

Tapping: EFT Emotional Freedom Technique

Founder Gary Craig: Gary, an avid student of A Course in Miracles, is not a psychologist nor is he a licensed therapist. He is an engineering graduate of Stanford University and an ordained minister with the Universal Church of God in Southern California, which is non-denominational and embraces all religions. Although Gary approaches EFT from a distinctly spiritual perspective, people using it are not asked to follow any specific spiritual teaching.

What does EFT consist of? Literally tapping different points on the body while using specific language.

What is the purpose of EFT? EFT is based on the natural flow of energy within our bodies. It is similar to Chinese acupuncture in that it allows the body to heal itself naturally. EFT strengthens and moves the body's energy, which helps restore the body to its naturally balanced state. It often provides relief for a very wide range of physical symptoms and is usually quite gentle.

(source: http://www.selfgrowth.com/experts/gary_craig.html)

Why how does it work: "The cause of all negative emotions is a disruption in the body's energy system." It follows, then, that energy disruptions are the reason we have any kind of emotional issue like grief, anger, guilt, depression, trauma, and fear. Since both physical and performance issues often have emotional roots, it also follows that clearing energy disruptions can be useful for those as well.

(Source: <http://www.emofree.com/eft-tutorial/tapping-basics/how-to-do-eft.html>)

We use EFT to break the cycle of negative conditioned responses associated with traumatic events by pairing a memory with a statement of self-acceptance. This pairing utilizes two well-researched psychological techniques called exposure (remember the trauma) and cognitive restructuring (self-acceptance). Then, you tap with your fingertips on a series of acupressure points on your face and body, which sends a calming signal to your brain, making you feel safe. So, while before, the memory might send your body into a conditioned stress response, you're now re-conditioning your brain with a positive association. The signal of safety sent by your fingertips tells your brain's stress machinery to disengage, breaking the stress response. Once that loop is broken, it often stays broken so that when you later think of the traumatic event, you no longer feel stressed. You may have to tap many times on deep emotional scars or it may take just a time or two to break the stress response.

Step #1: Decide on a single issue you want to work on.

Step #2: Assess the issue on a scale of 0 to 10 (zero is no problem 10 is total fear/pain)

Step #3. Create specific language for issue.

"This wording is an essential part of the process because it tells our system what we are working on. Negative emotions come about because we are tuned into certain thoughts or circumstances which, in turn, cause our energy systems to disrupt. Otherwise, we function normally. One's fear of heights is not present, for example, while one is reading the comic section of the Sunday newspaper (and therefore not tuned in to the problem)."

"Even though I have this _____, I deeply and completely accept myself"

This sore shoulder:

“Even though I have this sore shoulder, I deeply and completely accept myself.”

Jealousy:

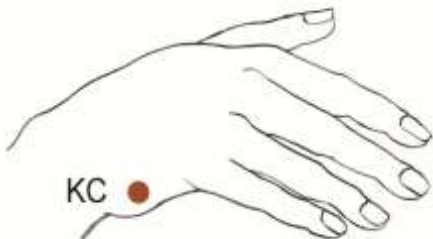
“Even though I am jealousy, I deeply and completely accept myself.”

Note: We do not want to use EFT on someone else’s problem. For example, rather than, “Even though my son is addicted to drugs, I deeply and completely accept myself,” it’s better to focus on your own reaction which might be, “Even though I’m frustrated by my son's drug addiction.” Or instead of “Even though my husband works too much...,” better to try something like, “Even though I feel alone when my husband stays late at the office...” We want to aim EFT at *our* part of the problem rather than trying to fix someone else’s problem.

Step #4. SetUp: “The Setup is a process we use to start each round of Tapping. **By designing a simple phrase and saying it while continuously Tapping the KC** (karate chop)point, you let your system know what you’re trying to address.”

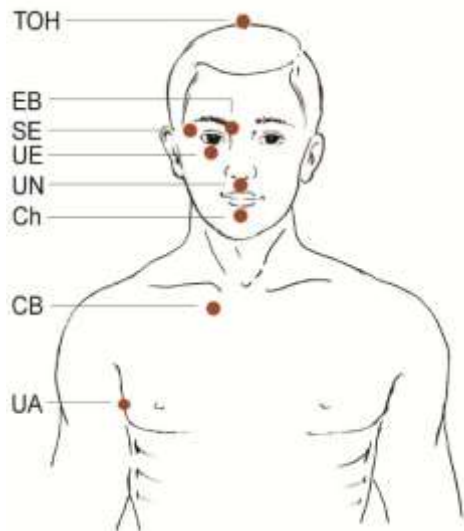
Note “The Tapping is done with two or more fingertips. This is so you can cover a larger area and thereby insure that your Tapping covers the correct point.” You can do any combination that feels good. For example, you might use all 4 points on the KC and CB (see below) but only 2 fingers – index/middle – on the face.

For example, tap the KC and repeat, “Even though I am jealousy, I deeply and completely accept myself.” You should say this at least once, but some practitioners say it 3 times.



Step #5. Select a 1-3 word phrase to represent the issue. For example, “jealousy” or “humiliation at work” or “shoulder pain” to represent the issue. You’ll use this wording and repeat this word/phrase while you tap each point about 5 times. You don’t have to count. You can tap from 3 – 7 times, and you’ll get the feel for that with practice.

Here are the points you tap as you repeat the phrase/word.



TOH: On the top of the head. If you were to draw a line from one ear, over the head, to the other ear, and another line from your nose to the back of your neck, the TOH point is where those two lines would intersect.

EB: At the beginning of the eyebrow, just above and to one side of the nose. This point is abbreviated EB for beginning of the EyeBrow.

SE: On the bone bordering the outside corner of the eye. This point is abbreviated SE for Side of the Eye.

UE: On the bone under an eye about 1 inch below your pupil. This point is abbreviated UE for Under the Eye.

UN: On the small area between the bottom of your nose and the top of your upper lip. This point is abbreviated UN for Under the Nose.

Ch: Midway between the point of your chin and the bottom of your lower lip. Even though it is not directly on the point of the chin, we call it the chin point because it is descriptive enough for people to understand easily. This point is abbreviated Ch for Chin.

CB: The junction where the sternum (breastbone), collarbone and the first rib meet. To locate it, first place your forefinger on the U-shaped notch at the top of the breastbone (about where a man would knot his tie). From the bottom of the U, move your forefinger down toward the navel 1 inch and then go to the left (or right) 1 inch. This point is abbreviated CB for CollarBone even though it is not on the collarbone (or clavicle) per se. It is at the beginning of the collarbone and we call it the collarbone point because that is a lot easier to say than "the junction where the sternum (breastbone), collarbone and the first rib meet."

UA: On the side of the body, at a point even with the nipple (for men) or in the middle of the bra strap (for women). It is about 4 inches below the armpit. This point is abbreviated UA for Under the Arm.

Step #6: Reassess your level of pain/anxiety/fear after a cycle. You may choose to do set up once and the tapping points 3 or more times before reassessing. If you break the cycle and start over (after a re-assess for example) do the setup point again (KC).

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