

EASY THOUGHT FIELD THERAPY (TFT) FOR STRESS RELIEF

(Developed by Roger Callahan Thought Field Therapy
and Adapted by Suzanne Connolly, LCSW)



Purpose: Rapid stress reduction

Use When:

- Feeling stressed or experiencing other feelings along with your stress
- Feeling anxious, angry, emotionally upset or overwhelmed
- You can't sleep

Common Experiences:

- Feel more relaxed, balanced and in the Here and Now
- Feeling calmer and more centered
- Thoughts you focused on will no longer trigger an emotional reaction

Steps:

1. Think about what is stressing you; notice any body sensations of stress as well.
2. Tap 5-10 times on each point. (Exception - on back of hand tap around 50X but don't count. You can tap on one side, both sides or alternate left-right, left-right).
3. Tap the little finger side of your hand on the Karate Chop Spot.
4. Tap on the inner edge of either eyebrow.
5. Tap under your eye on the bony socket in line with the pupil of the eye when looking straight ahead.
6. Tap the side of the body, approximately 4" under your armpit (lateral to nipples on men).
7. Tap just under the collarbone, and just outside the sternum (breast bone).
8. Tap tiny finger by bottom corner of nail bed (on side closest to the thumb).

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EASY THOUGHT FIELD THERAPY (TFT) page 2
(cont'd: The sequence of steps)



9. Tap the flat area just outside the side of the eye.
10. Tap just under the collarbone, and just outside the sternum (breast bone).
11. Tap under nose.
12. Tap under lower lip.
13. Tap index finger by bottom corner of nail bed, on side facing thumb.
14. Tap under collarbone.
15. Tap middle finger by bottom corner of nailbed on side facing thumb.
16. Tap back of hand between little finger knuckle and ring finger knuckle and down about ¼" (towards the wrist) on back of hand about 50X (this is called the Gamut Spot) (Approximately, no need to count!).
17. Tap under collarbone.

Integrate your progress by tapping the back of the hand on Gamut treatment spot described above, while continuing to think about the stress: (about 5 taps per position).

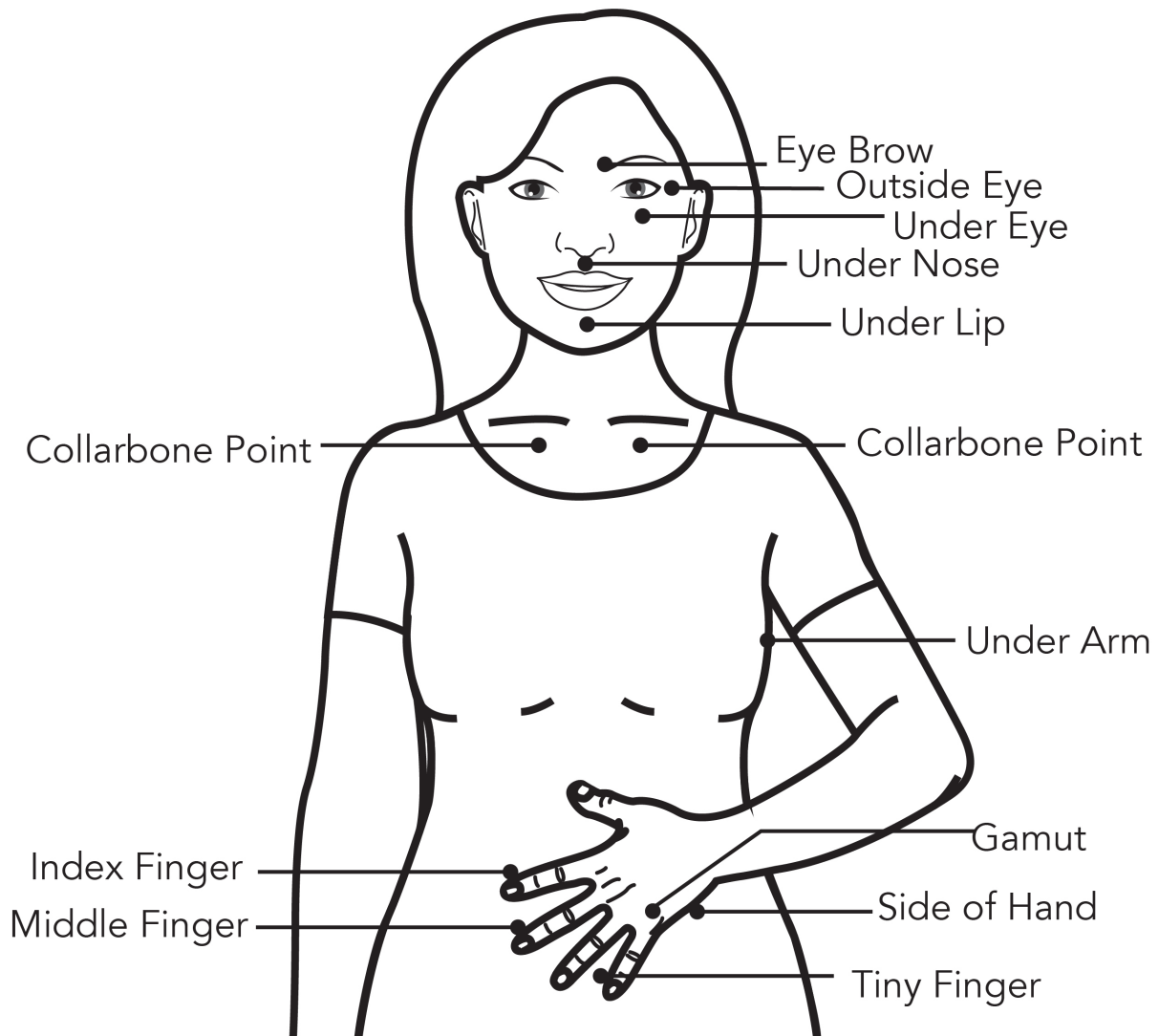
- Holding eyes open. Holding eyes closed.
- Open eyes and holding head still, look down left; then look down right.
- Roll eyes around in a circle clockwise or counterclockwise; and then roll them the other way.
- Hum a tune out loud (5 seconds or so)
- Count out loud (5 – 10 seconds or so).

Then repeat the Tapping sequence as instructed above.

After experiencing some relief, you can repeat the whole procedure one or two more times. Follow along with the video: <https://youtu.be/GXGY-yeE83U>

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