

EMOTIONAL FREEDOM TECHNIQUE – EFT

This EFT tool enables you to shift challenging feelings and distress by making statements while you tap on points that are on the meridians of the body. According to the Oxford Dictionary, meridians “are a set of pathways in the body along which vital energy is said to flow.” These are used in Acupuncture and Chinese medicine. Using the tapping with the meridian points helps mind and heart shift, and helps the shifts anchor into the body and the emotional brain. Then these positive changes can go deeper and last longer. Using EFT, affirmations and good intentions can be more believable to the anxious or pessimistic mind. Even if not fully convinced, this breaks the fixation of the negative focus.

You can use EFT for any mood or situation that is challenging. (For example, in the video we tap about a night of poor sleep, and about not wanting to workout due to feeling unmotivated.)

Here are steps to set up a tapping session.

1) Name the situation. _____

Rate the stress level of this, 1-10 scale, with 10 as the highest stress level.

Name three related feelings that arise. _____

2) Weave the situation description, and the three feelings, while you tap on the points. Once the feelings are addressed, set intentions for what you wish to feel, what you want to accomplish, etc.

With the feelings, name the feelings and feel them in the body. In the video, the feeling is named twice (“sad, sad”) while tapping on one point. Then the next feeling is named twice, on the next point. Then the third feeling is named on the next point. Each time, breathe deeply, and feel that feeling in the body.

Once you’ve covered these, continue to the next points, with a statement like, “These are my feelings today. I accept them. I embrace them. I let them go.” (deep breath again).

3) The second focus with tapping is to set intentions for the day, or for how you want to feel instead. Statements will arise and can be improvised as you tap, and as you feel things shifting a bit. Here are examples of these statements in the video demonstration about poor sleep that Phil leads.

- Losing sleep happens sometimes. It’s OK.
- Everyday doesn’t have to be a high energy day.
- I can still get things done today. I can go with the flow.

In addition to these types of spontaneous statements, EFT uses 3 levels of statements to end the sentence throughout the tapping. Use what is comfortable and believable for you to say.

Level one statement: **Even though** _____ (I have this situation, or I feel x), **I can still relax.**

Level two statement: **Even though** _____, **I choose to love myself.**

Level three statement: **Even though** _____, **I love and accept myself.**

Phil Cerdorian will use these additional statements with tapping work. Adapt these to your style.
I trust the process. I am grateful. Life is a blessing. I can be with today just as it is. I let go of the past.
I live in the present. I make good choices. I am loved. I am safe.

Here are the points that you tap upon. This can be either the right or left side. Some use both R & L fingertips, any finger or combo of fingers work.

Karate chop – the fleshy part of the outside of the hand.

Point between eyebrows – using both index fingers

Side of the eye

Under the eye

Upper and lower lip – fingers tap upper lip, thumb taps lower lip

Collar bone – tap on the soft tissue under the bone. Crossing arms, tap on both sides

Under arm, rib cage – tap on one side, either one

Abdomen – below the rib cage, one side, either one

Open wrists – cross arms, with inside of wrists tapping against each other

Top of head – Fingertips make a circle on the top of head

Set up for your tapping session. Also see <https://www.thetappingsolution.com/> for more info.

1) Name the situation. _____

Rate the stress level of the situation or mood, 1-10 scale, with 10 as the highest stress level.

Name three related feelings that arise. _____

2) Tap with the feelings, one at a time, one point then the next. Use statements like the following:

Name the feeling, twice. Then the next on the next point. Then the third emotion with the next point.

“Sad, sad.” End with, “These are my feelings today. I accept them; I embrace them; I let them go.

3) Once the feelings begin to shift or lighten up, tap on your intentions for the day, or how you’d like to feel instead of the low mood or stress. Use any of the three levels of sentence endings:

Even though _____, I can still relax.

Even though _____, I choose to love myself.

Even though _____, I love and accept myself.

In closing, you can review the feelings again. You can repeat affirmations or intentions or other statements of self-appreciation, like:

I can decide how to feel today. It’s OK to have this situation arise. I accept this is happening.

I feel all of these feelings. I embrace them. I let them go.

I’m grateful I chose to use tapping today.

I let go of the past. I let go of the future. I live in the present.

I am grateful for this day.

I am loved. I am safe. Life is a blessing.