

# THE EMOTIONAL FREEDOM TECHNIQUE

## EFT

The Emotional Freedom Technique is based on the meridians from Traditional Chinese Medicine. In this theory, negative emotions are caused by disruptions in the energy field.

### BASIC RECIPE

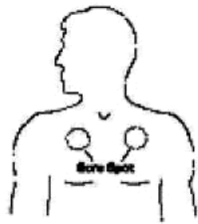
1. The Setup
2. The Sequence
3. The 9 Gamut Procedure
4. The Sequence

### 1. The Setup

Identify the emotional or physical problem or issue.  
Pick out the most intense aspects of the problem.  
Create a name that describes the problem/aspect. Rate the intensity of the problem on a scale of 0 to 10.  
Correct the General Psychological Reversal.

A “Psychological Reversal” is a normal resistance to change and blocks interventions in 40% of cases no matter what treatment modality is used.

The correction for the General Psychological Reversal consists of repeating 3 times the phrase “Even though I have this (fear of flying or whatever the problem is), I deeply and completely love and accept myself” while tapping on the “sore spot” or the “karate chop”.



### 2. The Sequence

The sequence consists of tapping on the end points of the major energy meridians. It is preferable to tap with the dominant hand and use the fingertips of your index finger and middle finger. Tap solidly but not hard. Tap about 7 times on each of the tapping points. It doesn't matter which side of the body you tap on. As you tap on each point, think or say the name of the problem (the reminder phrase).

The tapping points are located on the face, the body and the hand.

### The Face Points

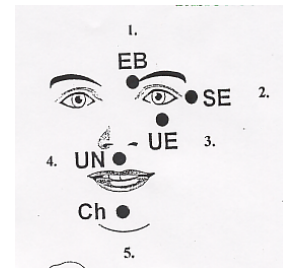
**EB Eyebrow.** The beginning of the eyebrow just above and to one side of the nose.

**SE Side of eye.** On the bone bordering the outside of the eye.

**UE Under eye.** On the bone under an eye about 1 inch below the pupil.

**UN Under nose.** On the small area between the bottom of your nose and the top of your upper lip.

**CH Chin.** Midway between the point of your chin and the bottom of the lower lip.

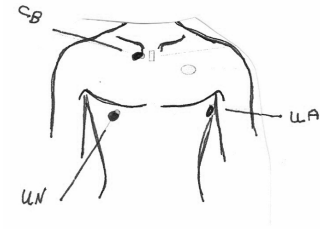


### The Body Points

**CB Collarbone.** The junction where the sternum, collarbone and first rib meet. Place your forefinger on the U-shaped notch at the top of the breastbone. From the bottom of the U, move your forefinger down toward the navel 1 inch and go left or right 1 inch.

**UA Under arm.** About 4 inches below the armpit at a point even with the nipple for men or mid-bra for women.

**BN Below the nipple.** For men, 1 inch below the nipple. For women, where the underskin of the breast meets the chest wall.



### The Hand Points

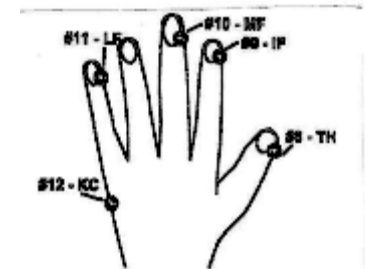
**TH Thumb.** On the outside edge of the thumb at a point even with the base of the thumbnail.

**IF Index finger.** On the side of the index finger facing your thumb at a point even with the base of the fingernail.

**MF Middle finger.** On the side of the middle finger closest to your thumb at a point even with the base of the fingernail.

**LF Little finger.** On the inside of the little finger closest to your thumb at a point even with the base of the fingernail.

**KC. Karate Chop.** In the middle of the fleshy part of the hand on the outside between the top of the wrist bone and the base of the little finger.



#### 4. The 9 Gamut Procedure

the midpoint between the knuckles at the base of the ring finger and the little finger. If you draw an imaginary line between the knuckles at the base of the ring finger and little finger and consider that line to be the base of an equilateral triangle, whose other sides converge to a point in the direction of the wrist, the gamut point would be located at the point (apex) of the triangle.



While tapping on this point perform the following actions:

1. 1. Open eyes
2. 2. Close eyes
3. 3. Look hard down right while holding the head steady.
4. 4. Look hard down left while holding the head steady.
5. 5. Roll eyes in a circle to the right.
6. 6. Roll eyes in a circle in the opposite direction.
7. 7. Hum 2 seconds of a song.
8. 8. Count rapidly from 1 to 5.
9. 9. Hum again.

#### 5. Repeat the Sequence

**EB, SE, UE, UN, CH, CB, UA, UN, TH, IF, MF, LF, KC**

#### Checking

Check SUD level.

If not at zero look for remaining disturbances.

Look for other aspects.

Check for “reversals.

Correct for reversals if necessary.

Treat other aspects.

Repeat as needed.