

Introduction to Emotional Freedom Technique (EFT)

This is an excerpt from *In-The-Moment Stress Relief*, a Special Bonus Report that comes with the **De-Stress Process** - a 7 step Self-Coaching tool designed to help you uncover the reason or cause of your stress, explore possible solutions, and give you action steps to take as you move beyond the stressful, upsetting situation or unhappy feelings.

To learn more about the **De-Stress Process**, please visit my website at:
www.YourSoulJourneyCoaching.com/DS.htm

Here's to letting go of negative emotions, thoughts, and feelings!
Please let me know if you would like additional support using EFT or in letting go and moving forward.

All the best!

-Becky

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Emotional Freedom Technique (EFT)

EFT is best described as “acupuncture without needles.” It was developed by Stanford engineer, Gary Craig, an early student of Dr. Roger Callahan’s [Thought Field Therapy](#), the first psychological acupressure therapy. Gary took many of Dr. Callahan’s concepts, improved and simplified them, and developed his Emotional Freedom Technique. The technique consists of tapping various energy meridian points on your body while concentrating on a specific problem.

The basic premise is that any negative emotion is a glitch in the body’s energy system. By tapping on certain energy meridian points in the body, that glitch can be resolved. It is much like the idea that putting a metal object in the middle of an electrical current creates a short. When you remove the interfering object, the current can flow naturally again.

Doing the EFT process in the middle of an upset, or just tapping on one of the meridian points, can help take the edge off the strong emotion so you can think more clearly. If you have time to do the process longer, it has the potential to lower the negative feeling completely. For more in-depth information about EFT, visit [Gary’s website](#). (You can see a picture of the whole body’s meridian systems [here](#).)

EFT – Tapping Sequence

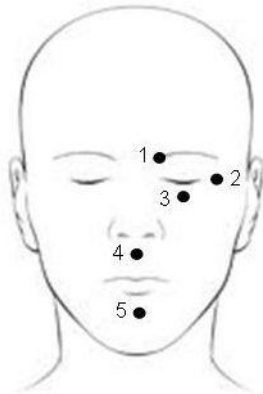
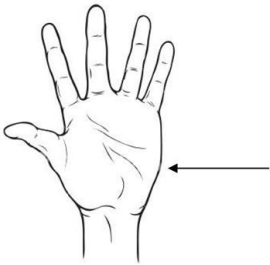
Place your hand over your heart and check in to get an intensity level of the upset you are focusing on. Give it a number between 1-10, with 10 as the most intense. Then go through the sequence. Each repetition will take only a minute or two. A picture of all the tapping points is on page 10,

1. The Setup – repeat this affirmation three times while continuously tapping on the Karate Chop point. “Even though I have this _____ (state your problem), I *deeply* and *completely* love, support, and accept myself.” (emphasize italicized words)
2. Using your index finger and your middle finger, begin tapping though the sequence of points. Tap firmly about seven times on each point. As you tap, say a short reminder phrase of your problem out loud – “this anger,” “uncertainty about____,” “neck pain” or whatever short phrase represents your problem.
3. Go around the points again with your other hand. Take a deep breath and check in to see where the emotional intensity is now.

4. Repeat until the intensity is down to zero. On the repetitions, adjust the Setup and reminder phrase to reflect that you are working on the *remaining* problem. “Even though I *still* have...” for the Setup, and “Remaining _____” (whatever you used in step 2) for the tapping points.

Pictures of EFT Tapping Points

Karate Chop



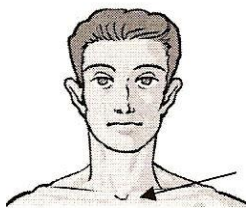
1. Eyebrow

2. Side of the Eye

3. Under the Eye

4. Under the Nose

5. Chin

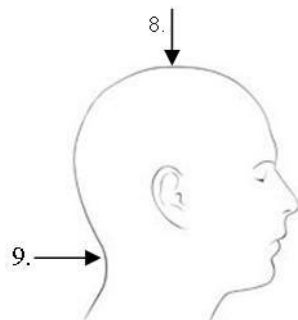


6. Collar Bone



7. Under the Arm

8. Crown Point



9. Back of Neck