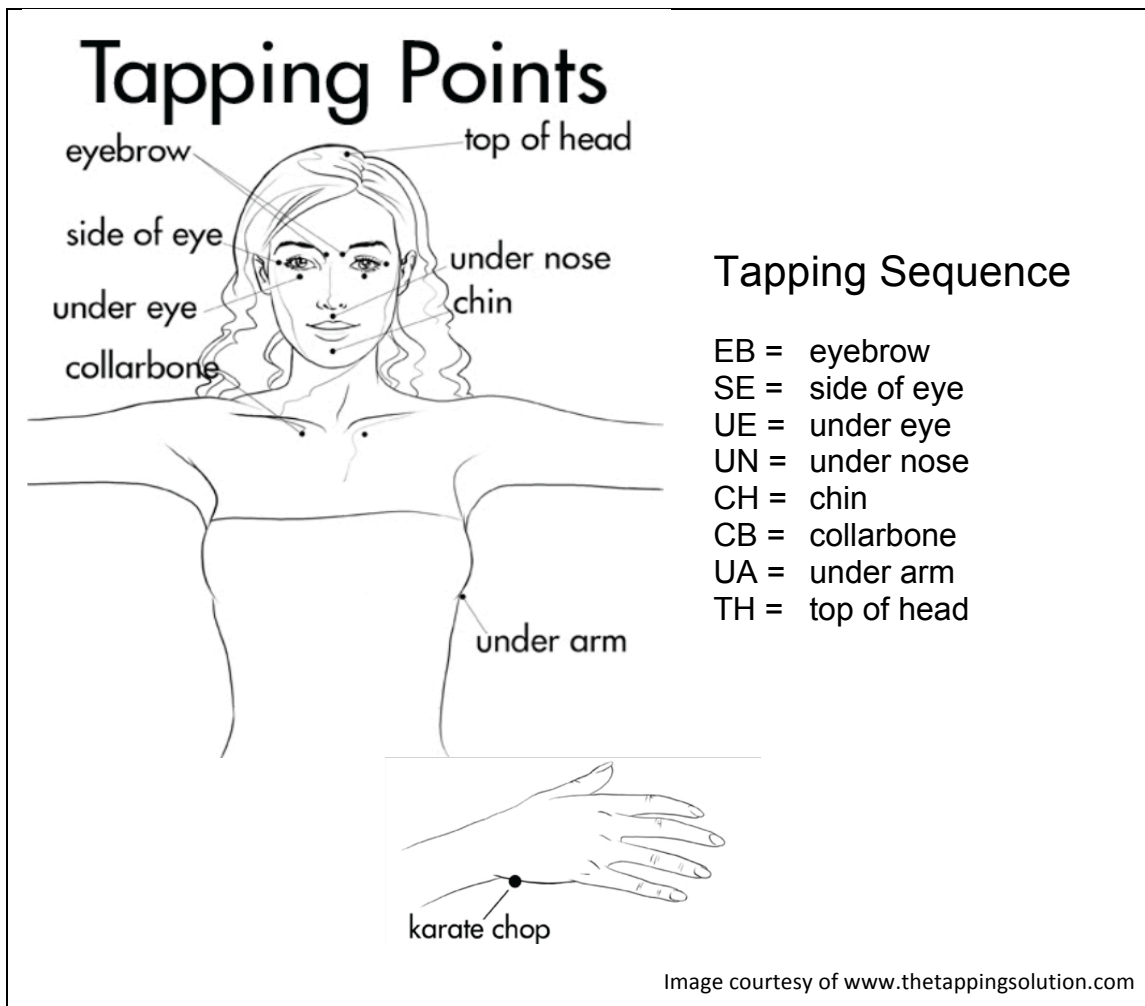


TAP YOURSELF FREE WITH EFT PLAYSHEET

Emotional Freedom Technique (EFT) is a quick and effective way to balance your body's energy system. You can use it to take the edge off difficult emotions, clear physical comfort, dissolve limiting beliefs and shift yourself into a more peaceful, resourceful state to support healing, wellbeing and creativity.



SIMPLE TAPPING

The easiest way to begin using EFT is with Simple Tapping. Think of it as full permission to vent!

Here's How:

Let's say you're feeling anxious.

First, rate the intensity of your anxiety on a scale of 0 – 10.

10 would be really anxious and 0 not anxious at all.

Starting at the first point – the eyebrow point – begin tapping while you express out loud in a short phrase how you feel. For example, “I feel so anxious.” Then move to the next point – the side of the eye – and again say how you feel in a short phrase.

As you move through each of the eight points tapping, give yourself the freedom to complain without censoring or trying to fix the issue – just tell it as you feel it. (If you struggle to come up with different phrases for each point you can simply repeat the same thing each time.) The important thing is to stay tuned in to the feeling in your body as you tap.

One round of Simple Tapping might go something like this:

EB: I feel so anxious and overwhelmed.

SE: I have this knot in my stomach.

UE: I feel like I can't breathe.

UN: I hate feeling like this.

CH: This intense anxiety.

CB: I just don't know where to turn.

UA: I feel really anxious.

TH: This awful anxiety.

(Use two fingers to tap the points on the face, and all the fingers of one hand for the collarbone, underarm, top-of-head and karate chop points.)

Continue tapping and expressing phrases for three full rounds, then take a deep breath and check your intensity level again on the 0-10 scale.

You'll usually notice that the intensity of the issue has dropped. You might also notice that the issue has shifted. For example, anxiety might have changed to fear about an upcoming event. If that's the case, you can check the intensity level of this new “aspect” on a scale of 0-10 and do another three rounds of Simple Tapping focusing now on this. Continue with rounds of Simple Tapping until your intensity drops to a 2 or less, at which point the issue is no longer significantly disrupting your energy system.

TRADITIONAL EFT WITH KARATE CHOP SETUP

Traditional EFT combines the points of Simple Tapping with an initial karate chop “Setup” point and statement. The purpose of this Setup is to prime the body’s energy system and open up your energy channels in relation to a particular issue. It’s especially useful when the problem you’re working on is a long-standing one, or if Simple Tapping alone doesn’t seem to bring relief.

The Setup incorporates an affirmation. The standard one is “I deeply and completely love and accept myself.” Although it is simple, it is also profound. Love and acceptance provide the foundation for healing at the deepest level. When you begin tapping you may not immediately be comfortable saying this. If that’s the case, don’t force it. Try instead, “I’d like to love and accept myself.” In my experience after a couple of sessions – or even a few rounds – your energy can shift to allow in, “I deeply and completely love and accept myself.”

Traditional EFT with the Setup – Here’s how:

Begin by rating the intensity of the issue you want to address on a scale of 0 – 10. Let’s imagine that you feel angry with a loved one. The intensity of that anger might be an 8 out of 10.

Karate Chop Set Up Statement

So, start tapping on the karate chop point of either hand with the fingertips of the other hand, as you say: “Even though I’m angry with John, I deeply and completely love and accept myself.”

Repeat the Setup statement three times. You can say the exact same thing each time, or vary it slightly. For example, one variation might be, “Even though I’m angry with John, I forgive myself for feeling this way.” (Self-forgiveness is another huge ally on the path to healing!) A third variation might be, “Even though I’m angry with John, I’m open to seeing him/this situation in a whole new way.”

Tapping Sequence

Now, create a short *reminder phrase* for the issue you’re working on, such as “I’m angry with John.” Then, tap through the sequence of eight points (like you did with Simple Tapping) repeating your reminder phrase at each point – “I’m angry with John.” You are welcome to repeat the same phrase each time, or vary it, as in the anxiety example above: “I feel so upset,” “he really infuriates me,” “he had no right to say that,” etc.

- Eyebrow
- Side of Eye
- Under Eye
- Under Nose
- Chin
- Collarbone
- Underarm
- Top of Head

At the end of the round, take a deep breath. (Breathing deeply helps to move energy through your system.) Then, check in again for the intensity level. Keep repeating rounds until the intensity drops to between 0-2.

AFFIRMATION / GRATITUDE TAPPING

Once you have cleared difficult emotions it can be fun to “tap in the positive” – using the same sequence of eight Simple Tapping points to affirm what you’d like to experience/what you are grateful for. You can frame these tapping affirmations by beginning sentences with, “I’m open to...” or “What if...” or “I choose to feel...” or “It feels so good to...” or “I’m proud of myself for...”

For example:

- I’m proud of myself for taking this time out for me.
- I’m open to feeling surprisingly well and happy for no good reason.
- What if today could go even better than I imagined?
- I choose to feel inspired and uplifted.
- It feels great to trust life and go with the flow.
- I’m willing to let the universe surprise and delight me.
- It feels so good to deeply love and accept myself.
- I’m grateful for my wonderful friends.

You can also simply use affirmation tapping when you feel a bit blah and want to lift your energy/mood.

May EFT help you navigate the challenges on your journey with ease and grace.

Love and blessings,

Susannah