

EFT TAPPING

Report & Cheat Sheet



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Publisher's Note: This is a work of common sense and opinions based on my experiences. But they are not facts and are not based on any kind of formal education unless you consider "life" a formal education. In other words, I am not licensed to give professional help and the pages that follow were not written by a "professional". As are not the bonuses [if included]. They too are meant to support, motivate and educate and can be very helpful, but do not have any type of educational licensed attribution to support them.

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EMOTIONAL FREEDOM TECHNIQUE

What is it?

Emotional Freedom Technique [EFT/aka 'tapping'] is a noninvasive, amazing form of therapy and is used for accessing energy meridians within the body similar to acupuncture [the Chinese medicine] by way of tapping on certain acupressure points while simultaneously repeating affirmations or statements for whatever topic or area of life you desire to change or improve upon.

This combination of ancient Chinese acupressure and modern psychology works to physically alter your brain, energy system and body all at the same time. This "full swoop" is extremely advantageous to healing especially when dealing with severe cases of depression and anxiety.

It's one of my most favorite tools in my mental health toolbox for many reasons. And I've no doubt once you've a better understanding of it's process, how it works, and you've tried it - will be one of yours too.

Easy to Use/Noninvasive

While it's important to learn EFT from a **qualified** source, it's not complicated and can be learned quickly. Having a cheat sheet nearby is

important to keep you in check until it has become secondhand. Even then you should hold on to that cheat sheet because there may be times you want to expand on or take it up just a notch and tap areas you may normally skip or change things up. But often, you'll be tapping the shortcut version. Especially if it's something you've incorporated as a daily routine much like you would yoga, Pilates, jogging or prayer.

The bottom line however is this; EFT is noninvasive and not complicated and can be done without the constant direction of a therapist, doctor, psychiatrist or even an acupuncturist. Many therapists do offer this form of therapy however, and it's important to learn how to do it correctly from a credible source. Otherwise, no degree is needed to be held by a professional to learn how it is done.

24/7 Portability

EFT can be used anytime of the day, 7 days a week. It's portable. You can take it anywhere you want because it's your body parts you're using. Unlike acupuncture there are no needles involved. The actions required are simply performed by you on you.

The only barrier here is your level of modesty. For me, I was "tap shy" for a whole 5 days. Then my pain trumped my introverted personality, and quickly got over myself. I began tapping; first in front of my mother and son. Once I broke that barrier, I was tapping in my car. Next thing I knew I was tapping in my doctor's office waiting area.

Works for All Reasons in All Areas

EFT can be used for everything and I mean EVERYTHING. From depression [which is the area of topic I focus on] to pain [also an area I use it for personally] to fear. EFT packs a powerful punch and the topics or areas it can help soothe, relieve or conquer, for such a simplistic mental health tool.

MOST OFTEN USED AREAS

Eliminates Pain

Improves Positive Emotions

Improves Self-Esteem

Reduces Food Cravings/Weight Loss

Depression/PTSD/Anxiety

Removes Negative Emotions

EFT is extremely unique. It's the only form of "medicine" that has ever been recognized by traditional Western medicine practitioners AND used in hospital settings mostly for its use as an anesthetic. By way of combining the science of mind body medicine and acupuncture without the use of needles; EFT has also been discovered to be a powerful way of accessing and erasing negative emotions in the human psyche.

By tapping you are stimulating certain [meridian] points within your body and breaking those negative emotional paths that are hard to break using any other means of therapy or medicine. And in just a bit, I'll explain just how and exactly which negative emotion paths you can break.

Many of the tapping points that are used in Emotional Freedom Technique users are one's we already automatically, unknowingly use

already especially when we are under a lot of stress or have a headache [remember, I mentioned you can use EFT for pain relief too.]

Think about the last time you were stressed or your head hurt; what's the first thing you did? Almost all of us immediately reach for our forehead [directly above our eyes], rub our temples or below our eyes at the top of our cheekbone. All of these areas are tapping points used in EFT. It's as if we already instinctually knew what we needed to do to feel better and get relief.

You don't have to be a believer for EFT to work because it does. Whether you're a skeptic or not; doesn't matter. EFT has been studied and the results [while there will ALWAYS be naysayers no matter the subject at hand] were conclusive. This is a form of therapy that in fact – works.

EFT and All Its Uses

EFT is limited only by the individual unwilling to try. It helps most everyone and everything, period. It really isn't that complicated. Life isn't complicated. Illness isn't complicated. **People** are complicated. And when we peel back all the layers we are left with an uncomplicated answer.

I'm a FIRM believer in solid foundations. You wouldn't build a house on top an ocean would you? Of course not, that's silly. But we all tend to expect solid results; careers, relationships, health, etc.; without starting with and then building on a solid foundation. It's ridiculous.

So, let me lay this out for you without the layers. I spent half a century peeling them back for myself. I'd be honored to pass this super-secret

decoded revelation along so you don't have to go through all the hard work too.

First and foremost, let's confirm we've already established the basis of Emotional Freedom Technique is to **R E D U C E** or **E L I M I N A T E** the negative emotions and stress in our lives.

Negative emotions, or rather attitude, i.e. "nothing ever goes right for me" has a toxic affect and will result in NOT achieving any of our goals.

Stress makes us SICK.

Traditional Western medicine, physician's and research have been able to identify many of today's chronic illnesses and diseases as having a significant foundation in stress.

To see exactly how sick stress is making us...I've broken it down into chunks; trust me, after today you'll see why stress is your #1 nemesis; mind, body and soul and is most certainly **N O T** the foundation you want to build **anything** on!

It's estimated that up to **80%** of all doctors' visits are related to stress. Most are **not** treated effectively with medications or procedures. It affects our immune system and the ability our body has to heal itself, and in which our cells divide and multiply. As well as our cardiovascular system and the long-term outcomes of the treatment of any chronic disease.

Research has proven that individuals who have a lighter mood, are not depressed and spend time with loved ones DO BETTER and much more quickly! In fact, for example; Oncologists recommend cancer patients watch comedy, read publications or surround themselves with people that make them laugh as a part of their long-term treatment.

Time and time again, studies have proven the link between stress and:

- Grinding or Clenching Teeth
- Lightheadedness or Dizziness
- Frequent Colds
- Infections Related to a Suppressed Immune System
- Frequent Allergy Attacks
- Asthma
- Heartburn/Stomach Pain/Gastrointestinal Diseases
- Depression/Anxiety
- Difficulty Concentrating/ Making Decisions /Forgetfulness
- Frequent Crying Spells
- Feelings of Loneliness

Individuals who suffer from stress:

- Overreact to Petty Annoyances
- Have More Frequent “Knee Jerk Reactions” / Anger Problems
- Lack Productivity Both at Work and School
- Have Excessive Anxiety or Worry
- Are Susceptible to Sudden Panic Attacks, Sudden Weight Gain or Weight Loss Unintentionally
- Excessive Gas, Constipation or Diarrhea, and...
- Difficulty Breathing.

All that being said; can we agree stress plays a pretty detrimental role in a person’s mental and physical health and the quality of our lives because of it? **Great!**

I mean, who knew something that seems so insignificant...such a little word has so much power to do so much destruction to a person's life? But it does.

As promised, here it is, and layers peeled back, the simplicity of a healthier mind, body and soul for you.

EFT has been **P R O V E N** effective and is used to reduce the amount of stress most likely (80% likely) the cause of whatever it is ailing you [mentally or physically.]

If you were to start your day, **every** day with an open mind[set], EFT and a glass of lemonade harvested from your previous lemons; you have immediately started your day with the odds in your favor!

The solid foundation has been set for a great day to be built upon and it took a mere few minutes more than your typical routine. Minutes, not hours. Minutes saved your entire day. Imagine that!

I will bet you've spent your entire life being told and believing [mostly rightfully so] that "if it sounds too good to be true, it probably is" and this is the ONE instance I'm giving you permission to throw that bulls#*t out the window!

Did you see how easy that was? What took me nearly 50 years I'm handing you on a silver platter. I'm begging you to not poke holes, analyze or dig deeper into it. There's simply nothing you'll find that's worth your time or aggravation. If you're reading this, I have a feeling you're in a place of wanting to move forward and not a minute too soon.

Now your foundation has been set for a great day but what about all the other things you want to address?

Because Emotional Freedom Techniques help in encouraging you to successfully complete your goals; once you've set the foundation for your day, you can begin tapping for more specific areas you'd like to address.

I'll give you some quick examples below pulling from my own tapping toolbox as well as other very common areas people most commonly strive to improve upon.

Physical Health: more specifically...

- Eating Disorders
- Weight Loss/Gain
- Exercise
- Hygiene
- Allergies
- Pain
- Fatigue
- Insomnia
- All stress related illness and conditions...

Mental Health: more specifically...

Anger | Depression | Anxiety | OCD | PTSD

Self-Help: more specifically...

- Relationships
- Job interviews
- Public Speaking
- Dyslexia
- Performance Issues [sports/sexual health]
- Addictions

Most everyone can find relief and will benefit from the addition of Emotional Freedom Techniques to their daily regimen. [I say 'most' because there will ALWAYS be a naysayer, a negative Natalie in the bunch...]

The use of Emotional Freedom Techniques is global and far-reaching because the underlying issues which it addresses, the reduction of stress and negative emotions, is extremely overwhelming. The number of case studies which have shown the remarkable improvements in all of these areas are so impressive they just can't be denied.

Sadly, most all of us are affected by stress and negative emotions, even our children. Because they live by example and society has put such pressure and high expectations on them. Isn't it our responsibility as adults to give them a fair and fighting chance by leading them with a wonderful and pure example[s]?

Perhaps that's my take because I allowed mine to live in such a toxic environment for too long. But I do believe it's at least a fair question.

EFT really may be one of the few things that everyone young and old can benefit from. As stress and negative emotion are all of a normal human condition and not prejudice to age or gender.

The Tapping Technique at Home

A Basic Recipe

[Worksheet with images can be found at the end of this chapter]

EFT is safe, needs no equipment and is very easy to learn. There are a few different things that you do need to learn when developing your Emotional Freedom Technique but the process is truly simple, easy and very forgiving. There are no EFT police and if you miss a specific point, or go out of sequence...that's okay. It's still effective and worthwhile.

Just like everything you'll do in your life, the more you do it, the better you'll hone your skills. In the case of EFT, you'll will also as figure out the specific "formula" for you and the results you're striving for.

That being said; keeping your cheat sheet at hand for the first several weeks is a must; thereafter merely highly suggested. While you don't have to go through the process perfectly or utilize every step each time; you also don't want to learn right out of the gate how NOT to do EFT and then have to break any incorrect habits.

In EFT, the technique consists of four parts, the Setup, the Sequence, the 9 Gamut and then repeating the Sequence. But you'll only have to repeat the Sequence [and the Gamut for that matter] if the first run through isn't as effective as it should be.

The setup includes making a statement like "even though I have this problem (or emotion or whatever), I deeply and completely accept myself" while tapping or rubbing continuously on a specific acupoint

(such as tapping the side of the hand or rubbing the "tender spot" below the collarbone).

During the tapping sequence, express out loud the problem or feeling while tapping on each and every point throughout the sequence. Thus, the setup is done first and then followed by the tapping and the feeling/problem is spoken repeatedly throughout the whole sequence.

For simplicity sake and a better understanding of the process; I'm going to break it down for you. Not all sequences are required for each tapping session and [1] is most often reserved for when going through the process of the other [2] isn't quite enough to lower the rating of your targeted or desired intensity number/level.

The following example is based on one of my very first conquests. I am diagnosed agoraphobic. It's extreme. Until EFT, I had only left my house a handful of times for occurrences due to emergencies [or pretty close to it] for almost 3 years.

And they are:

1. The Setup
2. The Sequence
3. The 9 Gamut... and
4. Repeat #2 "The Sequence"

TO BEGIN:

ⓧⓧⓧ ⓧⓧⓧⓧⓧ

Before you begin; rate the intensity level of your problem...

"the anxiety associated with leaving my home"

is making you feel on a scale of 0 to 10. [10] being the highest level of anxiety and [0] the least. Keep in mind chances are right now your anxiety level will be high. But knowing your level number now helps determine the extent of tapping you'll be doing and is a gauge for this entire process.

1. Rate your intensity level from 0 – 10:

In this example, mine is "9"

2. State what is concerning you:

"I am highly anxious about leaving my house."

3. Repeat 3 times:

"Even though I have anxiety when leaving my home...I deeply and completely accept myself."

Do this while simultaneously rubbing the 'sore spot' meridian point OR tapping the 'karate chop' point. Use 3 to 4 fingers to tap. If you're in your car - you can use the steering wheel; or the grocery store - the handle on your cart.

THE SEQUENCE:

[Tap 5 Times on Each Point]

- Start with the top of your head
- The inner corner of 1 eyebrow
- The outer corner of 1 eye
- Under the eye [just one]
- Below your nose

- Chin | directly below your mouth
- Collarbone [either side]
- Under your breast/chest right near the top of your rib cage
- Switch to your hand...Using 2 fingers and on the cuticle side edge...
 - a. Thumb
 - b. Index
 - c. Middle
 - d. Pinky
 - e. Karate chop point

4. Re-assess your intensity level now. If the tapping is working the intensity level should come down between one and three points per session. The objective is to bring the intensity level down to zero.

5. Add Gamut [if necessary] If your intensity level is stuck at a number higher than 2; it's safe to say you should add the Gamut step [the meridian point between the ring finger and pinky; illustration below].



Perform these 9 actions while also tapping the Gamut point continuously:

When repeating the sequence after the Gamut step; change your chant [or setup language] this time.

For example:

"Even though I still have some of this problem."

1. Eyes open
2. Eyes closed
3. Eyes hard down right
4. Eyes hard down left
5. Roll eyes in a circle
6. Roll eyes in opposite direction
7. Hum 5 seconds of song [Happy Birthday for example]
8. Count from 1 – 5
9. Hum 5 seconds of a song again
10. Repeat “The Sequence” as above. This time you change up your initial chant. Tweaking it just slightly as shown below:

“Even though I still have some of this problem”

...and then use “remaining problem” as a reminder phrase.

The tapping points are from the top of the head and upper torso and specifically described below:

- The ‘sore spot’ below the collar bone on top of the chest
- The ‘top of the head’
- The ‘highbrow’ directly over the inner point of the eye where tears are released

- The outer corner area of the eye
- Directly underneath the eye
- Directly underneath the nose
- The chin [just below the bottom lip]
- Side of the collarbone where a man's tie might rest
- Underneath the breast towards the armpit on the side of the ribs

Each of these areas should be tapped with the first and the second finger.

Run through the 'Setup' and 'The Sequence' once. Then take stock of your intensity level again. If it's above a two, continue to run through the process this time adding the Gamut until the level continues to reduce and you are happy with it.

Again, the goal is to get the intensity level down, ideally between 0 and 2, but depending upon the original intensity level and how deeply these negative emotions are ingrained, it can take two or three sessions before the level goes to zero.

Anyone can learn how to do Emotional Freedom Technique, even children; and quite honestly...they should. It's easy to teach your family and friends and it is an effective tool to calm or soothe yourself when you find yourself in positions that creates a high level of anxiety.

Because Emotional Freedom Techniques are noninvasive and do not require any additional tools or equipment, they can be used when you're out in public or with your friends. If you can't find a private place, such as the bathroom, it can be easily modified by tapping on the karate chop area, fingers, collarbone points or just over the eyes.

No one has ever been harmed by doing Emotional Freedom Technique and many people have been helped over their lifetime. It offers a new level of health and happiness without the use of drugs, needles, medical side effects or a significant financial outlay.

Take a few minutes every morning to start your day on its most solid foundation. As for right now? Take about an hour to devour this guide, its accompanying worksheet and familiarize yourself with the process. Print the cheat sheet to keep on hand.

Finally, even a bad day is a good day when you allow yourself to accept it's okay; and make lemonade out of your lemons. Tomorrow is a new day and always will be. Your day, yours...and only you can choose which actions to take to make it the kind of day you wish it to be.

Below are the illustrations for each of these tapping procedures. Right after the individual procedure images, is the cheat sheet containing the entire process on one sheet for your convenience. Print several to keep and take with you and give to your family and friends.

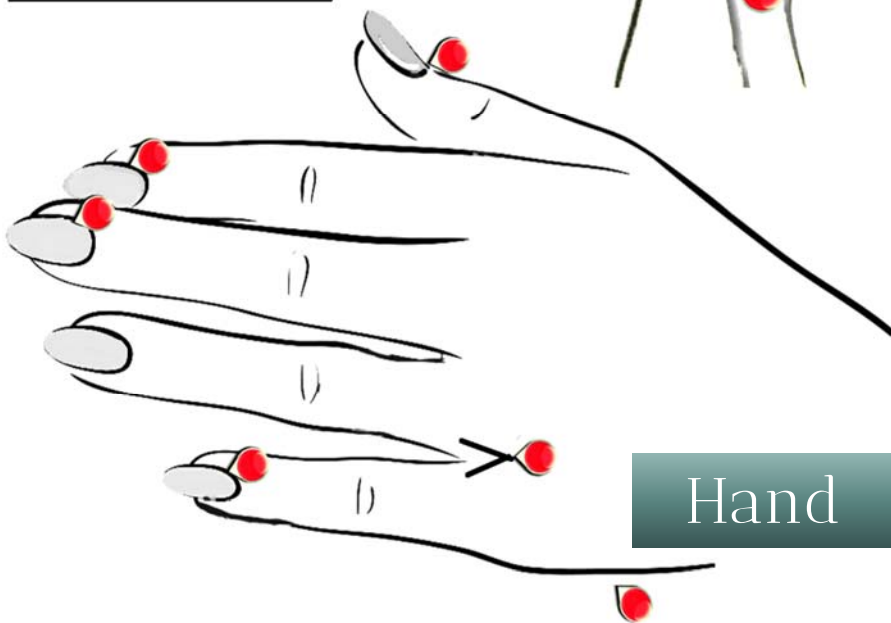
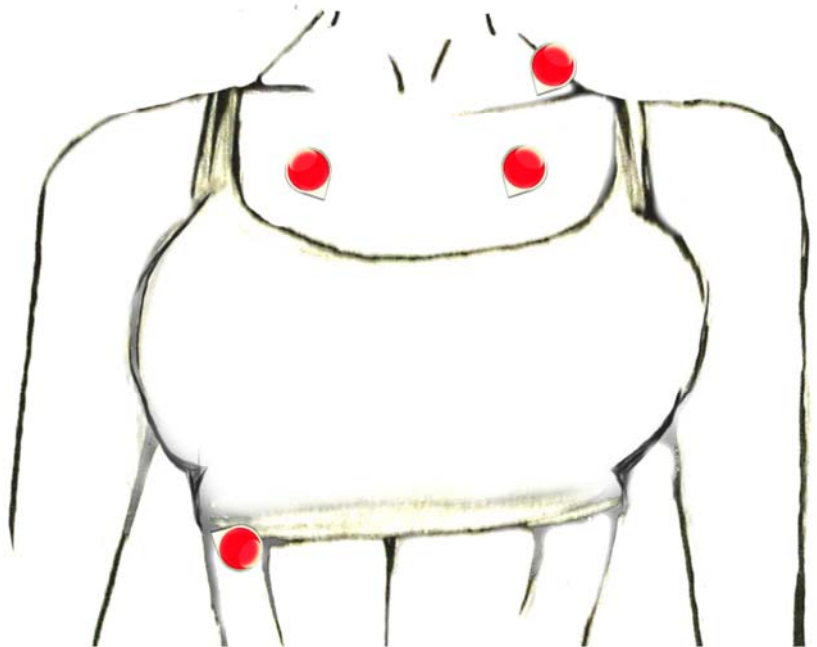
For more valuable tools to put in your Mental Health Toolbox; go to YourAdvoKit.com where the tools are plentiful and quality, top notch.

Meridian Points

Face and Head



Upper Torso



Hand

FEET TAPPING CHEAT SHEET

THE GAMUT:

Perform the 9 actions while also tapping the Gamut point continuously as shown in the illustration:

When repeating the sequence after the Gamut step, change your chant [or setup language] this time.

For example:

"Even though I still have some of this problem."

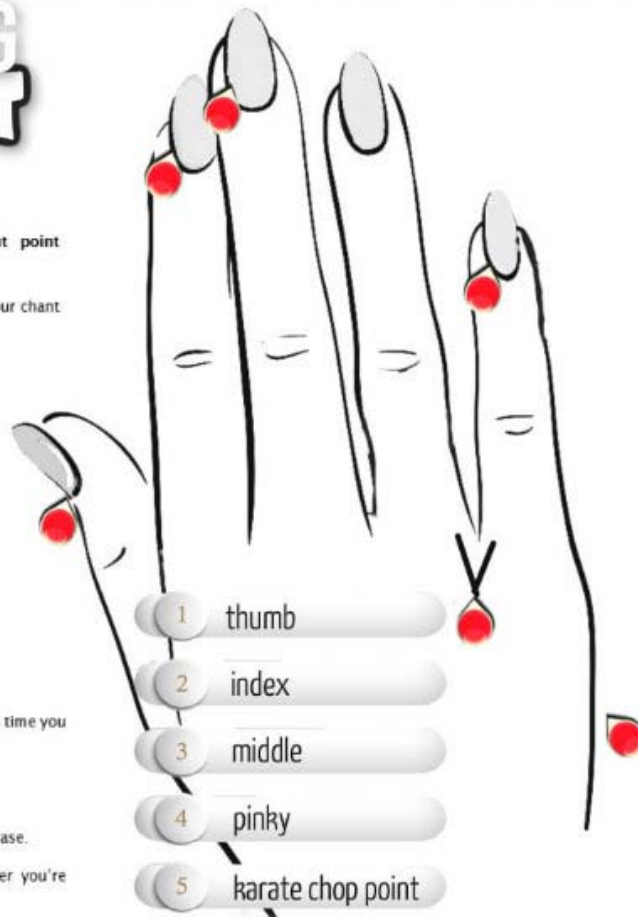
- [1] Eyes open
- [2] Eyes closed
- [3] Eyes hard down right
- [4] Eyes hard down left
- [5] Roll eyes in a circle
- [6] Roll eyes in opposite direction
- [7] Hum 5 seconds of song [Happy Birthday for example]
- [8] Count from 1 - 5
- [9] Hum 5 seconds of a song again

Repeat "The Setup" and then "The Sequence" as above. This time you change your original setup language as follows.

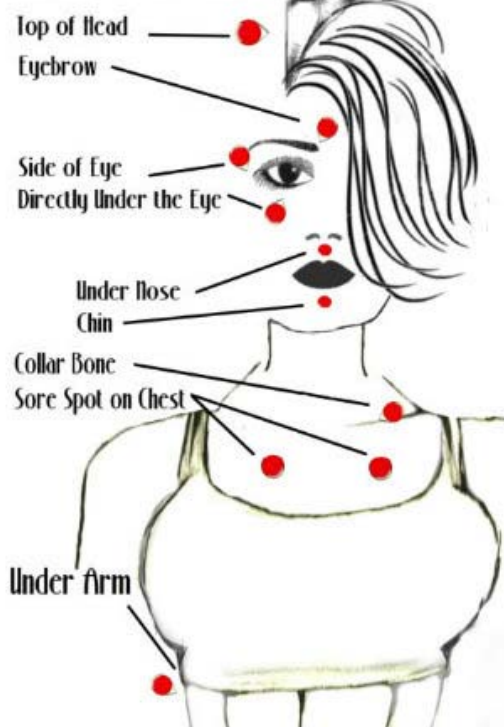
"Even though I still have some of this problem."

...and then use the *"remaining problem"* as a reminder phrase.

Continue this process until your intensity level is a number you're satisfied with.



THE SETUP and SEQUENCE



Rate the intensity level of your problem or pain on a scale of 0 to 10 being the most severe.

THE SETUP:

Repeat out loud [3] times "even though I have this _____[problem]; I deeply and completely accept myself;" while continuously rubbing the 'sore spot' or tapping the 'karate chop' point. If you're in your car - you can use the steering wheel. Or if in a store...the handle on the cart.

THE SEQUENCE:

Tap 5 times on each meridian point. Starting with the upper body and ending with your hand.

Re-assess your intensity level.

Disclaimer

I know EFT well and use it daily but I'm not an authority nor have I been formally educated. Meaning I learned EFT under the instruction of my therapist who has a PhD and **has** been formally trained. While I've had one on one training to learn the basic EFT process, it's history and the mechanics behind why it works...there are still times during session I'll ask him to direct me in a tapping session when I'm unsure of myself and want direction or encouragement.

But I'm not a therapist or doctor whose paid to take these courses in order to train others. My experience is of a patient/supporter not therapist/doctor.

It's my understanding these courses can run into the hundreds of thousands of US dollars and are extremely complicated when delving deep. But you don't have to delve deep, pay the high cost or spend years learning this very basic recipe that's 100,000% effective, and scientifically proven to work.

But it's imperative for me to make sure you know my experience stops here and I won't try and pretend I know more than I do. While you don't **have** to know more than I've shared with you, if you're like me and you'd like to know more just out of curiosity, here is a link to a gentleman who is very well versed and educated in the subject and one of the only few dozen educated and accredited in this area of expertise; [Mr. Peter Graham](#).

For more tools for your Mental Health Toolbox, go here. I'm adding CONSTANTLY the best tools and resources for better mental health. Bookmark this site to come back to often. You can also sign up for

the “Never Miss a Tool Again” email notification on the left navbar;
this way you’re guaranteed to not miss a thing!

May your inner peace come fast and strong.

Susan



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Susan was born and raised in Maryland, USA. She has two sons; both uniquely brilliant in their own right. As heredity, would have it her family came with its challenges... instead of fighting them, she embraced them as they came. Learning to balance, finding tools and resources to make each of our days a little easier. YourAdvoKit was birthed from these experiences and to share what has worked for us...and hopefully to help you and your challenges too.

