Emotional Freedom Technique

Tina McDermott
DISCOVER WHOLE BODY FREEDOM

Basic Steps to Your Emotional Freedom

What is the Emotional Freedom Technique?

The Emotional Freedom Technique, or EFT, is the psychological acupressure technique I routinely use in my practice and most highly recommend to optimize your emotional health. Although it is still often overlooked, emotional health is absolutely essential to your physical health and healing - no matter how devoted you are to the proper diet and lifestyle, you will not achieve your body's ideal healing and preventative powers if emotional barriers stand in your way.

EFT is very easy to learn, and will help you:

- Remove Negative Emotions
- Reduce Food Cravings
- Reduce or Eliminate Pain
- Implement Positive Goals

EFT is a form of psychological acupressure, based on the same energy meridians used in traditional acupuncture to treat physical and emotional ailments for over five thousand years, but without the invasiveness of needles. Instead, simple tapping with the fingertips is used to input kinetic energy onto specific meridians on the head and chest while you think about your specific problem - whether it is a traumatic event, an addiction, pain, etc. -- and voice positive affirmations.

This combination of tapping the energy meridians and voicing positive affirmation works to clear the "short-circuit" - the emotional block -- from your body's bioenergy system, thus restoring your mind and body's balance, which is essential for optimal health and the healing of physical disease.

But keep in mind that, more than any traditional or alternative method I have used or researched, EFT works. I have witnessed the results in my clients since deciding to use EFT in 2006. Indeed, because of its very high rate of success, the use of EFT has spread rapidly, and medical practitioners employing EFT can now be found in every corner of the country and world.

This manual will provide an overview on how and where to tap, and the proper affirmation techniques, so that you can begin using EFT immediately to help yourself and others.

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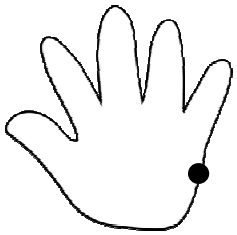
Tapping Locations & Technique

Set up Statement: tap on the karate chop point of your hand. It's between the pinky knuckle and the wrist knuckle



The rest of the tapping points, and their abbreviations, are explained below, followed by a chart of the points. They are presented below in the exact order in which they should be tapped.

1. Eyebrow (EB)
Just above and to one side of the nose, at the beginning of the eyebrow.

2. Side of the Eye (SE)
On the bone bordering the outside corner of the eye.

3. Under the Eye (UE)
On the bone under an eye about 1 inch below your pupil.

4. Under the Nose (UN)
On the small area between the bottom of your nose and the top of your upper lip.

5. Chin (Ch)
Midway between the point of your chin and the bottom of your lower lip. Even though it is not directly on the point of the chin, we call it the chin point because it is descriptive enough for people to understand easily.

6. Collar Bone (CB)
The junction where the sternum (breastbone), collarbone and the first rib meet. This is a very important point and in acupuncture is referred to as K (kidney) 27. To locate it, first place your forefinger on the U-shaped notch at the top of the breastbone (about where a man would knot his tie). From the bottom of the U, move your forefinger down toward the navel 1 inch and then go to the left (or right) 1 inch. This point is referred to as Collar Bone even though it is not on the collarbone (or clavicle) per se.

7. Under the Arm (UA)
On the side of the body, at a point even with the nipple (for men) or in the middle of the bra strap (for women). It is about 4 inches below the armpit.

8. Top of the Head (TH)
With fingers back-to-back down the center of the skull.

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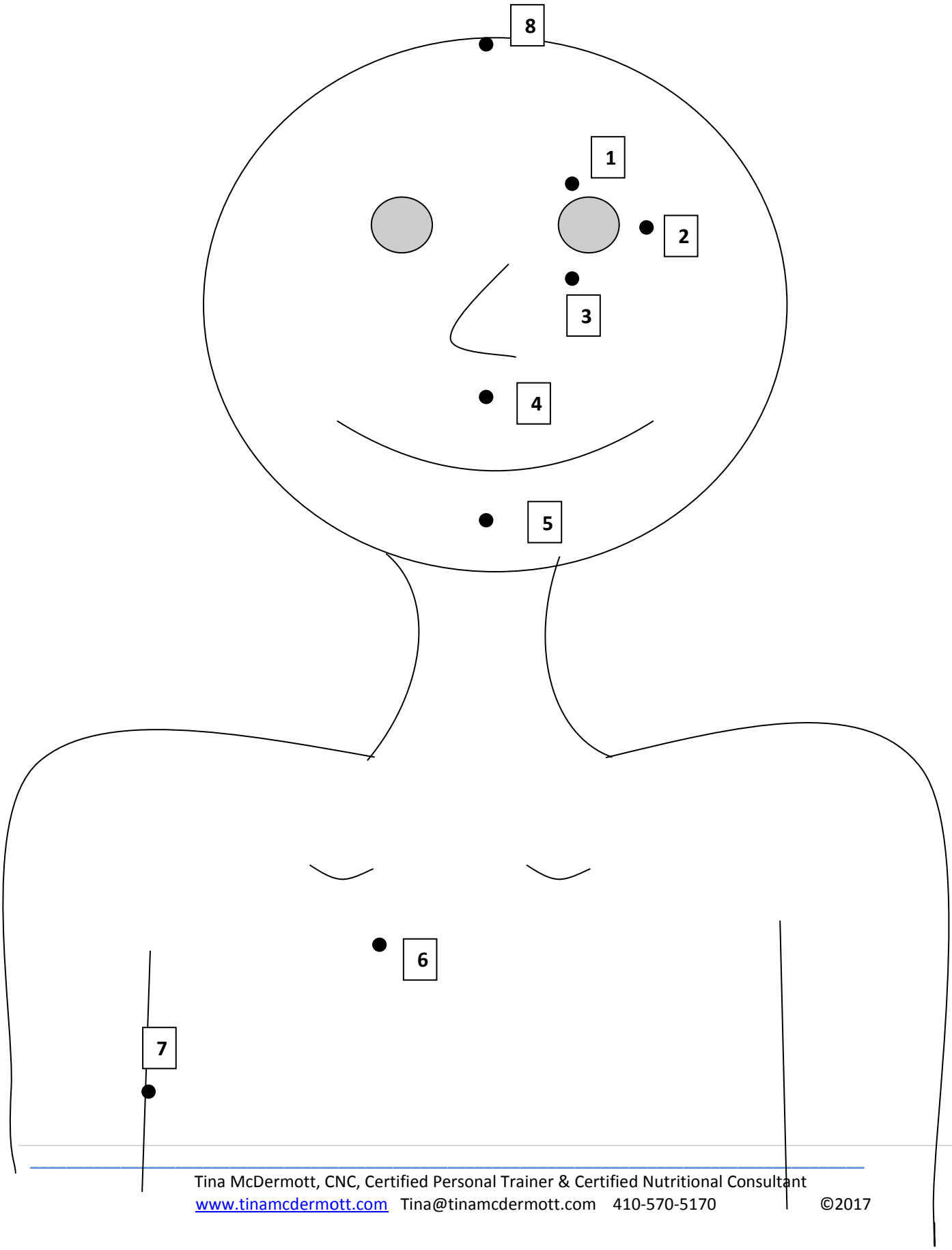

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Using EFT's Affirmation Statements

Tuning Into Your Problem

Now that you understand how to actually perform the mechanical tapping and where you need to tap, you will next need to know what to say while you are tapping.

The traditional EFT phrase uses the following setup:

"Even though I have this _____, I deeply and completely accept myself."

You can also substitute this as the second part of the phrase:

"I deeply and completely love and accept myself."

The blank above is filled in with a brief description of the addiction, food craving, negative emotion or other problem you want to address.

Examples Using the Traditional EFT Phrasing

While these examples represent a range of problems, keep in mind there really is no limit to the types of issues you can confront with EFT:

"Even though I have this craving for bread, I deeply and completely accept myself."

"Even though I have this headache, I deeply and completely accept myself."

"Even though I have this anger towards my father, I deeply and completely accept myself."

"Even though I have this war memory, I deeply and completely accept myself."

"Even though I have this stiffness in my neck, I deeply and completely accept myself."

"Even though I have these nightmares, I deeply and completely accept myself."

"Even though I have this craving for alcohol, I deeply and completely accept myself."

"Even though I have this fear of snakes, I deeply and completely accept myself."

"Even though I have this depression, I deeply and completely accept myself."

Other EFT Phrase Options

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You can also try these other phrase variations. All of these affirmations are correct because they follow the same general format. That is... they **acknowledge the problem and create self-acceptance** despite the existence of the problem. That is what's necessary for the affirmation to be effective.

You can use any of them, but I suggest you use the recommended one above because it is easy to memorize and has a good track record at getting the job done.

"I accept myself even though I have this_____."

Or:

"Even though I have this _____, I deeply and profoundly accept myself."

OR:

"I love and accept myself even though I have this_____."

Interesting Points About the Affirmation Statements

It doesn't matter whether you believe the affirmation or not... just say it.

It is better to say it with feeling and emphasis, but saying it routinely will usually do the job.

It is best to say it out loud, but if you are in a social situation where you prefer to mutter it under your breath... or do it silently... then go ahead. It will still likely be effective.

To add to the effectiveness of the affirmation, The Setup also includes the simultaneous tapping on the karate chop meridian in your hand. See chart above.

Tuning in is seemingly a very simple process. You merely think about the problem while applying the tapping. That's it... at least in theory.

"The cause of all negative emotions is a disruption in the body's energy system."

Negative emotions come about because you are tuned in to certain thoughts or circumstances, which in turn, cause your energy system to disrupt.

Otherwise, you function normally. One's fear of heights is not present, for example, while one is reading the comic section of the Sunday newspaper and therefore not tuned in to the problem.

Tuning in to a problem can be done by simply thinking about it. In fact, tuning in means thinking about it.

Thinking about the problem will bring about the energy disruptions involved which then... and only then... can be balanced by applying The Basic Recipe.

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Without tuning in to the problem, thereby creating those energy disruptions, EFT does nothing.

Putting It All Together First Round of Tapping

Now you will need to tap on each of the points described above while you are stating the positive affirmation. This will only take a few moments to do.

You should:

- Select an appropriate affirmation
- Carefully "tune in" to your problem by actually trying to hold the problem in your thought
- State the affirmations in a loud voice with great passion, energy and enthusiasm

If you do this while tapping the points described earlier, it is highly likely you will notice a major decrease in the issue or problem that you were tapping on. If your problem or issue resolves completely, you are done with the tapping.

Do EFT About Ten Times Per Day

This will allow you to obtain maximum benefit from the technique.

It will also be enormously helpful if you can do this in front of a mirror paying careful attention to looking into your eyes. Your energy will be reflected off the mirror and add a profound synergism to the EFT tapping.

When in public, you only need to use one hand and can lightly touch each point and hold it there for five seconds while "tuning into the problem" and repeating the affirmation. This way no one will realize what you are doing.

Wording of Choices

Most people do not know how to identify what they really want. Ironically, however the, they are almost always very clear about what they don't want.

When asked to make a positive choice, which is based on what they do want, most people will at best, just choose to improve a bit on what they don't like. One way they do this is to revert to comparisons.

They will use such words as better or more.

Examples include:

- **I choose to be more confident.**
- **I chose to feel better.**

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This does not work well because a person's subconscious, computer-like mind is quite literal and it cannot interpret that statement with any precision. What is better? It could be only a tiny bit better. How much is more? When this is not spelled out precisely you have an unclear choice that will not be very effective.

First Rule of Choices: Be Specific

A person making a choice needs to state precisely what it is they want. A choice should not contain vague comparison words such as "better," but should be a statement of exactly what they really want to create in their life.

Second Rule of Choices: Create a Pulling Choice

Choices must "pull" to be effective. This requirement is often neglected. A choice that is lifeless is like a dull ad; you just skip over it, don't attend to it, and it has very little impact on your life.

You might think of a choice as a sort of ad made up by you and directed to yourself as a consumer. The person who must be sold is you. You have to buy into and truly want the manifestation you are trying to bring about.

Whenever possible seek to carefully add an adjective or adjectives to make the choice as appealing as possible. The aim is to draw you like a magnet toward the goal they seek. Repeating the choice during the EFT session should be a source of real pleasure and comfort so that you really want to keep saying the choice over and over simply because it is so enjoyable to do so.

Examples:

- **Let it be easy to ...**
- **Surprise myself by ...**
- **Find a creative way to ...**
- **Find it fun to ...**

Alternatively you can add any of these adjectives to give it more appeal:

- **Comfortable**
- **Satisfying**
- **Delightful**
- **Ingenious**
- **Safe**
- **Unexpected**

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Third Rule of Choices: Go for the Best Possible Outcome

The rule of thumb here is to be inwardly "truthful" in what is asked for. You need to choose what you really want in your innermost self, not what you think you should want - and it should be the very best you can imagine having.

Examples:

It is not enough to chose to have a "new apartment," because a "new apartment" might be a dingy 6th story walk-up with poor heating, tiny rooms, etc. Yet technically it might be "new" for you. A much more effective choice would be to state exactly what you really want, such as "I choose to live in a quiet, sunny, delightful apartment.

The more positive and specific you are the better the choice will be.

Fourth Rule of Choices: State Your Choice in the Positive

Those who have worked with affirmations know that the literalness of the computer-mind makes negative words or phrases a large problem. Our mind tends to ignore the negative and we get exactly what we were hoping to avoid.

We are always better off being as positive as we can when framing any sort of command to ourselves - and affirmations are basically commands.

When making a choice therefore you should avoid using such negative words and phrases as:

- **No**
- **Not**
- **Never**
- **Don't**
- **Be Rid of**

For Example:

- **Poor Way: I want to be rid of my headache.**
- **Better Way: I choose to feel clear headed, healthy, focused and enthusiastic.**

Fifth Rule of Choices: Do Not Choose for Others

This rule is important to emphasize because some people will choose other's behavior as though they had control over other people, which none of us have.

For Example:

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- **I choose to have Mary love me.**
- **I choose to have the people at work think I'm the best.**
- **I choose to have Ken understand me.**

There are many ways that the above incorrectly worded choices can be reworded so as to be non-manipulative an ethical in nature.

Preferred:

I choose to feel that Mary loves me. Here the person is making a choice about their own reaction to Mary, something quite within their control.

The details are less important than the intent when applying this rule. The point here is not to act as though we were all-powerful in another person's life, but rather word the choice so as to be as genuinely helpful to them as possible without imposing your values on them.

When Should You Do EFT?

You can do it:

1. **As soon as you wake up**
2. **Before every meal**
3. **Every time you go to the bathroom**
4. **When stopped at stoplights**
5. **When you go to bed**

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The Emotions of Eating

Rating Scale: _____
(Rate how you are feeling relevant to emotional eating on a scale of 1 to 10 (one being nothing and 10 being the top)

Set up Statement
(Three rounds while tapping on the karate chop point, side of the hand between pinky and wrist)

"Even though in the past emotions have driven my eating, I know this time can be different."

Negative Round
(Three times while tapping entire sequence as shown)

Tapping point	**Statement**
Top of eye	"I am an, out of control, emotional eater!"
Side of the eye	" I let my emotions **Drive** my Eating"
Under the eye	" I let my emotions **Run** my Eating"
Under the nose	"I let my emotions **Rule** my Eating"
On the chin	" I let my emotions **Control** my Eating"
Collar bone	" I let my emotions **Drive** my Eating"
Under arm	"I let my Feelings rule my Eating"
Top of head	"My eating is totally ***OUT OF CONTROL"***

Positive Round
(Three times while tapping the entire sequence as shown)

Tapping point	**Statement**
Top of eye	"I know this time can be different"
Side of the eye	"I know that I can control my eating"
Under the eye	"I deeply and completely accept myself"
Under the nose	"I know this time can be different"
On the chin	"I know that I can control my eating"
Collar bone	"I no longer need to let emotions control my eating"
Under arm	"I no longer need to have my emotions tell me when it's time to eat'
Top of head	"I know that this time can be different**"**

Rating Scale: _____(Rate how you are feeling relevant to emotional eating on a scale of 1 to 10 (one being nothing and 10 being the top)

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Anxiety

Rating Scale: _____

(Rate how you are feeling relevant to emotional eating on a scale of 1 to 10 (one being nothing and 10 being the top)

Set up Statement

(Three rounds while tapping on the karate chop point, side of the hand between pinky and wrist)

"Even though I can't manage my anxiety without overeating, I deeply and completely accept myself"
"Even though I can't manage my anxiety without overeating, I choose to remember my commitment to myself"
"Even though I eat whenever I am nervous, I choose to remember my commitment to myself"

Negative Round

(Three times while tapping entire sequence as shown)

Tapping point	Statement
Top of eye	"Can't manage my anxiety without overeating"
Side of the eye	"I eat whenever I am nervous"
Under the eye	"I keep eating when I am upset"
Under the nose	"Whenever I'm anxious I try to find food"
On the chin	"I eat whenever I'm nervous"
Collar bone	"I eat when I'm upset"
Under arm	"When I'm upset eating makes me feel better"
Top of head	"When I'm upset eating makes me feel better"

Positive Round

(Three times while tapping the entire sequence as shown)

Tapping point	Statement
Top of eye	"I deeply and completely accept myself"
Side of the eye	"I choose to be calm and confident"
Under the eye	"I choose to remember my commitment to myself"
Under the nose	"I know there are other ways to reduce my anxiety"
On the chin	"I deep and completely accept myself"
Collar bone	"I choose to be calm and confident"
Under arm	"I know there are other ways to calm my anxiety"
Top of head	"I choose to remember my commitment to myself"

Rating Scale: _____(Rate how you are feeling relevant to emotional eating on a scale of 1 to 10 (one being nothing and 10 being the top

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Boredom

Rating Scale: _____

(Rate how you are feeling relevant to emotional eating on a scale of 1 to 10 (one being nothing and 10 being the top)

Set up Statement

(Three rounds while tapping on the karate chop point, side of the hand between pinky and wrist)

"Even though I count on food to entertain me, I deeply and completely accept myself"

"Even though I count on food to entertain me, I choose to be happy food or no food"

"Even though I eat to avoid something I don't want to do, I deeply and completely accept myself "

Negative Round

(Three times while tapping entire sequence as shown)

Tapping point	Statement
Top of eye	"I count on food to entertain me"
Side of the eye	"When I'm bored I go to eating"
Under the eye	"When I have nothing else to do there is always food"
Under the nose	"When I don't want to do something else, I start to eat"
On the chin	"I count on food to entertain me"
Collar bone	"I count on food to keep me company"
Under arm	"Food has been my friend"
Top of head	"When nothing else is happening I eat"

Positive Round

(Three times while tapping the entire sequence as shown)

Tapping point	Statement
Top of eye	"I deeply and completely accept myself"
Side of the eye	"I choose to be happy food or no food"
Under the eye	"I choose to remember my commitment to myself"
Under the nose	"I choose to be happy food or no food"
On the chin	"I choose to find something else to keep me interested"
Collar bone	"I deeply and completely accept myself"
Under arm	"I choose to not add to my burden by gaining weight"
Top of head	"I choose to not add to my burden by gaining weight"

Rating Scale: _____(Rate how you are feeling relevant to emotional eating on a scale of 1 to 10 (one being nothing and 10 being the top

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Deprivation

Rating Scale: _____

(Rate how you are feeling relevant to emotional eating on a scale of 1 to 10 (one being nothing and 10 being the top)

Set up Statement

(Three rounds while tapping on the karate chop point, side of the hand between pinky and wrist)

"Even though I'm scared about not being able to eat my favorite foods,
I deeply and completely accept myself"
"Even though I'm scared about not eating chocolate, I deeply and completely accept myself"
"Even though I'm scared that I'll be deprived of my chocolate, I choose to be calm and confident"

Negative Round

(Three times while tapping entire sequence as shown)

Tapping point	Statement	2nd round
Top of eye	"Scared of not eating my chocolate"	"It's too hard"
Side of the eye	"Don't take my chocolate from me"	"Why bother, It's too hard"
Under the eye	"Afraid of never being able to eat chocolate again"	"I've never been able to give it up before, I can't give it up now"
Under the nose	"Don't ever want to give up chocolate"	"It's just too much for me"
On the chin	"Afraid of feeling deprived"	"Afraid of giving it up"
Collar bone	"I'll feel so deprived that I'll feel terrible	"Afraid of being deprived"
Under arm	"Afraid of not having chocolate again"	"It's too hard"
Top of head	"It's too hard"	"Afraid of feeling deprived"

Positive Round

(Three times while tapping the entire sequence as shown)

Tapping point	Statement
Top of eye	"I deeply and completely accept myself"
Side of the eye	"Nothing tastes as good as thin feels"
Under the eye	"There are lots of other tasty foods that I can eat"
Under the nose	"I can do this"
On the chin	"I choose to remember my commitment to myself"
Collar bone	"I choose to be happy, chocolate or no chocolate"
Under arm	"I choose to be calm and confident"
Top of head	"I am strong and I can do this"

Rating Scale: _____(Rate how you are feeling relevant to emotional eating on a scale of 1 to 10 (one being nothing and 10 being the top

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Discouragement

Rating Scale: _____

(Rate how you are feeling relevant to emotional eating on a scale of 1 to 10 (one being nothing and 10 being the top)

Set up Statement

(Three rounds while tapping on the karate chop point, side of the hand between pinky and wrist)

"Even though nothing ever works for me, I deeply and completely accept myself"
"Even though I feel nothing ever works for me, I choose to know that this time can be different"
"Even though nothing has ever worked for me, I choose to know that this time can be different"

Negative Round (Three times while tapping entire sequence as shown)

Tapping point	Statement	
Top of eye	"Nothing has ever worked for me before"	"Nothing ever works for me"
Side of the eye	"I feel discouraged"	"I failed so many times"
Under the eye	"I feel like it's never going to happen"	"I feel so discouraged"
Under the nose	"I feel like I'm never going to get to my goal weight"	"Diets work for others but not for me"
On the chin	"Nothing ever works for me"	"I failed so many times"
Collar bone	"I feel so discouraged it doesn't matter what I do"	"None of these diets work for me"
Under arm	"I failed so many times, why should I bother"	"What's the use"
Top of head	"I failed so many times, why should I bother"	"What's the use!"

Positive Round

(Three times while tapping the entire sequence as shown)

Tapping point	Statement
Top of eye	I deeply and completely accept myself
Side of the eye	"I choose to know this time can be different"
Under the eye	"I choose to know that this time is different"
Under the nose	"I am approaching this in a very different way"
On the chin	"This time is different"
Collar bone	"Now I know how to control my emotions"
Under arm	"I am calm and confident that this time is different"
Top of head	"I'm calm and confident that this time is different"

Rating Scale: _____(Rate how you are feeling relevant to emotional eating on a scale of 1 to 10 (one being nothing and 10 being the top

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Loneliness

-using food to comfort you, as your friend, to feel like you have company, you have someone there, people talk about food as their friend, they can count on their food….

It's not just loneliness, it's other things in their life that you need to deal with

Sadness, using food to comfort and feel connected
What we are Looking for love, joy and connectedness in our lives, we've been misguided thinking food
Food gives us endorphins help which is why we go for them..make us momentarily feel better
Use eft to Work on specific areas in life that are causing the sadness

Daily mantras: use these during the day as affirmations;

- Nothing tastes as good as thin feels
- I choose to be calm and confident
- I choose to be happy food or no food
- I choose to handle this situation with love and confidence
- I choose to not add to my burdens by gaining weight
- Nothing tastes as good as being thin feels
- I choose to know this time can be different
- I choose to remember my commitment to myself
- I choose to find other comforts that are as dependable as food

Limiting beliefs

block our weight loss…limiting concepts about how we fit in the world, who we are, deeply imbedded.
Not in alignment with being ok with losing weight.
Ask yourself the questions

- What happened the last time you lost weight?
- What was going on when you gained weight
- What is the downside to losing weight
- What is the upside to staying at this weight?
- What was going on that is associated with the weight?

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Safety – often concerns men, past experiences, jealousy, expectations (to be a success, do more on job)

- Women trauma with too much attention from men

Possibility – Often concerns about family history, past failures, genetics, nothing works.

Deserving – Often concerns about guilt, not good enough, past traumas, Shame is involved. Its ok to forgive yourself and you are good enough and worthy enough

Honor your commitment to yourself

Tap away your cravings
Cravings

Bring out the food and touch the it, smell it and look at it. This technique will seem like a miracle in helping with the cravings.
Connect to the food and then tap.

Use Tapping for eliminating cravings before, during and after exposure to the trigger foods.

Tap through the entire sequence of points this same statement:

- Even though I crave this (add food)____, I choose to pass it by for now.

  Break the connection that you don't have to have it right now, the urge goes away.
  Physical cravings?? Does the body respond. Food actually changes your physiology and yes EFT changes your physiology, the whole body changes. EFT deals with the physical and the emotional.

  _
  Where to start?

  What is pushing your eating? Your cravings, your tired, boredom, anger…
  Step back and watch yourself to see what seems to be causing the problem.
  Looking at yourself to see what your limiting beliefs are

  Exercise vs tapping?

  Exercise is necessary but not sufficient…it's just not enough! People exercise but don't lose the weight. People need the emotional piece!

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