

Emotional Freedom

Technique (EFT)

(aka 'Tapping')



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About The Author



Jo Lockhart has spent the last 20 years studying a combination of Human Behaviour, Psychology, Spirituality, Verbal and Non-Verbal Communication, Personal Growth, Energy and Human Dynamics from many and varied perspectives. She has achieved qualifications in both the traditional institutions of University and Tafe, and also from alternative educational institutions. Her passion has always been to help people live their best life.

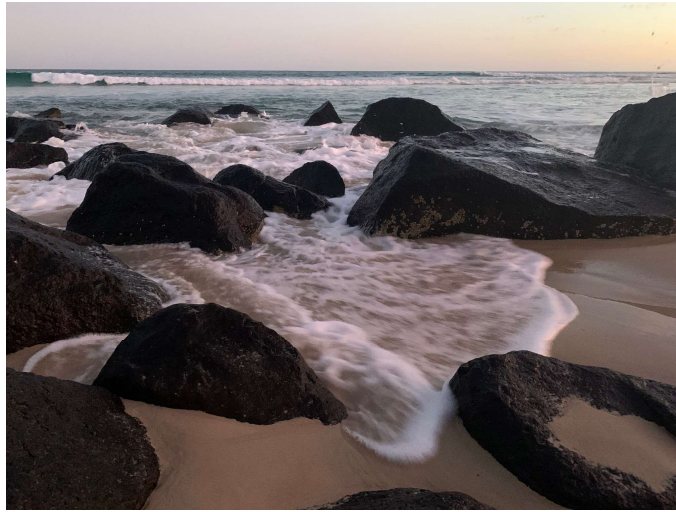
Jo has assisted hundreds of families. Working predominately in the mental health sector specialising in working with children, teens and parents in her early career, she then moved into the birth industry, supporting families through pregnancy, birth and the early days of family life.

In private practice she has worked with people from all walks of life, supporting them to let go of a variety of problems, such as addictions, anxiety, past trauma, limiting self-beliefs, and more. Jo has also taught and mentored at University and private training organisations, to support the next generation of therapists.

However, the greatest challenges and learnings for Jo have come from within her own family. Being a mother to three autistic children, she has experienced first-hand just how tough parenting can be. Ultimately it is the combination of Jo's professional learning and personal journey that has led her to become an expert in her field - supporting parents and families to live and love in individual and shared harmony.

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What is EFT (Emotional Freedom Technique)?

EFT, otherwise known as ‘tapping’ stands for Emotional Freedom Technique. This name sums it up perfectly as it really does easily and simply give you freedom from emotional blocks. It also shifts mental and physical blocks too though, that are holding you back.

EFT can be used to treat things as minor as the frustration we feel with our children at times, or headaches. It can also assist with processing things as major as crippling anxiety, addiction, or lifelong beliefs. EFT works on the: physical, mental, emotional, and situational experiences of our lives.

Enough studies have been completed with large study groups for EFT to be an evidence based practice for the treatment of anxiety, depression, physical pain, insomnia, and it has been approved as a treatment for war veterans experiencing Post Traumatic Stress Disorder. However, it is always wise to seek advice from a medical doctor if you are experiencing any of the above.

How does EFT work?

EFT uses the end points of the Meridian lines studied in Traditional Chinese Medicine, to increase energy flow in the body, much like acupuncture. In Traditional Chinese Medicine it is believed that disease, dysfunction and discomfort are caused by blocks in the energy system. Tapping on these points stimulates the energy flow so that the body can heal itself.

It is interesting to note that the end of the middle fingers are the end point for the meridian for the heart. So while tapping, we are also connecting with and stimulating our physical heart and our emotional heart space.

While tapping on these points in the correct order, we say the EFT phrase aloud. This phrase is an affirmation, a chant if you like, of self-acceptance. Saying positive things aloud rewires our neurology for positivity and optimism, and draws to us the energy we would like to receive.

All of these things in combination, result in the decreasing of whatever the negative experience is that you are moving away from. It is also highly calming on the nervous system.



Who can use EFT?

Anyone can use EFT! There are no contra-indications for EFT.

EFT is just as effective with children as it is with adults, possibly more so. Children can easily learn it and be empowered to use it with someone or on their own. It is a tool they can take with them as they go into environments in the world that they might find challenging.

How do I learn it?

It is advisable to have some guidance to learn EFT well, either through a workshop or in a one on one session with a qualified therapist. However, following the instructions in this E-Book will be a good guide too.

So, how do I do EFT?

There are several steps to the process of tapping, outlined below:

Learn the Points

The 'Karate Chop' (KC) point is on the outside side of hand half way between the wrist and where the pinky finger joins the hand (figure 1). Either hand can be used. This point is only used once at the beginning of the EFT process to set the intention



Figure 1 - The 'Karate Chop'

The Fontanelle Point (FP) is exactly where the fontanelle is on a baby's head. Or you can find it by running a line from ear to ear across the top of the head, and finding the centre point (figure 2). This is your Fontanelle Point.



Figure 2 - The Fontanelle

The Beginning of the Eyebrow Point (EB) is exactly as it is described, so long as you don't have a mono-brow! (figure 3). Either eyebrow can be used.



Figure 3 – Beginning of the eyebrow

The Outside of the Eye point (OE) is two finger widths directly beside the corner of your eye, away from your eye. It is just beside the edge of the bone around the eye (figure 4). Either side of the face can be used.



Figure 4 - Outside of the Eye

The Under the Eye point (UE) is again on the bone, below the eye, about one inch below the pupil (figure 5). Either side of the face can be used.



Figure 5 - Under the Eye

The Top Lip point (TL) is in the centre, at the midpoint between the bottom of the nose and the top of the lip. Stretching your top lip slightly will help to access this point easily (figure 6).



Figure 6 - The Top Lip

The Chin, or the Under the Lip point (Ch) is on the midway point between the lower lip and the bottom of the chin (figure 7). It is where the crease in the chin is if there is one.



Figure 7 - Under the Lip

The Collar Bone point (CB) is the most difficult to find, because it is not actually on the Collarbone. Place your middle finger in the U-shaped notch at the bottom of your throat and the top of your breast bone, then come down one inch and across to the left or right one inch. In this spot there is a natural indent, and it often feels a little tender to touch. Either side of the body can be used.



Figure 8 - Under the Collar bone

The final point is under the arm (UA) on the side of the body in line with the nipple, or the bra strap. From the arm pit it is about 4 inches down. Either side of the body can be used.



Figure 9 - Under the Arm Pit

Identify the Problem

Next it is vital to identify the “problem” you are targeting with the tapping. Being specific will help you get the greatest result possible. However, it is important to clarify that if you get part way through the process and realise you haven’t isolated the problem as you would like, you can change it and start again.

Your “problem” may be something like: ‘racing heart’, ‘anger towards other drivers’, ‘aching shoulder’, ‘anxiety symptoms’, ‘frustration with my kids’, ‘the shame I feel from being abused’, ‘cluttered lounge room’, etc.

Self-Assess the Severity of the “Problem”

Give the “problem” a ranking out of 10. To do this you will need to feel the physical sensations, remember the moment that caused your distress, or feel the emotions in your body, and decide for yourself what number is relevant. There is now right or wrong, only a judgement of your current experience.

We do this so we can assess if there has been a reduction in the “problem” after each round of EFT Tapping.

Learn the Affirmative Phrase

The EFT Phrase is *“Even though I have this _____ (Insert problem here), I deeply and completely accept myself.”*

- It is essential that the phrase is said in the positive – the unconscious mind which is hearing every word you say, does not work in negatives. So if you say “I won’t eat chocolate”, your mind focusses on “eat chocolate”. If you say “I make healthy choices” the mind focusses on healthy choices.
- It is also essential that you make this statement about yourself. We cannot change anyone else with EFT or anything else. We can only change our experience. If you include “anger because my partner is lazy” this creates a focus outside of yourself, where you cannot control change. A more effective statement would be “my anger with my partner”. Here you are owning your feelings. No blame. From ownership, we can create change within ourselves.
- If your “problem” does not neatly fall into the wording of the EFT phrase, you can alter it slightly to make grammatical sense, so long as it is framed in the positive, and focussed on your experience. For example, “sore shoulder” could be phrased as *“Even though my shoulder hurts, I deeply and completely accept myself”*

If your earlier identified problem was “frustration with my kids”, your EFT phrase becomes *“Even though I have this frustration with my kids, I deeply and completely accept myself”*. The problem of “the shame I feel from being abused” becomes *“Even though I feel shame about my experience of abuse, I deeply and completely accept myself”*.



Putting It All Together

Now we put together our identified problem, into our phrase with the tapping, beginning with the Karate Chop. The Karate Chop is our set up point. We say the phrase “Even though I have this _____, I deeply and completely accept myself” while tapping the side of the hand. This point sets our intention.

We then continue through all of the points in order while saying our phrase out aloud once while continuously tapping each point, completing one round of tapping.

- Fontanelle
- Eyebrow
- Side of the eye
- Under the eye
- Top lip
- Chin
- Collar bone
- Under the arm pit

At the end of the round you can go again, skipping the Karate Chop point as you have already set your intention. Or, you can stop and assess how you are feeling out of 10, and compare it to your initial self-assessment. As a new user of EFT, I recommend doing at least 2-3 rounds before assessing. If your level of distress or discomfort has reduced for example from 8/10 to 4/10 then you have created a reduction of 50% very quickly. You can keep going until your discomfort or distress is negligible or non-existent. On follow up rounds you can summarise your phrase down to a reminder phrase saying only “... *this frustration with my kids...*” instead of the whole statement at each point. My personal preference is to stay with the longer phrase. You can do EFT silently if you choose. I personally believe it is more powerful when said aloud, however circumstances don’t always allow for that.

I strongly encourage you to try EFT tapping and see what results you can achieve. Experiment with saying it aloud, being silent, shortening the phrase after the first round, and keeping it long. Get a feel for what resonates for you.