

# Emotional Freedom Techniques

**An Emotional Version  
of Acupuncture  
WITHOUT the Needles**

**A unique exercise that calms you so that you  
can think more clearly about your problem**

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# EFT Utilizes Common Spots

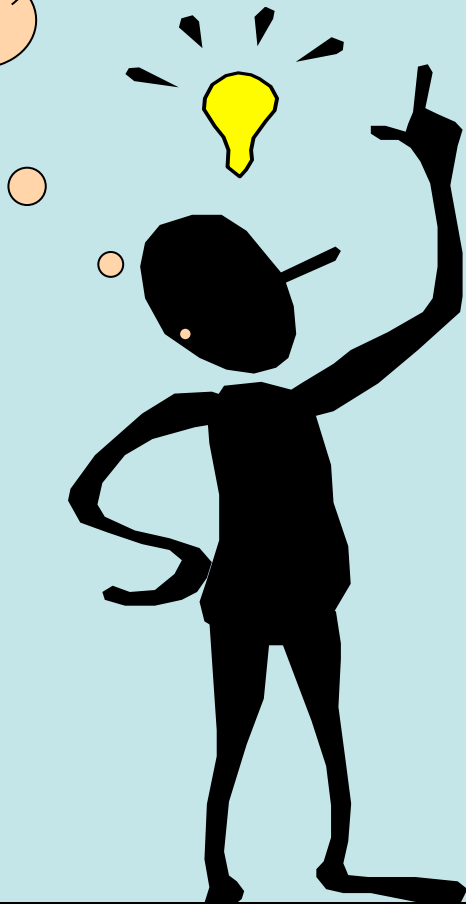
When we're stressed, we....

- Massage under eyes
- Rub our temples
- Palm or fist to chest
- Palm to forehead
- Heel of hand to forehead
- Face in hands
- Bite on fingers or nails
- Scratch our head
- Wring our hands
- Fold our arms

**No secret that touches are comforting; we knew that.**

# The Genius of EFT is:

Negative  
Thought



- You can pull up what bothers you and turn it off - on purpose.
- You can do it with focus and intention using a series of touches or taps.

**Balancing Energy System: Changes Negative Thought  
= No Negative Emotion**

# Types of Issues Responding to EFT



- Physical symptoms
- Worries
- Upsets
- Irritations
- Negative beliefs
- Performance anxieties
- Charged memories
- “Try it on Everything”

Gary Craig

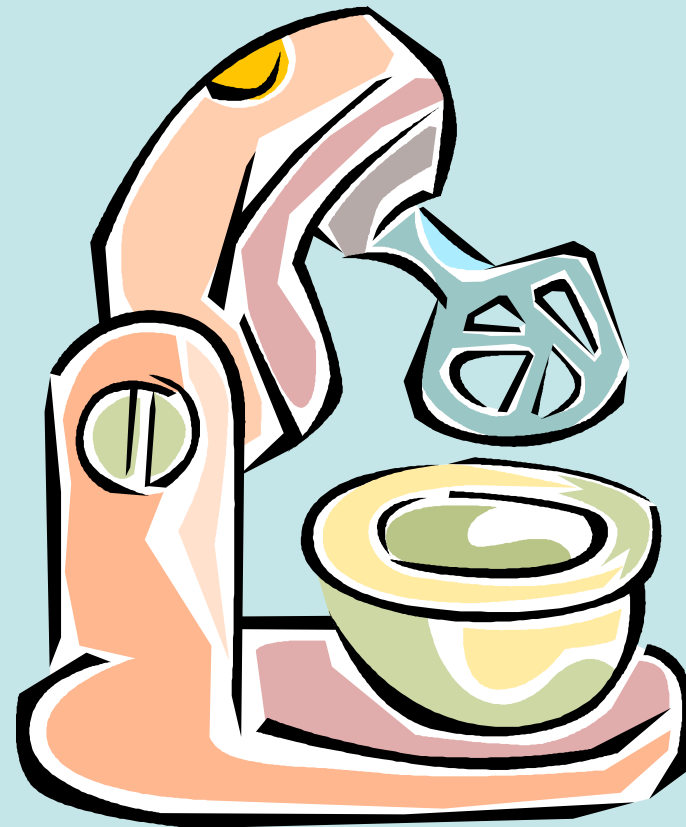
# Benefits of EFT

- Decreases anxiety
- Increases body awareness
- Enables positive cognitive shifts



# EFT's Basic Recipe

- Process
  - Easy to follow
  - Simple to do
  - One minute to complete
- Four Ingredients
  - Setup
  - Sequence
  - 9 Gamut
  - Repeat the Sequence



# FIRST – Assess

Pick one issue you would like to work on today  
How much does it bother you NOW?  
Pick one at about a 5 or 6 on a  
SCALE of 0 – *no problem* to 10 – *pretty bad*

• I experience **stress** when.....(Examples: *Traffic jams, lines, work overload, ...what's your "movie title"—What is the number?*)

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• My body tells me I'm stressed by...(Examples: *Getting a headache/stomach ache. Developing neck pain/tight shoulders....*)

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• When I'm stressed, I feel.....(Examples: *Sad, mad, frustrated, guilty....*)

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## Second – Balance

***The Set-up*** Tap on the Karate Chop Point  
We make friends with our problem...

*Even though I have this 'problem', I deeply and completely love  
and accept myself anyway.*

## Third - Clear

***The Sequence***

Tap on the points while  
focusing on the problem...

*Repeat at each point "This....pain, fear, name you gave the stress..."*



# Basic Recipe

## *The Sequence*

### The LONG Form of EFT

The points go

D  
O  
W  
N

the body

- EB - eyebrow
- SE - side eye
- UE - under eye
- UN - under nose
- Ch – just above chin
- CB - collarbone spot
- UA - under arm
- Th - thumb
- IF- index finger
- MF - middle
- BF - baby finger
- KC - side of hand



# The 9 GAMUT

Tap on the back of the hand on the groove between the little and ring fingers. Keep tapping while doing the below exercises.

- Eyes open
- Eyes closed
- Eyes down left
- Eyes down right
- Circle eyes clockwise
- Circle eyes counter-clockwise
- Hum a tune
- Count to 5
- Hum a tune



# Now— Assess Again

How much does it bother you NOW?

Note if there is a change...up or down the scale

## *Balance & Clear Again....*

Modify words after first round

*Even though I STILL have SOME of this \_\_\_\_\_,*

*I deeply and completely love and accept myself.*

- Add or shift the setup a bit based on what is said after first round. Watch for shifting aspects!
- If that issue is “0,” go to your next one.

# Repeat The Sequence

The LONG Form of EFT



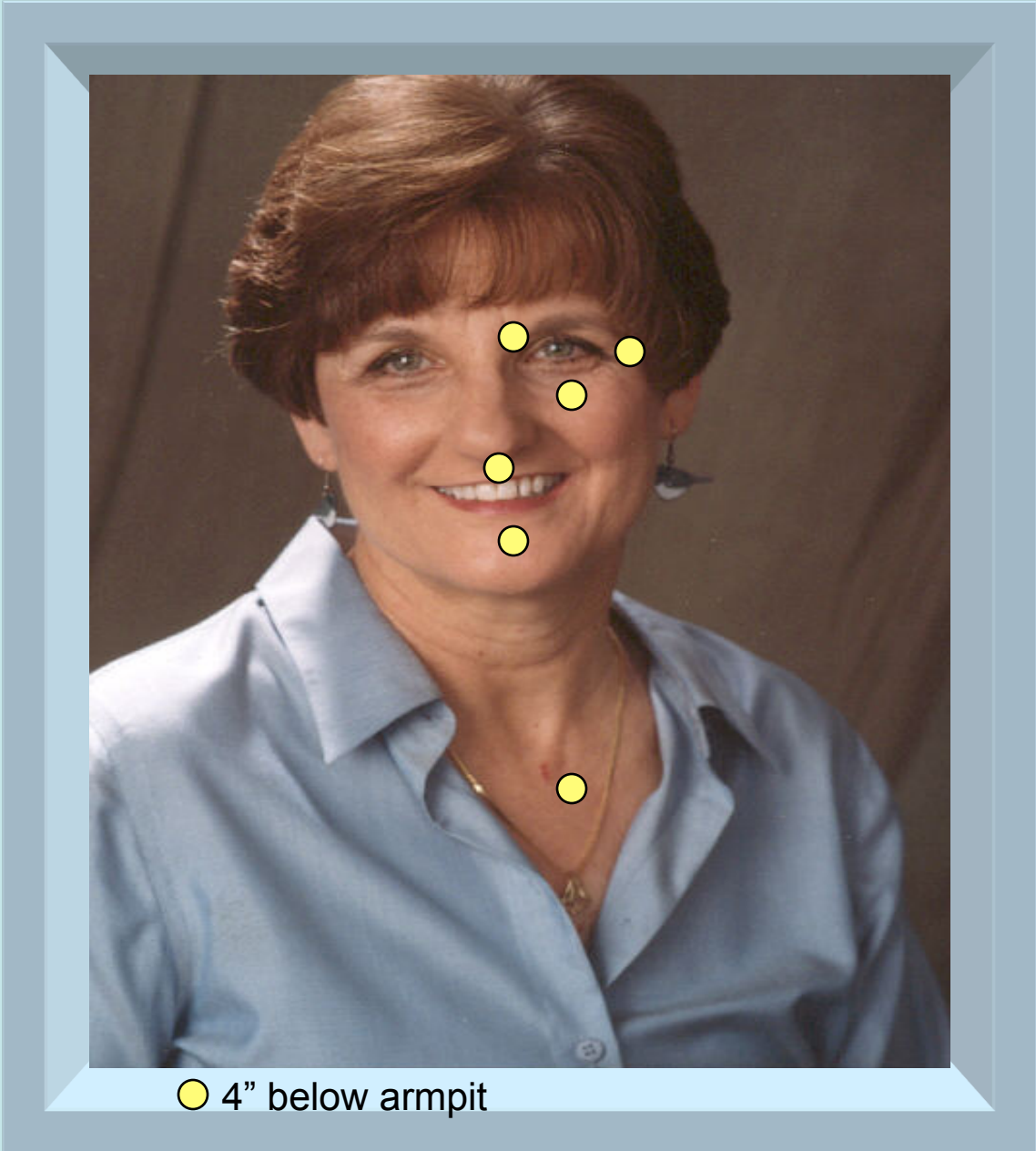
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# Persistence

<b><i>Assess &amp; Balance</i></b>	<b><i>Clear</i></b>	<b><i>Do it again</i></b>
Name it Give it a number Tap the Karate Chop Point while saying an affirmation	Tap Points While repeating the “reminder phrase”	Assess Check for Aspects Modify
Repeat	Repeat	Until Intensity is zero!

# Short Cut



- ← Eyebrow
- ← Side of Eye
- ← Under Eye
- ← Under Nose
- ← Above Chin

← Collarbone

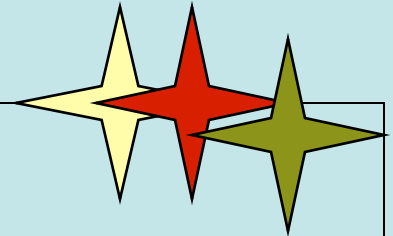
← Under Arm



● 4" below armpit

# Frequently Asked Questions

- Does it matter which hand? NO
- Can I switch hands while tapping? YES
- Can I tap with both hands? YES
- How many taps on each spot? 7 is most common but sometimes more is better.
- Is the SETUP essential? Not always, but necessary in cases of “Reversal”.
- Will EFT take away natural (and healthy) emotional responses to situations? No

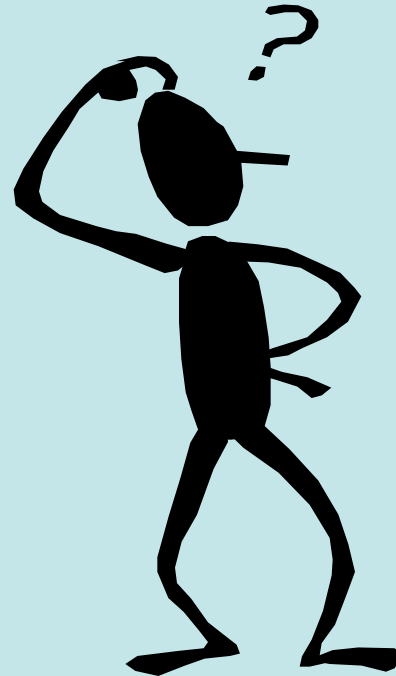


## Websites for more information

- AAMET – Association for the Advancement of Meridian Energy Therapies (UK)  
[www.meridiantherapy.org](http://www.meridiantherapy.org)
- ACEP – Association for Comprehensive Energy Psychology  
[www.energypsych.org](http://www.energypsych.org)  
[www.meridianpsych.com](http://www.meridianpsych.com) Canada
- AMT – Association for Meridian Therapies  
[www.theamt.com](http://www.theamt.com)
- Gary Craig's Web site: [www.emofree.com](http://www.emofree.com)



# Questions???



*(Disclaimer: This EFT oriented presentation is provided as a good faith effort to expand the use of EFT in the world. They represent the ideas of EFT Cert 1 Sheryl Harrell and do not necessarily represent those of EFT Founder Gary Craig or EFT. While EFT has been used by thousands of therapists, nurses, social workers, psychologists, doctors, and individuals worldwide with exceptional results and minimal negative side effects, this does not mean that you will not experience any side effects. If you use EFT on yourself or others, you are advised to take full responsibility for yourself and the treatment.)*