

A SIMPLE GUIDE TO E.F.T. (Emotional Freedom Technique) Eve Bednarska (AAMET, MCMA)



*Smile
with Eve*
EFT Therapist

A SIMPLE GUIDE TO E.F.T. (EMOTIONAL FREEDOM TECHNIQUE)

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All rights reserved. This short guide book was produced to help my clients gain a better understanding of E.F.T. (Emotional Freedom Technique). It's contents does not dispense medical advice or any technique as a form of treatment for physical, emotional, or medical problems without first getting advice from your G.P. or doctor. The intent of the author is only to offer information of a general nature to help clients in their journey for emotional, physical well-being. If you use any of the information in this book, the author can assume no responsibility for your actions and consequences.

Author's Note

EFT (Emotional Freedom Technique) is often called 'Psychological Acupuncture - without needles.'

No needles are involved as EFT only requires the use of fingertips to tap on certain meridian points - hence it also being known as 'Tapping.'

It is highly regarded as a psychotherapeutic tool and is hugely popular among therapists as well as medical and mental health professional in UK and around the world.

It is highly regarded as a psychotherapeutic tool and it's therapeutic effects are widely recognized and is hugely popular among therapists as well as medical and mental health professional in UK and around the world. (over 100 studies have been published in more than 10 countries by more than 60 investigators). Proven to be extremely successful and a long lasting treatment for symptoms of depression, anxiety, trauma, phobias, PTSD, pain, sleep problems, food craving, smoking.

EFT Tapping is thought to improve immunity and can influence gene expression. EFT can significantly decrease the stress hormone cortisol.

EFT Tapping helps us tune in to the negative patterns that we form around our uncomfortable thoughts, feelings, or troubling memories. We 'tap' on the correct pressure points while bringing the thoughts or emotions into consciousness. The aim is to find relief, relaxation, and promote healing around the emotional or physical issues that hold us back. By tapping we are able to free the mind and body from old programmes and patterns that are keeping us stuck. Psychological and emotional issues are often connected to negative old emotions of the past. We can let them go through the use of tapping

I am trained in Emotional Freedom Technique (EFT) also known as Tapping, Hypnosis and Psch-K through EFT International™ and as such am qualified to treat clients under their jurisdiction.

REGISTERED MEMBER



*Disclaimer

Neither EFT nor the information here is intended to be used to diagnose, treat, cure, or prevent any disease or disorder. Please note that if you begin tapping and find yourself overwhelmed, distressed, or becoming aware of previously forgotten memories, you may need to seek the professional help of a trained and experienced EFT practitioner.

A lack of results or progress may also mean you need professional assistance. If you have any concern regarding your health or mental state, it is recommended that you seek out advice or treatment from a qualified, licensed health-care professional. Before making any changes to your diet, medication, or health plan, it is recommended that you first consult with a doctor, pharmacist, or other qualified medical or health professional.

What is EFT?

While EFT can address a range of complex emotional challenges, the basic protocol is quite straightforward and surprisingly easy to learn. It instructs you on only two activities: what you say or think and where you tap. It is a powerful way to come to terms with unresolved childhood issues, change unwanted responses to various emotional triggers, transform beliefs that do not serve you, and reprogram yourself for greater happiness and success.

What you say or think during an EFT session involves an ever-shifting focus on (1) your initial concern, (2) its roots in your history, (3) the feelings and sensations it creates in your body, and (4) self-suggestions or affirmations about what you want to change.

Where you tap is based on the ancient system of acupuncture. Certain acupoints (areas important in acupuncture) have been shown to have a powerful impact on the way the brain responds to stress and the way it processes information.

Note that the technique outlined in this guide represents Clinical EFT. This is the version mostly tested in research trials. (Researchers worldwide tend to only use Clinical EFT in their trials, because it is only in establishing evidence for the original protocol that we can then extend it to briefer or adapted versions.)

HOW TO TAP

Acupoints on the face and upper body are stimulated in EFT by tapping on them with two fingers; usually the index and middle fingers. The amount of force used while tapping should be firm yet always comfortable. You may feel a resonance spreading out across the adjacent area of your body from the point you are tapping, but even if you don't feel it, it is still occurring. Some instructions suggest that you should tap on each spot about seven times before moving on to the next, but you don't need to count since you will tap for as long as it takes to say the statement you formulate at each point.

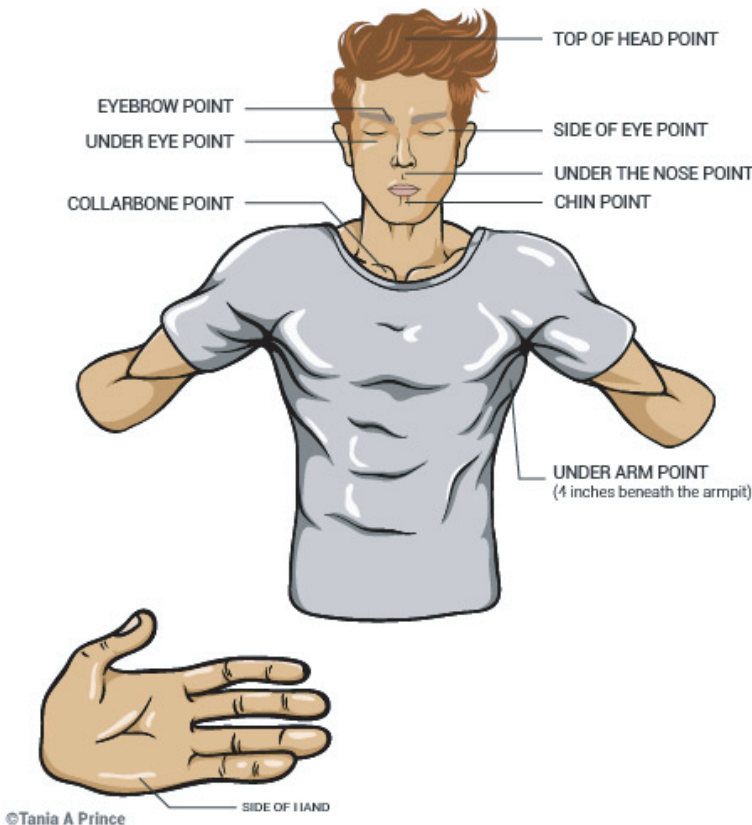
Tapping can be used to change distressing or negative feelings and self-limiting thoughts or behaviors as well as to instill more positive emotional states, beliefs, or goals. Typically, you clear any distressing or negative aspects with tapping before using it to open up more positive possibilities in that area.

THE STEPS

Here are the five basic steps of EFT:

- First recognize what you wish to change and rate your distress/discomfort about this area of your life on a scale of 0 to 10 (10: extreme distress; 0: no distress). This is called the “subjective units of distress” (SUD) rating. It is an internal assessment about the intensity of your feelings around the problem, and it is fine if it just feels like a guess. Your intuition will guide you. The aim is to tap until you feel calmer about the issue, and usually the number will go down to 0 or 1. You can also stop with a higher SUD rating if the shift you have achieved feels like enough for that particular EFT session.
- Next you capture the problem in a setup statement (see the next section), which you state while tapping on the side-of-the-hand point. (While you can state it in your mind, you may be more likely to drift in your thoughts. Plus saying it out loud engages you more fully with the statement.)
- Next tap through all eight EFT points on the face and upper body while saying a short reminder phrase to keep your mind engaged. This is usually a word or brief phrase that describes your feeling in relation to the setup statement. Tapping on the eight points is called a round in EFT.
- Take a breath and re-rate your distress between 0 and 10 on the SUD scale. Remember this can be a subjective, intuitive guess. It is better to use the first number that comes into your mind than to ponder it too long.
- Keep tapping through additional rounds (using the face and upper body points) until the SUD rating is quite low, a 1 or 0.

EFT TAPPING CHART



THE SETUP STATEMENT

A typical setup statement might be: “Even though I [insert your feeling/issue here], I deeply and completely accept myself.” You say this three times while tapping on the side-of-the-hand point. There is a saying in psychotherapy that you can’t change a personal quality unless you first accept it, and this pairing of your problem with an acceptance statement helps build that self-acceptance. Because you are focusing on your feeling, the setup statement keeps you in the present moment.

While you can change the ending of the setup statement, it should accomplish two things:

- State the actual problem or feeling.
- Express acceptance that this is how you currently feel— right now (even though you are aiming to change the feeling or the situation that evokes the feeling).

With that in mind, you could say any of the following at the end of the setup statement:

- Even though I ... , I accept I have this problem.
- Even though I ... , I am still a good person.
- Even though I ... , I am taking charge right now.
- Even though I ... , I want to change this.
- Even though I ... , I completely and sincerely accept myself.
- Even though I ... , I completely love/like and accept myself.
- Even though I ... , I deeply and completely love and accept myself anyway.
- Even though I ... , I deeply and completely forgive myself.
- Even though I ... , I deeply and completely love and accept my feelings.
- Even though I ... , I choose to love and accept myself.
- Even though I ... , I choose to be open to this process.
- Even though I ... , I am okay and open to the process.
- Even though I ... , right here right now, I am safe.

In brief, the opening part of the setup statement includes a short description of the problem or your feelings about it. Then, in the second part, you are giving yourself an affirmation or self-suggestion that you recognize and accept what is. This focus on “what is” is a feature of mindfulness, which has proven to be a highly effective practice when introduced into the therapy setting. Meanwhile, tapping on the acupoints helps calm the brain, making it even easier to stay in the present moment.

The emphasis on accepting the problem and your feelings about it may seem counterintuitive. You might wonder, Why not just focus on the desired changes? However, self-help and therapeutic approaches that begin by “attacking” the problem or one’s patterns of thought and emotion tend to bring up inner resistance that undermines the approach.

Using “I Choose” Statements

Dr. Patricia Carrington pioneered the “I choose” statements to help make the beneficial changes from EFT to become permanent and generalize to many aspects of your life. ¹ Try this by adding “I choose” to the end of the setup statement. Here are examples of how this is included:

- “Even though I feel my mother never loved me, I choose to love myself anyway.”
- “Even though I feel deprived when I don’t have chocolate, I choose to be fit and healthy.”
- “Even though I’m nervous about giving that talk on Tuesday, I choose to be calm and confident.”

SO WHY DO WE STATE THE NEGATIVE?

This is a common question as many therapies seek to reframe a person's issue, or simply learn to accept it. Tapping doesn't affirm or implant a problem; however, on the surface it may look like that. The process does have someone state the truth of what is happening for him or her and acknowledge it. We are actually engaging the amygdala (stress center) and the limbic system (emotions) in the brain and body with this technique.

It is as though we are engaging these negative feelings or sensations just long enough to feel them, then we hit the delete button through the tapping.

It is the tapping process that calms the physiological response from the body. Once this is released, cognitive shifts (or reframes) may surface naturally.

If we tap with a positive affirmation first (attempting to take our mind off our problem), it may only result in a minor shift. It is like spraying air freshener when the garbage is still there. We need to tap on the real problem and reduce the intensity before tapping on anything positive.

The key in EFT is to actually do the tapping when you acknowledge your problem and state it out loud. It is the somatic aspect that changes the response, not just stating your problem. There have been several dismantling studies of EFT done, often by researchers who do not use the technique at all. Basically we now know that the tapping aspect is a key active ingredient in the process working—and just stating your problem with an acceptance element may not result in it changing.

REMINDER PHRASE

The short reminder phrase you say as you tap on each acupoint captures the main feeling or negative state you want to change (e.g., "angry" or "sad").

Suppose you will be giving a talk next week, and you are nervous about it. To apply EFT, you would start with a setup statement such as this:

"Even though I'm feeling anxious and nervous about the talk I have to give, I accept this is how I feel right now."

Your reminder phrase could be "nervous" or "anxious." This is the feeling you would initially rate on its intensity from 0 to 10, and then rate again after each round of tapping. This gives you instant feedback about what is happening as a result of that tapping round.

You will usually find that the SUD rating has gone down, but occasionally it will have increased. This generally means you have tuned in to the problem more deeply rather than that tapping hasn't worked. When this occurs, the true SUD was always the higher number, and you continue from there.

Ideally you should keep tapping as long as your SUD rating is still more than 1. You can adjust the reminder phrase if you think of a better description as you tap. For instance, you might start by using "angry" as your main feeling, but after a few rounds of tapping, you may realize the feeling is now disappointment. So "disappointed" would become your reminder phrase.

EXAMPLE – TAPPING FOR STRESS

Always remember to be specific to your own physical sensation, words to describe your situation or feelings/ thoughts. *Tapping works best when you are VERY SPECIFIC.*

If you are feeling stressed right now (or have recently) think about how it makes you FEEL. If you can feel it in your body, where is that? If it is in your stomach, solar plexus area, head – write that down:

What do you TELL YOURSELF when you feel stressed? What thoughts are in your head (e.g. I can't cope, I am overwhelmed, There is so much to do). Write these down:

Write the level of intensity on the ideas above out of 10.

10 = most distress/feeling/sensation and 0 = completely calm.

Now let's tap.

While tapping the side of the hand point (on either hand), repeat these phrases out loud, (or change the words to fit your exact situation).

"Even though I feel completely overwhelmed at the moment, I accept myself anyway."

"Even though I feel stressed with the thought of everything I have to do, I accept how I feel."

"Even though I feel sad, depressed, lonely, overwhelmed, tired, exhausted....., I accept this is how I feel right now."

Now for the reminder phrases

Tap through each of the points from the image:

Eyebrow: "I feel so tired"

Side of Eye: "I'm feeling overwhelmed."

Under Eye: "I feel angry."

Nose: "I feel stressed."

Chin: "This is overwhelming."

Collarbone: "I am SO exhausted."

Under Arm: "I feel so much resistance."

Head: "I don't know how to change all of this."

Tap around and see how your body feels after a few rounds. Try and identify areas that might be holding tension, emotions or overwhelm. Keep tapping until you are a 0 or a 1 out of 10 (10 being the most overwhelm, and 0 being complete calm). Write down your notes to check in later.

2 Ways to use Tapping for Feeling Stressed

1. You can tap just to calm down in the moment – when you feel stressed, just tap on the physical sensations (e.g. headache, tight in chest, stomach) to introduce some calm. You can simply tap and breathe (tap on each point but just say the words ‘breathe’ or ‘relax’ as you tap – this is to just introduce a physiological calm, rather than address any problem). You may then be in a position to start tapping on what is actually happening to make you respond in that moment with a stressed feeling.
2. Use tapping to explore WHY you react in certain ways with stress. Have a think about earlier memories in your life when you may have felt stressed, in order to track the pattern of WHEN it started. You may have learnt your coping skills by watching others (e.g. parents) or because you were too young and didn’t have the skills developed yet. You can tap on younger memories with the Movie Technique in EFT or Matrix Reimprinting.

Always seek the support of a professional and skilled EFT practitioner if you need support with this.

EXAMPLE – TAPPING FOR A HEADACHE

Here is how I might proceed through a session of tapping if I had a headache.

First, I recognize my headache and rate the throbbing pain as a 9 out of 10 on the SUD scale.

I then tap on the side of my hand with two fingers of the other hand (see Figure 1A) while saying, “Even though I have this headache in both temples and feel sick, I accept that I have this headache.” I do this three times while tapping on the side-of-the-hand point.

Then I would start tapping through the eight points (see Figure 1B) and say, “This headache” or “I feel sick.” I could also use descriptive words, such as “throbbing pain.”

I would repeat the rounds of tapping until I felt a shift or difference, usually indicated by a low SUD number. Then the session would be complete.

POSITIVE TAPPING

Although most people tap only when they discover a negative feeling they would like to reduce or change, you can use tapping for positive statements. Do this only after you have reduced any negative feelings associated with a memory, thought, or feeling. You can then do rounds of positive tapping to introduce any new feeling or belief you would like to have.

For example, after you tap on feeling nervous about the speech next week, you could do a round of tapping on “Even though I was really nervous about giving that talk next week, I now feel calm and confident.” (You might then use “calm and confident” as your reminder phrase.)

After you have tapped to reduce a headache, you could do a round of tapping on “Even though I have had that headache for days, I now feel clear and focused.” (Reminder phrase is “clear and focused.”)

SO HOW DOES EFT WORK?

EFT appears to affect the amygdala (stress center in the brain) and hippocampus (memory center), both of which play a role in the decision process when you decide whether something is a threat. EFT has also been shown to lower cortisol levels, which is the stress hormone. Too much cortisol can result in lowered immune function and ultimately affect our physical health (e.g., fatigue illnesses).

Stimulation of acupoints like those used in EFT is believed to send a signal to the limbic or emotion system in the body and reduce its arousal. ² This is why you tend to feel calmer after tapping. It is also why some people yawn while tapping!

EFT can also decrease activity in the amygdala, which is part of the brain's arousal pathway. ³ And studies with long-term follow-up points are showing the changes last over time, so there may be changes in the brain's neural pathways⁴ over time.

So, ultimately, we have this stress-management tool—a way of calming the body and brain. This may then allow for clearer thoughts and better decision making.

THE IMPORTANCE OF BEING SPECIFIC

Tapping works best when you are very specific. Tapping on great big global statements such as “I always run late” may not result in much change to your behavior. It is better to pick exact memories of running late and tap on what happened and how you felt.

Pick the earliest possible memory you have, as this may be closer to the origin of the behavior/pattern. You can also try to remember ever learning a behavior/pattern when you were quite young (e.g., by watching a family member). You may have feelings/beliefs that you adopted by watching someone else, rather than ever experiencing it yourself (the mirror neuron section below explains why this might happen). You can still tap on those times where you learned a pattern or behavior by watching someone else.

ASPECTS

When we tap on a situation, event, or memory that has caused us some distress, we often look for aspects. These are the parts of an event or memory that can include sounds, taste, smell, feelings, physical sensations, and thoughts or beliefs. Each event may not have all of these present, but it is important to look for them while tapping.

A fear of flying may include the following aspects:

- The fear of turbulence or loss of control
- The fear of aircraft or pilot failure
- The fear of terrorism
- The fear of tight spaces (claustrophobia)
- The fear of heights
- The fear of the unknown
- A past memory of flying where something went wrong
- Family stories of other people flying where something went wrong
- Physical anxiousness and other body sensations
- Blank mind or dazed thinking
- Emotions of terror and intense fear and thoughts of death

A food craving could also have many aspects:

- Smell of the food
- Taste of the food in your mouth
- Feeling in body/mouth as you eat the food (e.g., salivation)
- Past memories of that food or something similar
- General memories of food that are very positive and emotional
- Sight/vision of that food
- Sound of food when unwrapping it

As described, aspects could be a thought, a feeling, a body sensation, a sound, a smell, and anything else you think of. We think of them as jigsaw puzzle pieces that all come together to make up a state or memory. In a distressing moment, they tend to all blend together, and it can become harder to remember what actually happened.

However, tapping does help tease them apart, and sometimes you begin to become aware of different aspects while tapping. When someone smells something in their current life or hears a sound and is transported back in time to a memory, this might be an aspect from that original memory. They can have the same feelings now in their present moment as they did back then. The trigger for that smell or sound transports someone back in time, because it was stored as an aspect a long time ago.

Many aspects may need to be tapped on for an issue to be resolved. However, it may not take that long. EFT can work so quickly that it takes your breath away.

TABLETOPS AND TABLE LEGS

We often use an analogy of a table when discussing how EFT can work quickly. The tabletop in the analogy often represents a global issue in life, and the legs of the table represent the times in life that reinforced that issue. Each of the legs and memories will have its own aspects.

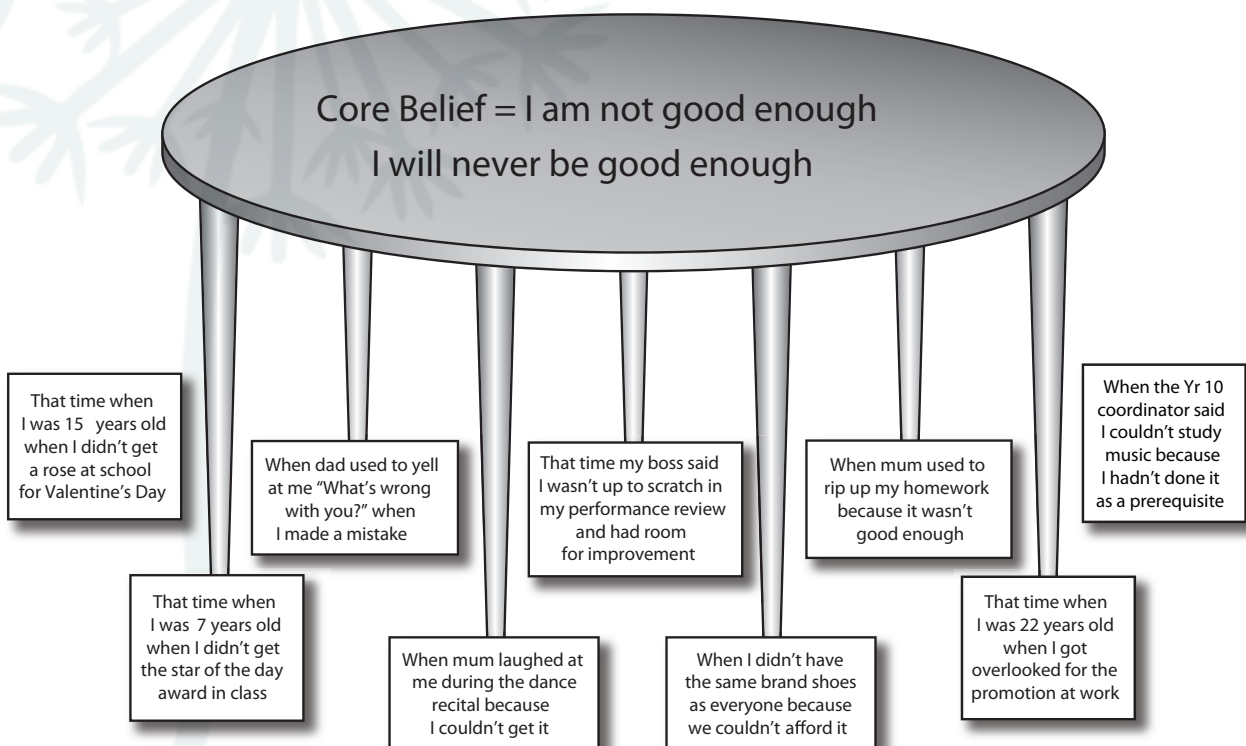
Let's consider a common pattern of behavior: procrastination. Imagine someone who just does this all the time. Even when they try to be organized and efficient, they slip into a pattern of procrastinating.

In this example the tabletop is procrastination. It is the big global issue, and tapping just on "procrastination" may not change the behavior. The legs of the table are the events, memories, and times in that person's life where they did procrastinate; and some of these will be more significant than others (e.g., if there was a negative consequence from procrastinating, it may have been more impactful).

Tapping on all those specific events with all the aspects will be important. However, you may not have to tap on every single time in your life you ever procrastinated. (You may sigh in relief here!) It only appears important to tap on the really significant memories you recall about the topic. The procrastination table here will collapse when the largest legs are removed. The table will fall over even when several legs remain.

Figure 1C offers a visual example of a tabletop of someone who believes they aren't good enough. You can see the legs of the table include examples of specific times in their life where they haven't measured up (and each of these can have its own legs too). The idea is to tap on these individual memories (legs) as you become aware of them, and over time the belief of "I am not good enough" will change, and you will have a different reality. Chances are, you won't have to tap on every single memory.

Figure 1C: Tabletop and table legs example



IDEAS FOR TAPPING WHEN YOU THINK OF A MEMORY: THE MOVIE TECHNIQUE

The importance of past memories and events in tapping is becoming clear. They form part of the experience you currently have. So we do look for them while tapping. You may be aware of them at the start of tapping, but other times as you are tapping, a fleeting thought passes through your mind, sometimes related, sometimes unrelated. Often this is part of your unconscious mind letting you know about a memory that may be important.

The process outlined next is called the Movie Technique and is one way to use tapping for past memories. Here are the steps.

- Imagine the movie or memory and first give it a title. Make this title something fairly neutral such as “The Day That Thing Happened.” This allows you to have some distance from it if it is distressing. Then give the movie title a SUD rating out of 10 (10: most distress, and 0: complete calm or neutral). Tap with the standard technique just for that SUD on the movie title until it feels lower in intensity before moving to step two.
- After the SUD rating on the title of the memory feels like a 0 or 1, you are going to begin thinking about that past event as a movie. You can close your eyes for this or keep them open if you prefer to just stare at a spot ahead as you imagine in your mind’s eye. You will want to imagine the memory is on a movie screen and you are watching it from the seats, or even the projection box, in a movie theater. It is important that you are watching yourself in the movie at a younger age. At no point are you in the movie yourself — you are always watching it from a distance. Chose a neutral point in time to be the starting point for the movie, before anything happened in the memory. This might be an hour before it happened, or even the day prior.
- Play the movie memory very slowly from the neutral point, and stop the movie when you notice any negative or distressing sensation, thought, or anything else comes up. At this point freeze the movie and give that intensity a SUD rating out of 10. You might open your eyes at this point.
- Use the standard steps: say your setup statement for that feeling, and tap until the SUD rating is a 0 or 1. When you feel calm for that first feeling, close your eyes again and rewind the movie memory to the beginning. Play it from the neutral start point in your mind, and check if that initial feeling is still low in intensity. If it is, continue playing the movie until you notice another concern. Remember this could be a thought, feeling, or body sensation. Stop the movie and do the same process as above. Rate the level of intensity out of 10, form a setup statement, and tap through the points for as many rounds as you need until the intensity is a 0 or 1. If the first feeling you tapped on still seems high on the SUD scale when you check the movie, continue to tap on that before moving forward in the movie. Sometimes there is a different aspect that needs to be addressed before you feel truly calm.
- Continue the same process of stopping the movie when you notice any intensity, using a setup statement to acknowledge it, and tapping through the eight points until the SUD is a 0 or 1. Eventually, you will be able to watch the whole movie in the theater, in your mind’s eye, and feel neutral or calm about it. Sometimes people describe feeling more distance between themselves and the movie, and while it still happened in the past, they have more perspective now.

The Movie Technique doesn’t change that the memory happened to you — but it does release any emotional charge that still might be in there.

If you feel distressed while doing this technique, the important thing is to keep tapping. It is the tapping process that calms the limbic system and will help you feel relaxed (and stop crying).

However, if distressing memories come to mind and are overwhelming, it is always strongly recommended you engage with a professionally trained EFT practitioner to support you in processing them.

WHY SOMATIC BODY BASED APPROACHES MIGHT BE THE 4TH WAVE

I believe EFT enjoys three features that distinguish it as a fourth-wave therapy: It is a true mind-body approach in that it includes direct interventions at the level of the body; it changes brain activity very rapidly; and it has special advantages in quickly and permanently shifting outdated emotional learnings.

- **A Somatic Intervention.** Therapists who are effective in working with people who have been traumatized have long recognized that talk therapies are not enough for healing the damage that is caused by abuse and catastrophe. The title of an influential paper and subsequent book, *The Body Keeps the Score*, by Dr. Bessel van der Kolk underlines this point. The physiological changes to the body and brain following trauma become “encoded in the viscera” and require treatments that “engage the safety system of the brain before trying to promote new ways of thinking.” Effective therapies for severe trauma must address the body as well as the mind, and being able to do so is a great strength of somatic therapies.

It is not just tapping on the skin that makes EFT a somatic intervention. Tapping initiates a cascading series of events in the brain and body that, as you will see below, impact hormone production, brain waves, blood flow within the brain, and gene expression in ways that enhance emotional health. And tapping has this impact not just for treating trauma but also in addressing everyday anxieties, upsets, and goals.

- **Rapid Results.** A decade-long research program at Harvard Medical School looking at what happens in the body when various acupoints are stimulated found that certain points almost instantly decrease the activation of the stress response in the brain. With elevated stress responses being part of many emotional disorders, the capacity to rapidly reduce them is a cornerstone in the speed and effectiveness of EFT. EFT seems to require fewer sessions than more conventional therapies for equivalent outcomes.
- **Enhanced Information Processing.** David Feinstein’s paper “How Energy Psychology Changes Deep Emotional Learnings” builds on the way the speed with which tapping (a central feature of “energy psychology”) sends deactivating signals to the brain. ⁵ This rapid response combines with the brain’s capacity to reprogram itself through a process called “memory reconsolidation.” The outcome is that unhealthy responses to triggers, such as to the tone of your boss’s voice, can be rapidly and permanently eliminated. Because much of the human experience involves responding to what life presents, being able to make shifts that promote healthier emotional responses and behaviors helps in overcoming a broad spectrum of emotional problems and also helps you to live a more successful and fulfilling life.

These three qualities come together to make EFT unusually rapid and effective in comparison with first- (psychodynamic), second- (behavioural), and third-wave (cognitive behavioural) therapies.

To read more about this concept and the current research I highly recommend my newest book – *The Science Behind Tapping. A proven stress management technique for the mind and body* (Hay House, 2019).

Frequently Asked Questions about Tapping for Beginners

Q: I worry about getting the setup or the tapping wrong. Does EFT have to be done precisely and perfectly?

No, there is no such thing as perfect EFT. For example, people with significant brain injury have reported benefits from doing their version of EFT that differed somewhat from what they were taught⁶. What mattered was that they were able to grasp the EFT concept; and because their unconscious brain understood the intention, they were able to gain benefits from the way they did it.

If you are really worried about getting it right (and without the help of a professional), tap with the setup statement “Even though I am worried about getting the words wrong, and it might not work, I accept myself anyway” (reminder phrase would be “worried”).

Q: Can I make things worse if I don't tap exactly as taught?

No, you won't make anything worse—just stick to the basic steps. If you don't feel you completed the process because you haven't reached a SUD of 0 or 1, return to it another time. It is always best to tap until you feel calm, or there may still be aspects to deal with. Seek the support of a certified EFT practitioner if you do need assistance.

Q: I'm not sure I'm tapping in the right places. Will it matter if I don't get the exact point?

No, don't be concerned about getting the exact point. Using two or more fingers may give a better coverage of the points.

You can also purchase detectors or pens that measure electrical resistance of the skin to accurately locate acupoints of the human body. When you scan your body with the acupoint pen, it emits an acoustic signal to indicate the exact location. This technique enables even lay people to locate the relevant points.

Q: If I miss a point, will it affect the round?

No, you won't affect the round if you miss a point every now and then. If you wish, you can always go back to a missed point and tap on it.

Q: Do I have to use the same reminder phrase for each point in a round?

It helps to use the same phrase when you start using the technique and for the first few rounds; but as soon as you feel some confidence, you can change the reminder phrase. You may find that it changes naturally. Go with the new thought/feeling if one comes up.

Q: How do I know what feeling to tap for?

Whatever the main unwanted feeling is in that moment is the one you set up and tap for.

Q: Can I swap hands when tapping?

Yes you can use either hand, or even both. Some people like to use both hands while tapping, so both sides of the face and body are tapped at the same time. You don't have to do this, though. All the research trials only use one side of the body.

Q: What if there are so many feelings that I just feel confused or overwhelmed?

Rate, set up, and tap for feeling confused or overwhelmed. Just start there.

Q: What do I do if a different strong feeling (maybe associated with a thought or memory) comes up while I'm tapping?

Finish the round for the setup statement you started. Then immediately rate the new feeling/memory/thought, do a setup, and tap for that. The way to tap for a memory is outlined in the Movie Technique.

Q: If I'm in a situation where I feel uncomfortable saying the setup and reminder phrases aloud, can I say them to myself?

Yes, this still works. If you find yourself drifting and not staying focused, you may wish to continue at another time when you can say them out loud again.

Q: If I'm in a situation where I feel embarrassed or uncomfortable tapping, what should I do?

You can tap inconspicuously on any points you can and leave the others until you have the opportunity to tap in private. Also, consider tapping on the feeling of being embarrassed or uncomfortable in the situations concerned.

Q: If I don't have a particular feeling and I say the setup statement and tap with someone who does, will that give me the unwanted feeling?

No, you won't take on someone else's discomfort. Tapping with someone else for his or her discomfort can give you an awareness of a similar aspect that you may have. In that way you may get "borrowed benefits" from tapping with them and reduce your own discomfort.

My Tapping Notes

Date: _____

Issue/Feeling or Problem I need to work on:

My Setup statement

My Reminder Phrases:

Intensity rating 0 to 10 where 10 is worst I can imagine and 0 is none:

Round 1: _____

Round 2: _____

Round 3: _____

Round 4: _____

Round 5: _____

If you get stuck at any particular intensity rating for several rounds then ask yourself whether something else has come up, or another aspect has become more important that you may need to focus on first. If so start again with a setup statement for this issue.

Other things I became aware of during this tapping:

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