

# Emotional Freedom Technique (EFT) Overview

## What is EFT?

Emotional Freedom Technique (EFT) is a form of psychological acupressure that combines cognitive behavioral techniques with acupressure. It involves tapping on specific meridian points on the body while focusing on a particular issue or emotion.

## Benefits of EFT

- Reduces stress and anxiety
- Alleviates pain and discomfort
- Improves emotional well-being
- Enhances self-awareness and mindfulness
- Supports personal growth and healing

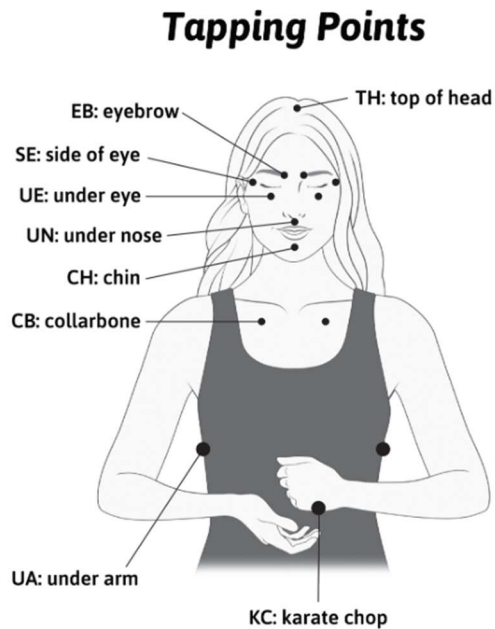
## How Does EFT Work?

EFT aims to balance the body's energy system by addressing unresolved emotional issues. By tapping on meridian points, it helps release blockages and promotes emotional well-being.

## The Basic EFT Tapping Sequence

- 1. Identify the Issue:** Focus on one specific problem or emotion at a time.
- 2. Rate the Intensity:** On a scale of 0-10, rate the current intensity of the issue.
- 3. Set-Up Statement:** While tapping the Karate Chop point, repeat a statement three times, e.g., "Even though I have this [problem], I deeply and completely accept myself."
- 4. Tapping Sequence:** Tap on each of the following points 5-7 times while repeating a reminder phrase (a few words that describe the issue):

- Top of the Head (TOH)
- Eyebrow (EB)
- Side of the Eye (SE)
- Under the Eye (UE)
- Under the Nose (UN)
- Chin (CH)
- Collarbone (CB)
- Under the Arm (UA)



- 5. Reassess the Intensity:** After one round, rate the intensity again. Repeat the process until the intensity is significantly reduced.

### **Key Points to Remember**

- Stay Hydrated: Drink water before and after tapping to help energy flow.
- Be Specific: Focus on specific events or emotions rather than vague issues.
- Persistence Pays Off: Some issues may require multiple rounds or sessions.
- Use Positive Affirmations: Combine tapping with positive affirmations to reinforce desired outcomes.

### **Additional Resources**

- Books: "The EFT Manual" by Gary Craig, "The Tapping Solution" by Nick Ortner
- Websites: <https://www.eftuniverse.com>, <https://www.thetappingsolution.com>
- Videos: Search for EFT demonstration videos on platforms like YouTube to see the technique in action.

### **Conclusion**

EFT is a powerful, easy-to-learn tool that can help manage and reduce emotional and physical distress. Incorporate it into your daily routine to experience its benefits and enhance your emotional freedom.