

Instructions on using EFT invariably emphasize the importance of being specific and asking good detective type questions to get to a “core issue. However, there are times when you do *not* want to start with a specific. There are times you should *not* use questions, yet.

There are times that even deeper level of rapport and feeling of safety needs to be developed. There are times when you need to learn more about the person sitting across from you especially as it concerns their ability to self-regulate their emotions and to stay present (i.e. level of “ego strength.”) There may be times you need to help increase their awareness of their body sensations first. There are times you simply need to breathe.

JUST BECAUSE WE CAN, DOESN'T MEAN WE SHOULD

EFT can be simple but people and their issues can be very complex. Don't get in a hurry. Don't go for THE “jugular vein.” Take it slow. Take it in small steps. If it becomes too painful, stop. Put “it” back in a safe container. Go for a walk. Come back to it later.

BONUS SECTION

EVEN MORE QUESTIONS FOR GOING DEEPER

Instead of just scanning this list of useful questions, as you think of your problem/event/issue/memory consider carefully how each question could possibly relate to it. As you form relevant answers to these questions create a Setup statement from your answer. Pick out some of the key words or phrases in your answer and use them as reminder phrases as you tap. After several rounds look at the questions again. Does it still fit the situation? Has the answer changed any? If so revise your Setup and tap some more. Check in frequently to the problem/event/issue/memory that brought you to this list of questions. Does it look the same? What is its intensity now? When you are really stuck you can:

- Go back to simply using the Constricted Breathing exercise for a while.
- Put your issue aside for a day or two.
- Distract yourself – read a book, call a friend, take a walk, try a relaxing bath/shower, etc.

- Increase your knowledge of EFT with additional [EFT Resources](#) – naturally I recommend mine! 😊
- Schedule an appointment with an experienced practitioner.

One thing *not* to do. Don't give up. Persistence is often necessary in complex issues.

Does this [scene/event/memory/problem] remind you of an earlier but similar one?

- If there were an overall emotion to describe this, what would it be?
- Is that emotion/reaction a pattern in your life? When did that start?
- Who taught you?
- If this reaction had a name what would it be?
- If you did know the answer to this, what would it be? Just guess. Make it up.
- If your friend had a similar problem, how would you explain it?
- What would he/she need to do?
- What's your theory about this problem?
- What would you do to change this?
- Do you have a plan? What stops you from implementing it?
- What would ... say about that?
- What/who is to blame for this?
- Who did you tell about this? How did they respond?
- Who did you hope would *never* find out?
- Did you have a sense something was wrong before this happened? What?
- If you could live your life over, what pivotal event or person would you eliminate?
- What is your theory as to why *this* blocks you now?
- Did something happen in the last year that brought this on or retriggered it?
- What happens when you try to resolve it?
- What do you want to happen?
- What are your limiting beliefs?

Limiting Beliefs often revolve around:

- **Deservedness** – I don't deserve to.
- **Benefit** – There's no benefit.
- **Safe for me** – I'll be worse off.
- **Safe for others** – It will hurt someone else in some way.
- **Permission** - I won't allow myself to.
- **Deprivation** – I'll be deprived of ... if I get over this
- **Possibility** – It's not possible.
- **Identity** – It's who I am. I wouldn't be me. All my family is...
- **Resources** - I don't have what it takes to make life work without it.
- **Forgiveness** – Forgiving them will mean they got away with it. Or, I'm guilty; I don't have the right.
- **Motivation** – I won't do what's necessary.
- **Looping** – I have to have this BEFORE I can ...

Common limiting beliefs are:

It's not safe. People aren't safe.

I can't trust or depend on people.

The world is a dangerous place.

It's my fault. I'm bad.

I've done something unforgivable.

I will always be alone.

Forgiving someone is letting them get away with it

My love is toxic and damages others.

I always have to do the right thing.

I must take care of others first – others are more important

I'm unlovable. I'm not good enough. I'm not important.

- Where do you think you developed those beliefs?
- Who taught them to you?
- What holds them in place?
- How do you know you are not worthy/loveable/good enough, etc.?
- What has happened that "proves" your limiting belief?

For additional training or mentoring on using EFT effectively

contact ann@annadams.com