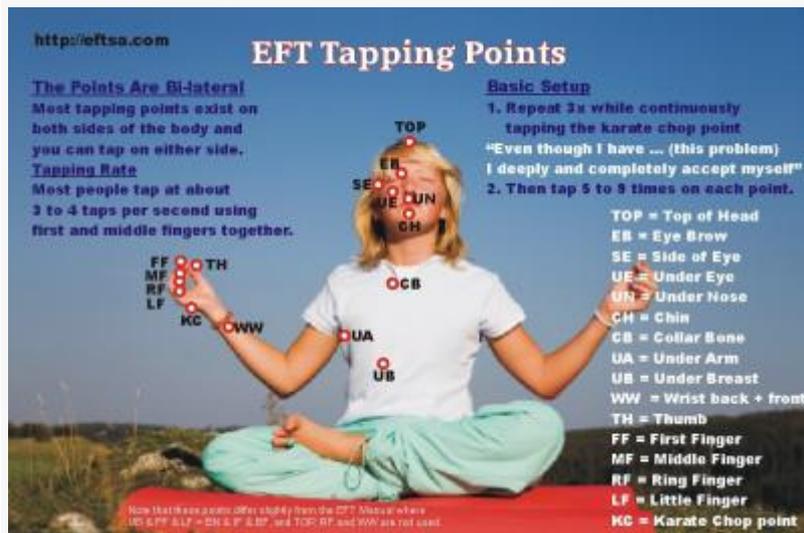


EFT

by Susan



Emotional Freedom Technique, or EFT as it's better known, is fast becoming one of the leading energy therapies used by highly respected clinicians, psychologists and psychiatrists. This Cheat Sheet gives you some of the essential info about EFT up front.

Tapping different parts of your body is central to Emotional Freedom Technique, an increasingly popular energy therapy. This figure illustrates the tapping points on the finger and gamut – the crease on the back of your hand between your little finger and ring finger. Note that all the finger points are on the outside edge of the finger where the nail meets the skin.

Tapping various different parts of your body is central to practicing the energy therapy, Emotional Freedom Technique.

Enhancing Your Emotional Freedom Technique Results

When practising the energy therapy called Emotional Freedom Technique, you can do several things to enhance the results you get. First of all, make sure you're specific with your words:

1 Try to avoid 'this anxiety' for instance and narrow it down to specifics, for example 'I feel sick at the thought of taking my driving test.'

2 Use people's names ('my sister Norma' instead of 'my sister&rsquo👉

3 Say what you really mean and be honest with yourself and your emotions.

4 Say the setup and reminder phrases with meaning and in your own words and not words that you think others will approve of.

5 Change the reminder phrase as needed to reflect the change in the problem being worked on.

Ask questions to help with the specifics:

- 1 'What sets the feeling off?'
- 2 'What do you have to think about to feel like that?'
- 3 'When (or where, or with whom) does it happen worst?'
- 4 'How do you know you're afraid?'
- 5 'Where do you feel that in your body?'
- 6 'And then what happens?'

Using the Short Version of the Emotional Freedom Technique Tapping Routine

This 90-second, 4-basic-step procedure is the shortened version of the Emotional Freedom Technique energy therapy tapping routine. Make it easy to remember by using the acronym RATT:

Rate it: Before you begin, identify the problem and measure its intensity from 0–10. Also try to think of a very short phrase that best describes your problem.

Affirm it by repeating a Set-Up Phrase three times that acknowledges the problem and accepts yourself and your willingness to let it go. At the same time either rub the 'Sore Spot' or tap the 'Karate Chop'.

Tap for it by carrying out the tapping sequence as follows: Say a reminder phrase to keep you focused on the problem as you tap on each one of the remaining meridian points of Eyebrow, Side of Eye, Under Eye, Under Nose, Chin, Collar Bone and Under Arm, The reminder phrase can be shortened to, for example, 'fear of spiders'.

Test it: How does the problem feel now as you think about it? What number would you give it? If the number has gone down but not to a zero then repeat the Set Up-Phrase and Tapping Sequence again.

Things to Check If Emotional Freedom Technique Is Not Working

Sometimes, you may not get the results you hoped for or expected from the Emotional Freedom Technique of energy therapy. If an EFT session is not bringing the relief you'd hoped for, try the following:

- 1 Check that you're following sequence properly.
- 2 Drink water.
- 3 Consider whether something else is hiding away that needs to be addressed.
- 4 Be patient.

5 Be persistent.