

An Emotional Freedom Technique - E F T Cheat Sheet - Side 1

Highly effective for resolving emotions and for all sorts of aches and pains. This technique is becoming more and more popular, especially since Paul McKenna has been using its predecessor, Dr Roger Callahan's 'Thought Field Therapy' T F T very effectively on TV.

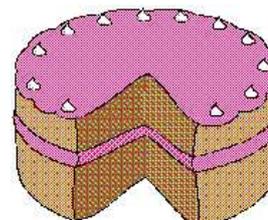
Its advantage over TFT is its simplicity; Anyone can learn it and use it. Its only draw back is that many people have seen it, tried it, even successfully, but have often forgotten to *use* it...

This cheat sheet is a quick reminder so that **you can remember** and an encouragement to **Use It** whenever something gets to you!

Four Parts

There are Four Parts to the sequence, like a layer cake.
We work our way Down through the cake:

- 1 The icing on top - The setup
- 2 The top layer of sponge - First round of tapping
- 3 The filling - Called the "Nine Gamut sequence"
- 4 The base layer of sponge - A last round of tapping



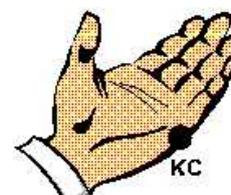
Plus- The Eye Raise technique is a quick shortcut if you have got the intensity very low.

1 The Setup

First, **calibrate** the intensity of your feelings or your pain on a scale of **0 to 10**.
Just guess... Zero is obviously none at all, ten is the worst you have ever experienced.

Tap firmly on the side of your hand with the ends of your fingers, just back from your little finger, where you would do a Karate Chop - We call it the Karate Chop point or KC for short.

The Setup Phrase: As you **keep tapping**, you say out loud, something like:
"Even Though I feel (whatever the **emotion** is: eg 'fear')
About (whatever the **problem** is: eg 'flying')
I still Deeply and Truly Love and Accept myself." Do this 3 times.

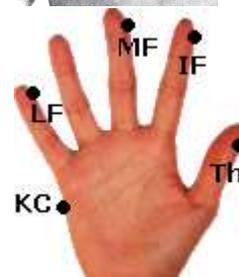
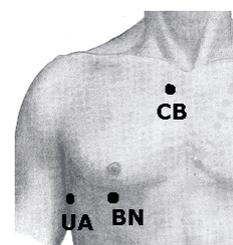
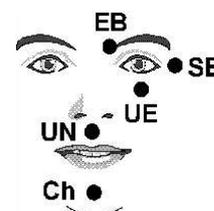


2 First Round of Tapping

Notice that the sequence of points goes *down* your body. This makes it easy to remember.

Tap each point *firmly* 7 or 8 times while you think of the problem and also name the problem out loud with a 'reminder phrase': eg "This fear of flying."

- 1 EB Inner end of one of your Eyebrows
- 2 SE The Side of your Eye socket, on the edge of the bony bit
- 3 UE Under your Eye, again on the edge of the socket
- 4 UN Under your Nose, just above your lip
- 5 Ch Chin, or actually in the crease between your lower lip and your chin
- 6 CB Is 1 inch below the notch of your throat and 1 inch to the side
Just below the inner end of your Collar Bone
- 7 UA Under your Arm, about 4 inches below your armpit.
I use four fingers for this
- 8 BN 1 inch Below your Nipple for a man
In the crease below your breast for a woman
- 9 Th On the palm side of the base of your Thumb nail
- 10 IF On the thumb side of the base of your Index Finger nail
- 11 MF On the thumb side of the base of your Middle Finger nail.
(Miss the next nail)
- 12 LF On the thumb side of the base of your Little Finger nail
- 13 KC Back to the Karate Chop point on the little finger side of your hand.



End of the first round of tapping.

3 The Nine Gamut Sequence

So called because you do 9 things while you are tapping what acupuncturists call the Gamut point. This is in the groove between the tendons from your little finger and ring finger in a dip about an inch back from the knuckles.

Tap on the Gamut point on the back of one of your hands, think of the problem and say your reminder phrase.
eg. "This fear of flying."

Then keep tapping, with your head up and facing forward:

- 1 Close your eyes for a few taps
- 2 Open them again
- 3 Put your eyes hard down to your right (keep your head still)
- 4 Put them hard down left
- 5 Roll your eyes clockwise over the top to 'down right' (Keep tapping)
- 6 Roll them back over the top again to 'down left' and then let them go straight ahead
- 7 Hum a tune for a few seconds (eg. Happy Birthday: "Hm hm hmm hmm, hmm hmmm")
- 8 Quickly count from 1 to 5 "OneTwoThreeFourFive"
- 9 More humming.



4 Last Round of Tapping

Carry straight on tapping each of the points 7 or 8 times, thinking of the problem and repeating your reminder phrase each time.

- | | |
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| 1 EB Inner end of one of your eyebrows | 2 SE The side of your eye socket |
| 3 UE Under your eye | 4 UN Under your nose, above your lip |
| 5 Ch between your lip and chin | 6 CB Below the end of your collar bone |
| 7 UA 4 inches below your armpit | 8 BN Below your nipple |
| 9 Th Base of your thumb nail | 10 IF Base of Index finger nail |
| 11 MF Base of your middle finger nail | 12 LF Base of your little finger nail |
| 13 KC Back to the karate chop point on the little finger side of your hand. | |
| 14 Finish off by tapping the Gamut point on the back of your hand again for 7 or 8 taps. | |

Eye Raise

Notice if the feeling has gone down and if so to what number. If it is 4 or above, do another full sequence. If it is zero, you can stop. If it is 1, 2 or 3, use the eye raise technique:

Tap and keep tapping your gamut point on the back of your hand.

Say out loud "The last little bit of (the name of your problem.)" and starting with your eyes hard down in the middle, raise them slowly to high up during the count of 6 to 8 taps. Then bring your eyes down suddenly and repeat this another 2 times and then stop and recalibrate.

If it is still not zero, then do the eye raises again. If it is zero, then Stop!

That's It!

Resources

You can get a free 87 page manual on EFT at www.emofree.com
Click the link for Free Manual. You will need to give an email address

You can get some of the much briefer TFT patterns at www.thoughtfieldtherapy.co.uk
Just click the download button near the bottom of the page. Or you can order Roger Callahan's book for £10 from <http://nlpbookshop.com/book/roger+callahan/tappingthehealerwithin.html>

If you have any questions or you want to book an appointment with me, then call me:
David Owen on 01752 361576 or 0845 FOR GOOD (0845 307 4003)

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