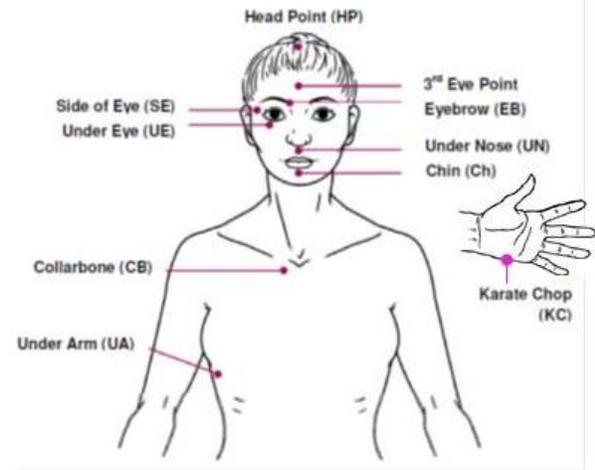


**EFT Emotional Freedom Technique** EFT is a great way to work at the conscious and unconscious levels. Even when we *know what it's about*, and have *left all that stuff in the past*, remnants or residue can stay on in our system energetically or physically, and in our subconscious mind.

EFT is a great way to *tap* into and through some of that without worrying so much about *figuring anything out*. Often times, just tapping can cause a shift that brings with it a mental understanding, or new perspective. Mental understanding (although comforting to a degree) does not, in my experience, necessarily bring a shift in the physical body or energetic bodies. But the reverse is often true. Once something shifts physically or energetically, we often gain new insight at a deeper level.



### Steps

1. Name the thing that is troubling you. Be specific. My life sucks is not specific. I'm scared to give this presentation is.
  - a. How upsetting is it on a scale of 1-10?
2. Tap on karate chop point. "Even though I have/am \_\_\_\_\_, I love and accept myself." 3 times
3. Tap on all the other points (head down to underneath arm and back to top of head) while saying just the feeling/emotion." This \_\_\_\_\_."
 

(if you want you can add where you feel it in your body: this sadness in my heart, tightness in my throat, etc.)

  - a. Stay with the difficult feeling as you tap on these points (nervousness, sadness, anxiety, fear)
4. Breathe
5. Check how you feel about it now, on a scale of 1-10. Did it go down?
6. Keep tapping on the remainder. "Even though I still have *some* of this \_\_\_\_\_, I deeply accept myself."
7. Did it change into something else? That's a shift. Now tap on that. "Even though I feel guilty about my part in the situation, I love and accept myself." "Even though I'm sad no one came to help me, I love and accept myself."
8. Notice shifting aspects. Allow yourself to *float back* to an earlier time in life when you felt this exact same way. Sometimes my current boss brings up someone from when I was little. Now I can tap on that. "Even though I felt like I couldn't please my mom, I deeply love and accept myself. "

### Common Missteps:

- People aren't specific enough. For EFT to be terrific, it's got to be specific 😊
- People jump to the affirmative (positive statements) too quickly. STAY in the momentary discomfort of the negative long enough to actually be able to allow it to shift, so that you can truly release. If it feels like it is actually shifting, you can go with it and tap in what feels positive.

**Say the set up however it feels true. Just start with the problem, and then the affirmation, and say it 3 times, then tap all the head to under arm points while you stay with the problem/emotion.**

- Even though I'm still horrified by the incident, I am safe in the here and now.
- **Try removing "even though..."** Alcohol has a hold on me, and I forgive myself.
- I'm upset about the mistake I made at the meeting, and I deeply love and accept myself.

**Say it in a way that feels true.**

- Even though I am still freaked out about \_\_\_\_\_, I am *learning* to accept myself.
- Even though I got fired, I want to believe I can learn to forgive myself.