

What is Emotional Freedom Techniques (EFT) Tapping?

The EFT tapping techniques are a series of astoundingly fast and easy processes that can help just about anyone to achieve genuine freedom from pains, traumas and other issues that have created problems in their lives. These techniques have been used successfully with thousands of people with a broad range of difficulties.

Emotional Freedom Techniques (EFT), better known as “tapping”, is the process of self tapping on the meridians or acupuncture points to improve your physical, emotional and spiritual functioning.

How to Do Energy Tapping (EFT®)?

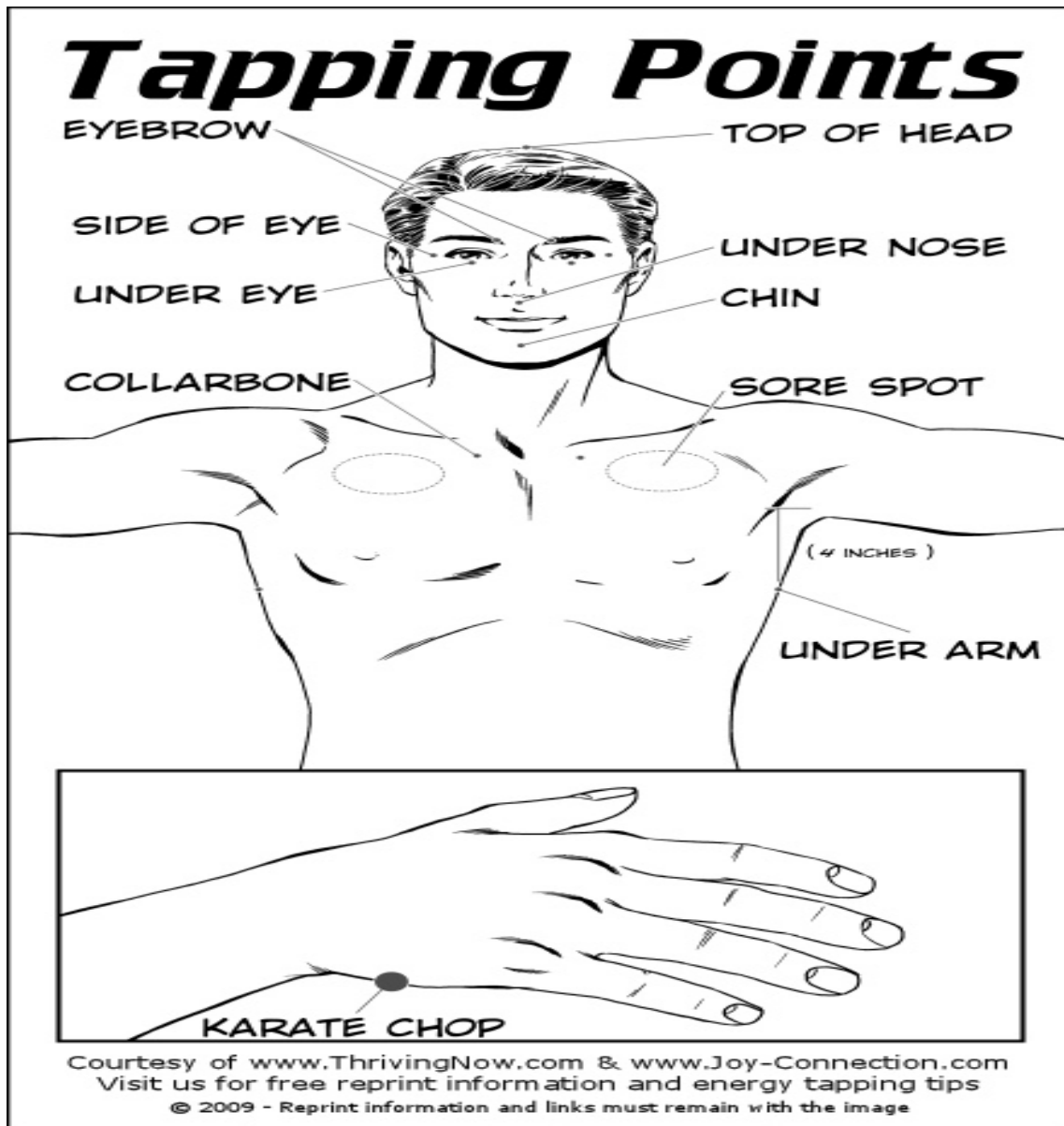
Make sure everyone knows where the tapping points are. Use the tapping points diagram later in this manual for points. Young kids can put stickers on themselves or each other and look at each other to see the tapping points of each.

Start the Tapping Process

1. Tune into your thoughts and feelings
 - a. First understand your thoughts and feelings; you do not have to share them with your child. Knowing yours will benefit you while you tap with your kids.
 - b. Then help your child tune into and talk about their feelings. Just remember for very young kids use expressions like yuckies or icky feelings or bad thoughts, and for teens and older let it be their words. They can express them either verbally or in writing. If they cannot express them or don't want to express them out loud, just tell them to hold onto those feelings and anything around them in their mind.
2. Talk about where in their body they are feeling these things and know where you are feeling them too.
3. Rate your feeling and help them rate theirs on a scale of 1 – 10 (1 = no anxiety to 10 = extreme anxiety). How big are these yuckies or feelings – for very young kids use hand separation (is it this wide or this wide) to determine or color (it was red when we started and it is blue now).
4. Start tapping for yourself and get them tapping with some of the “Even Though...” phrases listed later on in this manual. Repeat 3 times while you tap on your karate chop.
5. While you are thinking about your feelings and they are thinking and possibly speaking their feelings, start tapping down the body using the sequence listed later in this manual.
6. Rate everyone's emotion again using your feel-o-meters. If the ratings have gone all the way down, that means you are feeling a whole lot better. If the ratings have not gone all the way down, then just start again and keep tapping on what is left, until the ratings go all the way down.
7. Once the anxiety level drops down to a comfortable level, tap on some positive thoughts.
8. All during tapping, check in with them and yourself to see if other issues pop up. If they do, repeat the 4 parts.
9. This unique combination helps you shift your physical and emotional energy in the direction of relief... towards feeling really good.

Tap Time:

Start tapping on the points in the EFT 4-part method below, tapping through the negative talk.



1. The Setup

- a. Come up with a statement that covers the core of your anxiety, stress, problem and the statement goes as such: “Even though I have this (problem stated as specific as possible), I deeply and completely accept myself. “
 - b. Say the statement out loud while tapping your pointer and index finger tips (not the nail side) on the Karate Chop point or Sore Spot point
 - c. Repeat b. above three times and proceed to the Sequence part.
2. The Sequence – In the sequence say the problem and any related words that are relevant, not using the full *Even Though* statement) out loud while tapping your pointer and index finger tips (not the nail side) on each of the following points in the sequence listed:
- a. EyeBrow
 - b. Side of the Eye
 - c. Under the Eye
 - d. Under the Nose
 - e. Chin
 - f. Collar Bone
 - g. Under the Arm
 - h. Top of the head (then proceed to the Gamut part)

3. The 9 Gamut Procedure

- a. The gamut procedure begins by tapping on the outside edge of your thumb and each finger on one hand at a point even with the base of the thumbnail. Repeat the problem and any related words that are relevant, not using the full *Even Though* statement.
- b. After completing all fingers on one hand tap on the Karate Chop point, again repeat the problem and any related words that are relevant, not using the *Even Though* statement.
- c. Then proceed to the gamut point, locate the Gamut point on the back of either hand, it is the little valley between the pinky and the ring finger on the back of the hand.



- d. While tapping on this gamut spot do the following procedure:

- i. Eyes closed
- ii. Eyes open
- iii. Eyes hard down right then hard to the left while holding the head steady
- iv. Roll eyes in a circle as though your nose was at the center of a clock and you were trying to see all the numbers in order
- v. Same as #4 only reverse the direction in which you roll your eyes
- vi. Hum 2 seconds of a song (suggest Happy Birthday)
- vii. Count rapidly from 1 to 5
- viii. Hum 2 seconds of a song again.
- ix. Take a deep breath

e. The Sequence Again – Repeat the sequences

Common things adults might tap on include:

- Feeling that they don't deserve love
- They are not worthy
- They are not good enough
- Feeling confused about life
- Not feeling well physically
- Fear about work
- Financial fears and worries
- Getting older / future

If you would like to experience EFT tapping – you can signup for tapping sessions with Don Grothoff go to:

<https://donaldgrothoff.com/book-a-session/>

Trust the Body

When tapping for adults, teens and children, start with what and where they are feeling in their bodies. Then you can chase the pain..."Even though I am feeling bad and it is in my chest (arm, neck etc...) I still totally and completely accept myself"

Defining the "Even though..." statement:

Even though I believe that I am not smart enough, I totally and completely accept myself.
{ Stating the belief / issue } { Reframing }

Stating the Belief - Tapping phrases:

- "Even though I'm sad..."
- "Even though I have this terrible feeling..."
- "Even though I'm feeling angry at work..."
- "Even though I think my partner is angry at me..."
- "Even though I believe it is unfair..."
- "Even though I might have some bad feelings..."
- "Even though something happened earlier..."

Reframing side of statement:

- "I totally and completely accept myself"
- "I'm a good person..."
- "I'm a good husband/wife..."
- "I'm kind and caring..."
- "I'm good at sports..."
- "I am having a great day,"
- "I'm doing my best today."
- "I choose to feel good"
- "I choose to let that go..."
- "I can choose to feel good..."

Example Tapping: if there is a work that you are worried about, here are some issues raised by this stress:

- I feel nervous about work
- I'm scared I'll run out of time
- I'm worried I'll get fired
- I hate work
- I'm no good at my job
- I'm scared they will see that I am not good at what I do

You can then apply use these statements to make the issues disappear.

- "Even though I feel nervous about work I'm still a good person and I choose to stay calm and relaxed"
- "Even though I'm scared I'll run out of time I'm still a good person and I choose to stay calm and relaxed"
- "Even though I hate my job I'm still a good person and I do the best I can"
- "Even though I'm no good at my job, I'm still a good person and I do the best I can"
- "Even though I'm scared they will find out about me I'm still a good person and I choose to stay calm and relaxed"

<p>Ranking for adults:</p> <p>Body: How does it feel in your body?</p> <p>Number: 0 to 10 scale</p> <p>Size: Is it an arm's length apart? Is it as big as a car?</p>	
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Questions to stir thoughts

- What was the best part of the day?
- What was the worst part of the day?
- What are they looking forward to tomorrow?
- What are you worried about tomorrow?
- What would your perfect day look like?