



## What is Emotional Freedom Techniques (EFT)?

EFT is the process by which you tap on certain meridian points in the body to release energy blockages. It combines ancient Chinese Accupressure and modern Psychology to be the most powerful tool I've used in my life and with clients to relieve pain, remove limiting beliefs, reduce stress, and work through difficult events (from traumatic to minor annoyances).

The developers of EFT discovered that *"the cause of all negative emotions is a disruption in the body's energy system."* EFT restores the body's energy flow to immediately reduce cortisol levels (your stress hormone), which is why it's such a powerful and fast tool with lasting results.

## How does it work?

To identify what subject to tap on, consider a fear or limiting belief that has been weighing on your mind. For example, the thought that you're not good enough.

Think about a time (recent or in the past) where you held the thought, "I'm not good enough." What were the circumstances? What emotions did you feel? What physical sensations appeared in the body?

Once you've answered those questions and have tuned into the feelings, rate how you feel on a scale of 0-10 (0 being neutral and 10 being the most pain or dissatisfaction you could feel).

Once you've identified your number, you'll start tapping by using a set-up statement or affirmation. The classic set-up statement is: *"Even though I [have problem X], I deeply and completely accept myself."*

So in the example of feeling not good enough, the set-up statement would be: *"Even though I feel as though I'm not good enough, I deeply and completely accept myself."*

If you don't feel comfortable saying the classic set-up statement, then use an alternative affirmation. You can do that by using one of the following or a different version that feels good and true to you:

"Even though I have [Problem X], I am willing to accept myself."

“Even though I have [Problem X], I am willing to consider accepting myself.”

“Even though I have [Problem X], I accept where my feelings are today.”

“Even though I have [Problem X], I am OK.”

Once you find a set-up statement that works well for you, start tapping your karate chop point (as seen on the imagine on the next page), and say the statement 3 times.

Once you’ve done that, go through the other tapping points – tapping 5-7 times per point – saying trigger statements (or small reminders) at each tapping point.

Using the ‘not good enough example’ you might have identified a time, for example, when your parents told you that you weren’t smart enough to get accepted into an elite university. This may have brought about feelings of fear and self-doubt as you interpreted the comment to mean you aren’t good enough. When you think about their comment, your shoulders get tight and your breathing is shallow.

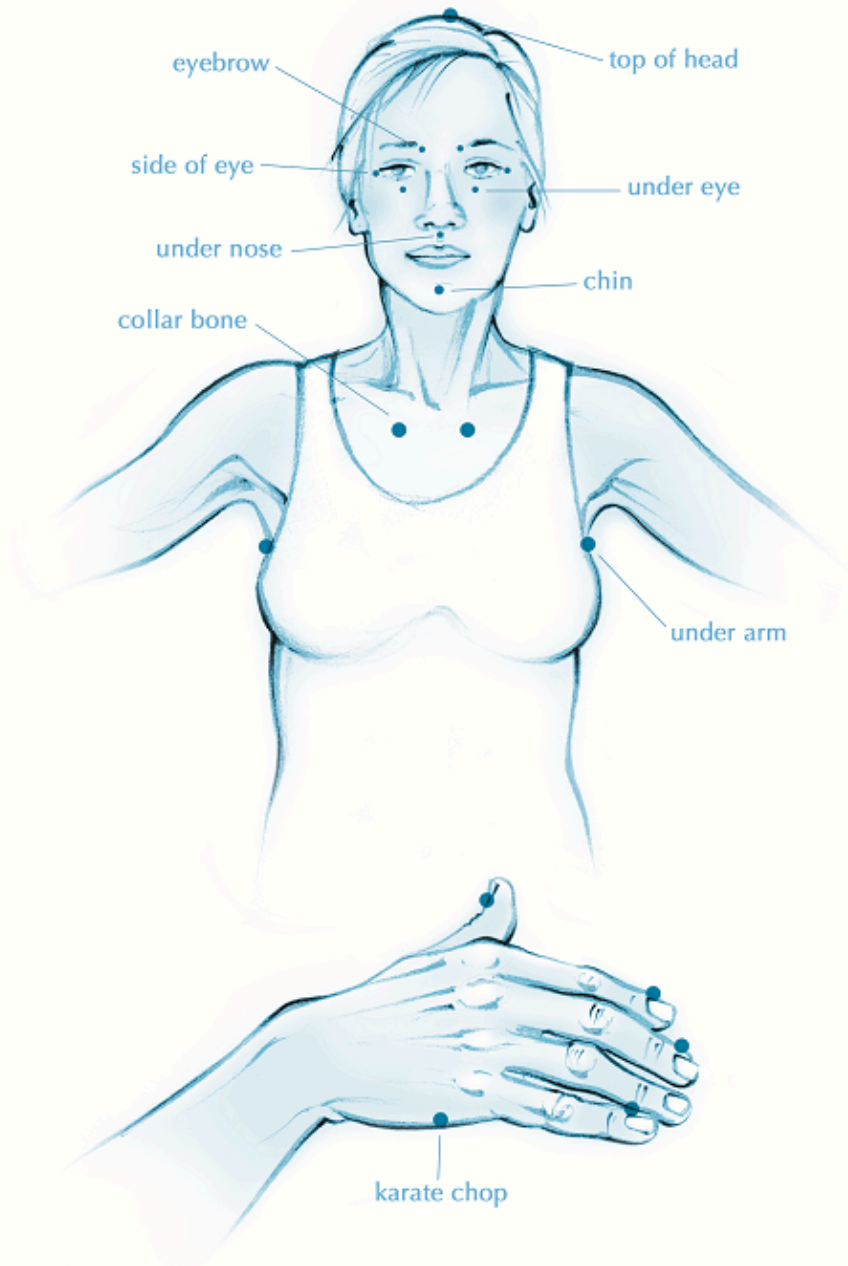
So as you go through and tap your trigger statements could be...

1. “This fear about not being good enough”
2. “Makes me doubt myself”
3. “Takes away my confidence”
4. “My parents thought I wasn’t smart enough”
5. “That was hurtful”
6. “Makes my shoulders tight”
7. “Makes my breathing shallow”
8. “The I’m not good enough hurts my confidence”

After a few rounds of tapping, be sure to take a few deep breaths, check in, and rate how you feel again on a scale of 0-10. If you’re a 3-4 or higher, check in to see what thoughts, emotions, or physical sensations are still present, and then do another round or two of tapping. Be sure to tune into the negative emotions before you tap, otherwise you won’t feel the results.

Remember, the more you tap, the easier it becomes to remember the tapping points, and in no time, it’ll become second nature.

## EFT TAPPING POINTS



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## Who am I?

My name is Allyson Scammell, and I am a Master Certified Coach and an Accredited Certified EFT Practitioner. I was trained at The [EFT Centre](#) in London by two pioneers in Integrated Energy Techniques and Master EFT Trainers.

My aim is to help soul-guided women entrepreneurs uncork big magic by infusing their core gifts into life + business without burning out.

Learn more here: <http://www.shantipax.com/>.



## Additional EFT Resources

- My website: <http://shantipax.com/eft>
- The EFT Centre: <http://www.theeftcentre.com/>
- Official EFT: <http://www.emofree.com/>
- The Tapping Solution: <http://www.thetappingsolution.com/>
- *The Tapping Solution*, By Nick Ortner:  
<http://www.thetappingsolution.com/eft-tapping-book-new.html>
- *Step By Step Tapping*, by Sue Beer and Emma Roberts:  
<http://www.theeftcentre.com/step-by-step-tapping.html>