Free Tapping Manual

A Comprehensive Introductory Guide
to EFT (Emotional Freedom Techniques)

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The EFT International Free Tapping Manual

A Comprehensive Introductory Guide to EFT (Emotional Freedom Techniques)

© 2021 EFT International, newly revised edition.

Co-updated and edited by: Betty Moore-Hafter, Jade Barbee, Shoshana Garfield PhD, and members of the EFT International Executive, Research, Accreditation and Training Boards

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Thank You

We offer the EFT International Free Introductory Tapping Manual with appreciation to EFT developer Gary Craig, who has creatively and generously taught the healing art of EFT to hundreds of thousands of people. Much of his pioneering language and many of his key concepts are reflected throughout. We also honor the contributions of the skilled practitioners who have influenced all of us and helped shape the practice of EFT over time. EFT was released into the public domain in December of 2009.

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Introduction

A woman comes into the practitioner's office and is distraught; she has been so frightened of driving for the last two years that her whole life has been organized around the fear. An hour later, she is hopeful and excited about driving, and a week later she comes back beaming, reporting that she has been driving all week, and feels wonderful.

What happened during that hour? A gentle, effective EFT session. Other stories tell of grinding panic, anxiety, fears, or chronic pain that go back to earlier trauma and may take many sessions to unravel.

Even in cases of extreme severe trauma, which may take years to address satisfactorily, the treatment length is dramatically rapid compared to traditional "talking only" therapies. One EFT client we know had severe childhood abuse leaving her with diagnosed mental illness. After 23 years of psychotherapy, she still had prominent PTSD symptoms. With a further 8 years of EFT and other Energy Psychology modalities, her PTSD symptoms completely cleared and she has since experienced profound "post-traumatic" growth.

The moral of this story is that no matter how challenging and intrusive symptoms may be, EFT may have great wonders to offer. The sessions and stories are infinitely varied, but what is common to them all is the effective application of EFT (Emotional Freedom Techniques). EFT is indeed a remarkable, life-changing tool.

EFT can help you value, explore, and transform your emotional reality – the thoughts, beliefs, and emotions you carry with you. We invite you to experience this process for yourself. One of the great attractions of EFT is that you can easily learn the basics and that even as a beginner, you can get significant benefits.

Created by a team of EFT International Accredited EFT Trainers and Accredited Advanced Practitioners, this comprehensive introductory manual will convey beginner processes of how to apply EFT effectively. This manual cannot replace proper EFT training, and you are strongly encouraged to seek further training from qualified EFT International Accredited Trainers.

Of course, the more you practice it, the more you will get out of it. For this reason too, EFT International heartily recommends hands-on training by EFT International Trainers. Visit EFTInternational.org to learn more about EFT training in a location near you.

EFT Can Help to:

- Relieve stress and promote general relaxation
- Release and transform painful, uncomfortable or “negative” emotions like anxiety, sadness, anger, guilt, frustration, etc.
- Improve or even eliminate some types of physical discomfort or pain
- Heal the effects of emotional trauma whether you remember the incident or not, and whether the emotional trauma came from one event or many
- Diminish cravings for food and addictive substances
- Resolve financial blocks and help us change our financial behavior
- Address relationship problems
- Resolve emotional eating and weight issues
- Ameliorate or relieve symptoms from diagnosed medical conditions
- Relieve phobias and other fears, irrational or otherwise
- Relieve the symptoms of PTSD
- Foster better sleep and sleep habits
- Increase self-esteem, clear-thinking, positive feelings and a sense of greater peace
- Improve performance (artistic, professional, athletic, sexual, etc.)
- Maximize creativity, visioning, and goal setting
- Increase energy and productivity
- Empower children, parents and families
- Benefit the lives of animals
- Promote spiritual growth, self-empowerment and confidence
- Move us beyond self-limiting beliefs and open us towards greater possibilities
- And so much more...

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What Is EFT (Tapping)?

EFT (Emotional Freedom Techniques) or "Tapping" is a body/mind self-help method. It combines a gentle touch together with mindful and vocal attention to thoughts and feelings. EFT involves tapping with our fingertips on acupuncture points on the hands, face and body while focusing (temporarily) upon an issue we wish to resolve.

Students practice tapping together in an EFT International EFT Level 1 class, 2013

While ongoing scientific research continues to document and validate EFT as an effective treatment worthy of being mainstreamed, what is remarkable is that it works so well.

EFT allows us to release and transform the way uncomfortable feelings like hurt, guilt, fear, or anger may be affecting our experience. EFT can also be used to help transform the thoughts and beliefs behind our emotional experiences. After just a few rounds of tapping, people often report feeling lighter and calmer and able to breathe more easily – almost as if they now have more space inside. They may report that their thinking has changed, they have gained new insights or that they are *feeling better*, overall.

As we begin to notice, acknowledge, and transform how we carry our emotions, we begin to see just how this may be contributing to pain, illness, or other personal challenges. By using EFT, we can reconnect with our innate sense of unshakeable wellbeing.

Developed by engineer Gary Craig and inspired largely from the work of Dr. Roger Callahan, EFT is easy to learn and flexible enough to be used by anyone. As we explore EFT for ourselves, we become empowered to respond to our own emotional states and help ourselves feel better. With the aid of this simple and natural healing tool, we can discover just how our thoughts, beliefs, and emotions affect our bodies and our lives – and how we can more consciously make the changes we desire.

EFT International Trainers offer hands-on workshops where you can learn, practice and experience EFT. Visit aametinternational.org to find an EFT workshop in your area.

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"Emotions are our body's reactions to our thoughts."
– Eckhart Tolle

Emotions, The Body's Energy System and The Brain

EFT works with the body's subtle energy system – a network of energy pathways, called meridians in Traditional Chinese Medicine. Some people are very skeptical of the existence of pathways that previously could not be detected. However, with the development of more sophisticated medical technologies, the existence of the primo vascular system has been established. These documented pathways are accessible via specific locations on the body called *acupoints*.

Practicing EFT in a combined Level 1 & Level 2 course, 2011

Acupuncture uses needles on these points, ostensibly to release stuck, stagnant energy and rebalance the system; acupressure uses finger pressure. EFT has been called a psychological version of acupuncture, as the simple process of tapping certain acupoints while focusing on an emotional upset has the effect of releasing the intense charge of troubling emotions.

When we are upset, and uncomfortable emotions like worry, fear, or guilt arise, it feels as if our systems are no longer in a state of peaceful harmony. In this case, what if our body is telling us that something we are feeling (or thinking) requires our attention?

We can think of EFT as helping reboot our personal energy system in relation to the issue at hand, similar to the way we reboot a computer, which has gotten stuck or has crashed. EFT can help us reset our personal energy system *little by little* at a pace that is right for us. Once our system begins "rebalancing" as we tap, we usually start feeling better – more relaxed, peaceful and serene – in relation to our specific problem or issue.

Our body, mind, and emotions are intricately connected. When we apply EFT to something that is bothering us, we can feel the shift in our thoughts, our feelings, and our bodily responses (i.e. stress or tension).

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Uncomfortable emotions have an energy pattern to them that we can feel (i.e. feeling *bad*), and we can be keenly aware of the change in the energy (i.e. feeling *better*). Using EFT, we may get noticeable relief and ease – quantum leaps of healing – with seemingly insurmountable problems, often where nothing else has worked in the past.

EFT and The Brain

Another reason why EFT works so well is the effect that it often has on the brain. Scans of the brain, including fMRIs (functional MRIs), have shown that the stimulation of acupoints with needles sends signals directly into the "survival" parts of the brain where the fight-or-flight part of us lives. Words alone cannot reach these areas of the brain, which do not have direct neural connections with rational language centers.

It *may be* that EFT, which involves acupoint stimulation with tapping, reaches the survival-instinct mechanism of the brain and helps to reprogram our reactions at that level. This feature is not available in many modalities.

When we are under stress, the pre-frontal cortex of the brain goes “offline,” and our body begins flooding with adrenaline and cortisol. The EFT intervention can help calm the amygdala, facilitate the release of calming chemicals, and *bring us back* to a more resourceful state (see page 56).

For further research information, notes and links, see The Science Behind EFT section (page 54) or explore the Science and Research archives available at EFTInternational.org.

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The EFT Process: An Overview

We first present a short version of EFT that is currently used worldwide by a majority of EFT practitioners. EFT International calls this the Standard EFT Protocol. The complete original "Basic Recipe" from classical EFT (upon which the Standard Protocol is based) is taught on page 26. We recommend that you learn both.

1. Notice something that is bothering you. It might be a feeling in your body or a specific thought in your head. For the sake of this exercise, let's name your bothersome issue "stress." Now rate the intensity on a scale of 0-10 (where 10 is the worst). How intense is this *particular* stress?

2. Do the EFT Setup. To perform the Setup, tap on the Side of Hand point (outside edge of hand, fig. 1) and repeat the following phrase three times per classic EFT:

> *"Even though I have this 'stress,' I deeply and completely accept myself."*

3. Tap through the Sequence (fig. 2). Begin at the Top of Head point whilst repeating a Reminder Phrase. The Reminder Phrase states the issue and keeps your attention on the energy of the problem while you tap:

> Top of Head (TOH): "*This stress...*"

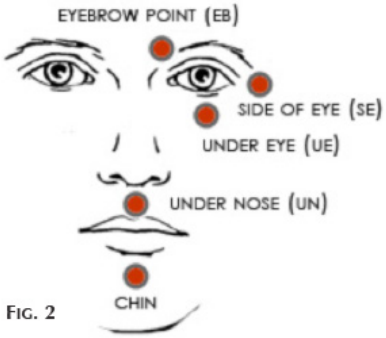

FIG. 2

Gently tap several times (7 to 10 or so) on each of these acupoints with your fingertips, whilst saying your Reminder Phrase:

> Eyebrow Point (EB): "This stress..."
> Side of Eye (SE): "This stress..."
> Under Eye (EU): "This stress..."
> Under Nose (UN): "This stress..."
> Chin Point (CH): "This stress..."
> Collarbone Point (CP): "This stress..."
> Under Arm (UA): "This stress..."

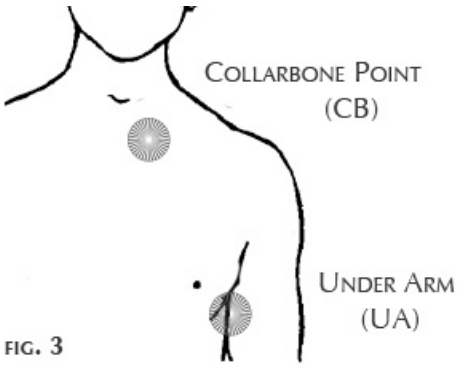

FIG. 3

4. Check-In and Measure. Pause to notice the effects of the tapping on your specific issue – the specific stress you identified. Reassess the intensity level. Has the

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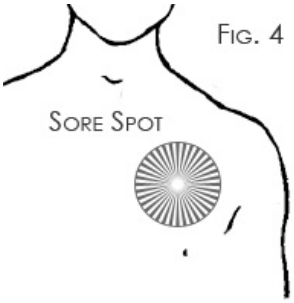
number changed? What number do you give the intensity now? If you can't think of the number, just make your best guess.

5. Refocus and Repeat. Refocus on your issue and repeat the tapping process again if your number is greater than a zero. The second time around, we often change the wording as follows:

> **Setup:** *"Even though I **still have some** of this stress, I deeply and completely accept myself…" (repeat 3x)*
>
> **Sequence***: "This **remaining** stress" (on each of the points, starting with the Top of Head)*

Notes on the Setup:

- The acupoint used for the Setup was historically called the Karate Chop point. EFT International prefers the wording Side of Hand for reasons of cultural sensitivity, abbreviation "SOH."



- Gary Craig's latest version of EFT recommends saying the Setup only once. The authors highly recommend that newcomers to EFT repeat the Setup phrase three times (for thoroughness). Throughout this manual we will follow the classic version of EFT (saying the Setup three times).
- Some people bristle at the phrase "I deeply and completely accept myself." If this is the case for you, adjust or *flex* the second part of the Setup so that it feels more true to you (e.g. Even though I have [this issue], *this is where I'm at right now* or Even Though I have [this issue], ***I want to*** *deeply and completely accept myself*).
- Gently rubbing the Sore Spot (fig. 4) is an alternative to tapping the Side of Hand point. This will be explained in a later section.

Notes on Top of Head (TOH) and Additional Points:

- In the Standard EFT Protocol, Top of Head can be used FIRST or LAST in the Sequence of Tapping Points. Both have been popular through the years. We recommend that you decide and be consistent, whether you begin with Top

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of Head (TOH), as we have shown here – or begin with the Eyebrow Point (EB) and end with Top of Head (TOH).

- Additional points, such as the Finger Points and the Gamut Spot were a part of the original, longer version of EFT. Many people like to add them at times to enhance the process. These are not considered part of the EFT International Standard Protocol and so are not included here. You can find out more about Original EFT, which includes these additional points, on pp. 27-29 of this manual.

Example "Round" of Tapping

Next, we will do a full round of tapping. A *round* is an EFT Setup and Sequence done together, one time:

1. Notice something that is bothering you. Use a short phrase that describes your issue. This phrase comes from your words – your subjective experience of the issue. Measure the intensity. How intense are these words on a scale of 0-10?

"I'm afraid of losing my job. About a 7"

2. Do the Setup. Tapping the Side of Hand (SOH), say the Setup phrase three times:

"*Even though I'm afraid of losing my job, I deeply and completely accept myself."*

3. Tap through the Sequence (starting with Top of Head), and speak the Reminder Phrase at each point:

"I'm afraid of losing my job..." or "fear of losing my job"

4. Check-in and Measure: After one round of tapping all the points, what is your intensity on the issue now?

5. Refocus and Repeat: If your number is not yet at zero, repeat the process again, beginning with the Setup (on Side of Hand 3x)

*"Even though **I still have some** of this fear of losing my job..."*

and proceeding through the Sequence (saying a Reminder Phrase on each point, starting at Top of Head):

*"This **remaining** fear of losing my job"*

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6. Check-in, Measure, Refocus and Repeat as necessary until your issue is *as low as it will go*…

How to Do EFT: Detailed Instructions

1. Focus on the Problem

Before beginning to tap, take some time to become aware of what you would like to work on. You can focus upon a "negative" emotion, a body sensation, or a more complex problem – whatever feels intense right now. Just take a deep breath and sit with whatever is coming up. What is bothering you? The more specific and detailed you can be, the better.

Sometimes talking with yourself or someone else can help you gain clarity about what feels most intense. It is especially useful to notice how you experience the emotion in your body - like tightness in the chest or a knot in the stomach, for example. In other words, how do you know you are feeling what you are feeling?

Give the problem a name. For example,

> *This stress from work*
>
> *This sadness about the break-up*
>
> *This fear of flying that makes it hard to breathe*
>
> *This headache, like a throbbing behind my eyes*

Helpful Hint: If you are working with a physical issue, consider asking yourself a few key questions and using the answers in your Setup phrase:

> Is there something emotional going on that has been happening as long as you have had this issue?
>
> How do you feel when you think about this?
>
> If there were an emotional contributor to this issue, what might it be?

Sometimes, there is fear, worry, hopelessness, anger or some other strong feeling about getting closer to your issue. If these feelings are present, it is important to tap for these kinds of feelings before moving forward with anything else.

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As you consider continuing, you might sense that your issues are too complex or scary to approach on your own. If this is the case, we encourage you to consider consulting an experienced practitioner.

2. Measure the Intensity

Once you have identified the issue you would like to address, a 0-10 scale is useful for measuring the scope of the problem. You might hear this referred to as the SUDS – Subjective Units of Distress Scale. What number do you give to this negative emotion or issue right now? Is it low, medium or high on the scale?

Some people prefer to use their hands to express the intensity: Palms close together is low, wider and wider apart is higher and higher. This method is especially useful for children.

Helpful Hint: By developing the habit of noting your intensity, you then have a skill to measure your progress before and after you tap.

3. Create a Setup Phrase and Perform the Setup

To create your Setup phrase, choose a few words that describe your subjective experience of the problem or issue:

> *Even though I have this [uncomfortable issue/problem, etc.], I deeply and completely accept myself*

More examples:

> *Even though I have this stress from work, I deeply and completely accept myself*
>
> *Even though I am so sad about the break-up, I deeply and completely accept myself*
>
> *Even though I have this fear of flying and it is hard to breathe, I deeply and completely accept myself*
>
> *Even though I have this headache and it is throbbing behind my eyes, I deeply and completely accept myself.*

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Helpful Hint: Whilst the above examples use the standard Setup phrase, the most effective Setup statements include words that are true for you (see below). We discuss some more helpful variations of the Setup on page 29.

> *Even though I crave this chocolate and I loath myself for it, I want to deeply and completely accept myself.*

Performing the Setup

Speak your Setup phrase three times aloud whilst tapping on the Side of Hand point. The Side of Hand point is the outside edge of the hand – the fleshy part between the base of the little finger and the wrist (see fig. 1):

> *Even though I have this _____, I deeply and completely accept myself anyway.*

Why We Perform the Setup

We can think of the Setup as a way of preparing our energy systems for healing and change – a way of intentionally softening any internal objections to being wholly present to what we are experiencing.

Historically, the Setup was considered to be the "correction for Psychological Reversal" (see page 29). To this day, some practitioners say performing it creates a more positive energy or that speaking it whilst tapping allows us to *step back more objectively* – despite the problem at hand.

In scientific terms, the Setup appears to trigger our issue in a safe manner, laying the groundwork for what is called "the disconfirming experience." Hence, performing it helps *unwire* the neurological pathways between thinking about an issue and our distressed emotional response.

A lot of us make strategies to avoid our difficult feelings because we're afraid we are smaller than our distress. In this light, the Setup helps remind us that we are always bigger than our feelings even if we don't think we are.

It may help to think of the Setup as a safe way for us to explore, acknowledge, and express the uncomfortable feelings we are truly experiencing right now. By performing the Setup statement, we tell the truth about just what we are currently feeling. As we acknowledge this energy whilst tapping, we indeed begin to allow these feelings to evolve and transform.

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The "Sore Spot"

The Sore Spot is an alternative to the Side of Hand point but instead of tapping, we rub this spot. To find the Sore Spot, place your finger in the indentation at the base of the neck and go down about 3" (or 8cms) and to the left (or right) 3" (or 8cms). As the name suggests, feel for a spot that is sore or sensitive.

To utilise the Sore Spot, gently press and lightly rub (or trace) the area whilst repeating the Setup phrase (instead of tapping the Side of Hand point).

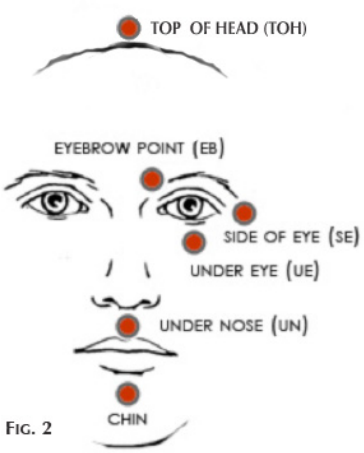

FIG. 2

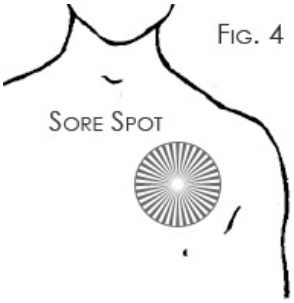

FIG. 4

4. Tap Through the Sequence Using the Reminder Phrase

After you have done the Setup, tap through the Sequence of points, repeating a Reminder Phrase at each point. The Reminder Phrase simply states the uncomfortable feeling. It is a way to hold the problem in your conscious awareness while tapping, allowing the energy to transform.

As a rule, use the same Reminder Phrase at each point.

Here are example Reminder Phrases for various issues:

This stress from work

This sadness about the break-up

This fear of flying, it's hard to breathe

This throbbing headache, etc.

To perform the Sequence, tap on each of these points (7 to 10 times or so) as you speak the Reminder Phrase on each point:

Top of Head (TOH), on the crown of the head, lightly tap with all the fingertips – like gentle raindrops, in a circular motion if you like.

Eyebrow (EB), beginning of eyebrow, tap on the brow bone, near the center of the face

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Side of Eye (SE), on the bone near the outer edge of the eye in line with the pupil when looking straight ahead

Under the Eye (UE), on the top of the cheekbone underneath the pupil when looking straight ahead

Under the Nose (UN) on the philtrum (the indentation just above the top lip)

Chin Point (Ch), in the indentation between the lower lip and chin

Collar Bone (CB), just below the collarbone, near where the collarbone and breastbone come together. From the midline, trace under the collarbone just about 2" (or 5 cms) to the right or the left.

Under the Arm (UA), torso starting at the armpit, go down on the side of the body 4" or about 10 cms (where a bra would be on the body in that area).

After you finish tapping, relax and take a deep breath. When you have done the Setup and the Sequence, you have completed one round of EFT.

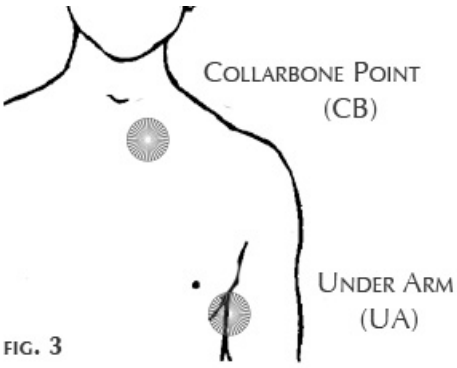

FIG. 3

5. Evaluate the Results

Sit for a moment after a round of tapping, taking plenty of time to notice any results from the tapping process. What are you aware of? How does your body feel? Is there any change in the emotional intensity you were experiencing? Did anything else come up for you?

See if you would give that intensity a different number. Has it gone down? Or up? Or did it stay the same? Rate your intensity again. Let's say you started with "fear" at a 7. You may still feel fearful but the tapping took the edge off of it, and you would now rate it a 5. Or let's say it went up to a 9 and your memories are more vivid. That means you are tuning in to the problem.

6. Refocus on the Issue and Repeat the Tapping Process

For a second round of tapping, we often change the words slightly. Perform the Setup three times, beginning with the Side of Hand point:

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Even though I still have some of this ____ [feeling] (or more of this ___ or a little bit of this ____), I deeply and completely accept myself.

Tap through the Sequence again with the Reminder Phrase, using the word "remaining" where appropriate:

Eyebrow (EB): *This remaining* _____

Side of Eye (SE): *This remaining* _____

Under Eye (UE): *This remaining* _____…

Letting the Process Unfold

As you go through rounds of tapping, things usually begin to change. You may feel different or you may be unable to find the feeling at all anymore. For instance, the fear may subside to a 3, but now *embarrassment* is coming up at a 10! In EFT, we call this a different "aspect" of the issue.

Alternatively, feelings may become more intense. This is a normal occurrence. All this means is that the numbing you may have been protecting yourself with is softening and easing.

Strong Emotion

If emotional intensity is rising, it likely means that you are one step further towards resolving your issue. However, if the intensity feels like it may become too much to handle, it would probably be best to proceed with the help of an experienced EFT practitioner. In other words, your system is responding to EFT (emotional intensity is rising), but professional support may be needed.

When emotional intensity is high, you can stop working on the issue itself and simply stop using words and keep tapping around the points. You can even touch and hold the points (this is called "Touch and Breathe"). Both methods are effective for calming your system. When the emotion does become overwhelming, whatever you do – don't stop tapping. Keep tapping around the points, non-stop, until emotions begin to subside.

We invite you to explore our directory of EFT Practitioners on AAMET.org to find a practitioner that's right for you.

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More on Aspects

Aspects may include further details that emerge as you begin to notice what is really bothering you – tone of voice, certain words someone said, a seemingly new feeling, etc. As you move through different aspects, you will be addressing the complexity of the issue. Be sure to refer to your original intensity assessment and give yourself the gift of noticing what has changed from that starting point.

A thorough process may take you through many aspects, changes in the way the emotion is showing up in the body, possibly some deeper issues, and so forth. Continue rating the intensity and tapping as you address each part that arises.

Stay (or refocus your attention) on what is most present or most intense for you in this moment. Paying systematic attention to aspects and targeting each aspect with the tapping is one of the best ways to address and remove the charge to as many parts of the problem as possible. Being specific gets the best results.

The next pages explain more about aspects and give you further hints and tips on how to be more specific. You will also find more EFT strategies in our extended Art of Delivery section (page 38).

The Importance of Zeroing In, Addressing Aspects & Getting To The Core

To increase our chances of getting great results with EFT, it is important that we focus our thoughts in systematic ways during the process. In general, EFT works best when we can be as specific as possible, whenever possible.

Conversely, not getting specific sets EFT up to work poorly. It's like having a great car such as a Ferrari with no air in the tires! All that is needed is specific action, such as putting the air in the tires, and then everything works beautifully.

Another example is a can of WD-40, which is oil that helps lubricate metal and fix squeaks. To use this product effectively, we need to attach a straw to the can so we can target where the oil goes, otherwise it will spray all over the place, make a mess, and still not necessarily address the problem. In the WD-40 example, getting specific is like the straw – it helps get the EFT where it needs to go!

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Zeroing In from Global to Specific

One of the most essential EFT skills is being able to move from global to specific. For example, when we are working with a large or global issue, such as "fear of abandonment," we may be trying to encompass too many feelings at once for EFT to have any noticeable effect. To tackle such an issue, it is very important to zero in on specifics.

Here are some sample questions to get to something specific that EFT:

> When is a time when something happened and you felt abandoned?
>
> How far back does this go?*

*To be trauma-informed, we may not want to go to the "first or the worst" times something bad happened. Always prioritize a gentle approach when using EFT.

Three good ways to zero in and get specific:

- Break the issue down into specific past events
- Work with the emotion as it is held in the body
- Work with your own inner imagery

Breaking an Issue into Specific Events

Try zeroing in on specific events in your life that you associate with the distressing feelings:

> *Even though my father yelled at me in front of my friends when I was 12…*
>
> *Even though my mother left me waiting for hours after school when I was in 5th grade and just didn't show up to pick me up…*
>
> *Even though they sent me to boarding school because they didn't want me around…*

As you deal with specific events, you will very likely feel the emotions of those times. By gently approaching the event, you stay in charge of the EFT process. By carefully and thoroughly tapping through each of the details that feel upsetting in turn, as well as all your feelings and the limiting beliefs you took on, you bring a deep completion to the event. You also bring much healing to the global issues as well.

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Body Awareness

Zero in on where and how you feel the feeling in your body. What is it like physically? How do you experience this emotion in your body?

> *Even though I feel the abandonment like a void in my chest…*
>
> *Even though I feel the fear like hyper-vigilance in my head, always looking out for who is going to let me down next…*
>
> *Even though I feel this dread – a sick feeling in my stomach...*

Often, you will feel changes in the way the body is holding the emotion. The sensations may calm down or change in quality or even move to a different place. When emotional energy or physical pain appears to move around the body, and we follow it with tapping, this is known as "chasing the pain," a sign that you are on the right track.

Inner Imagery

Zero in by using an image to represent the feeling. If you enjoy visualizing, imagine what the energy of the fear looks like or feels like for you and tap with the image.

> *Even though this fear is like a snake, always lurking and ready to strike me…*
>
> *Even though this fear of abandonment is like a pit I'm always about to fall into…*
>
> *Even though I feel an ocean of sadness in me...*

Helpful Hint: Imagery is another way to listen to our feelings. As we tap, the images often begin to change as the energy shifts. After tapping, has the image changed in any way? What are you noticing now as you contemplate the image?

It is often very effective to move amongst these ways of zeroing in as you work through any complex issue.

Addressing Specific Parts of the Issue or "Aspects"

Every issue we work on has many parts, many details, and many possible triggers for the uncomfortable emotion that we are feeling. Recognizing aspects and tapping very specifically for different aspects is a critical skill required for effective EFT.

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For instance, if you are afraid of flying, you may have many aspects of that issue to tap on, such as:

- A sense of being trapped – I can't get out
- The feeling of not being in control
- Panic whenever it gets bumpy
- The fear of a terrorist being on the plane
- Fear as the plane begins to move, anticipating take off

You can continue to uncover aspects with the question, "What bothers me the most about flying now?" Eventually, there will not be much that bothers you and the fear will be gone, unless there are core or deeper issues around which "fear of flying" might just be the tip of the iceberg. It may sound odd, but we have had clinical cases where the fear of flying was, at a deeper level, a fear of abandoning one's children if something should happen - "and my children would be left motherless!"

Helpful Hint: Many issues carry a complex mix of emotions. Let's say you have tapped for your hurt in a certain situation. The hurt has subsided, but now you feel angry. As hidden layers of emotion emerge, these are more aspects of the issue and must be handled separately.

Looking for different aspects and then specifically targeting these aspects with tapping will go a long way towards achieving lasting results.

Getting to the Core

In EFT, getting to *the core* of an issue can release the energy of the whole problem. However, finding what is underlying the issue at hand, *the core,* such as a lynchpin event, can take time and detective work. If you have tapped for a current issue and still feel that something is not shifting or resolving, it is time to look deeper.

One of the best EFT questions to ask is:

What does this remind you of?

Whatever pops into your mind, follow that thread, even if it doesn't seem relevant. Many intense issues have deeper roots, and questions like this will often lead to specific, early events that can benefit from systematic attention with EFT.

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Helpful Hint: Early traumatic events will have led to limiting beliefs or unfortunate conclusions about ourselves. When we collapse these events, the beliefs often change in surprising ways.

A Smoking Story

One of us [an EFT International Accredited Certified EFT Practitioner] was working with a client who wanted to stop smoking. Together we were using EFT to address his cravings, but nothing was shifting (i.e. EFT did not seem to be working). With the idea of *getting to the core* in mind, the client was posed this question: "If this smoking were protecting you in any way, what would that be?"

The client put his hand on his chest and thought for a moment. Finally, he gasped and said, "I just remembered a time when my father was beating me really badly! "

Lo and behold, we had potentially uncovered *the core* of his smoking issue. After tapping a few more rounds on the specific realization ("that time my father beat me really badly"), he stated: "I'm not safe unless I numb myself." A self-limiting belief!

Long story short, bringing EFT to this deeper understanding of the smoking issue (and tapping using his words), diminished his craving significantly.

Zanna's Story: An Example of Applying EFT for a Snake Phobia

This example illustrates zeroing in, being specific, tapping for aspects, and finding a lynchpin event:

Zanna has a terrible fear of snakes and wants to use EFT to get over that fear. She is doing the tapping on her own. First, she rates her fear at a 10. If she even thinks about a snake, her heart beats fast, her palms sweat and her breath becomes shallow. She does one round of tapping:

> **The Setup:** *Even though I have this terrible fear of snakes, I deeply accept myself*
>
> **The Sequence:** *This terrible fear of snakes…*

The 10 falls to an 8. She is breathing more easily and feels a little calmer. She looks at some snake pictures and these still make her cringe, though she is no longer at a 10.

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She decides to zero in and tap full EFT rounds for each of the details about snakes (aspects) that bother her:

Round 1: Even though I hate the way they wriggle…

Round 2: Even though their forked tongues look evil…

Round 3: Even though they have fangs…

After several rounds of tapping, Zanna can look at snake pictures and feel much calmer. But one of the pictures still makes her cringe. What is it about that picture that bothers her? She realizes it is the eyes!

Even though they have these beady little eyes…

Soon, Zanna can look through all the pictures quite calmly. Her fear is not gone but it is down to a 4. She decides to zero in on some specific events. What has happened in her life to give her these fearful feelings?

After a few moments, Zanna remembers several times when a snake surprised her, and this thought feels intense – around a 6.

Even though I've been surprised by snakes… I can't stand being surprised… finding one where I don't expect it…

Suddenly a childhood memory pops into Zanna's mind. She remembers being a little girl in the basement of her house, about to pick up a big stick – when the stick moved! It was a black snake that had gotten into the basement! This memory has a lot of emotional charge and brings her back up to an 8.

Even though I almost picked up that snake! I was just a little girl and that terrified me! I deeply accept my young self…

She taps for a number of aspects of that now-vivid memory:

Even though I screamed…

Even though my father came running and everybody was yelling…

Even though my father grabbed a hoe and struck the snake and killed it… and the snake writhed… and the whole thing was awful…

Finally the memory seems neutral. She can think of the entire event with calmness. She returns to the snake pictures and feels completely neutral about them. Maybe

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the “basement” memory was a lynchpin event, and tapping for that lynchpin event has shifted her whole response to snakes. Everything seems to be at or near 0.

Zanna feels ready to visit a pet store and look at some real snakes. She knows that if she feels fear or anxiety, she can slow down and tap before going any further. She is well on her way to being free of her phobia of snakes.

Zanna’s experience illustrates how clues about core issues or events can come up spontaneously as you work on a current issue. If you keep the idea of *getting to the core* in mind, you may just allow yourself to follow the trail of your feelings, one aspect at a time, and find permanent relief. Just sit for a moment after each round of tapping and see what comes to mind.

Further EFT Discovery

Tapping for ourselves is not always easy to do effectively. It can require practice, skill, and, at times, more than a little courage. If you’re having difficulty applying EFT on your own, or getting consistent, long-lasting results when you tap, consider enlisting the help of an experienced practitioner.

Sometimes, working with the right practitioner is what is needed for us to get optimal results with EFT – especially if our issues are severe or there has been a lot of personal difficulty in our lives. If you’re thinking you may need or want a personal EFT experience, visit our Directory of Accredited, Certified EFT Practitioners at EFTInternational.org.

If you know EFT, but want to get better at applying it, EFT International Levels 1, 2 and 3 EFT Training workshops are designed to help students develop their foundational (or advanced) skills step-by-step under the auspices of an experienced teacher. For more information about where you can train in EFT, visit our Workshops and Events listing on EFTInternational.org.

About Original EFT

The original version of EFT as taught by EFT developer Gary Craig included two parts that are not always used in the more common shorter versions. They are detailed below. The two additional parts are called:

Tapping on Finger Points

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Adding the 9 Gamut (and Gamut Point)

Both of these procedures are good to know. These procedures can add some extra power to the process at times. They can also be used flexibly. All of the Advanced Practitioners and Trainers that we know still incorporate these elements in their EFT practice from time to time.

FIG. 5
EFT FINGERPOINTS

Try the complete Basic Recipe for an issue and see how it feels. Once you are familiar with it, you can always add the finger points or the 9-gamut in your tapping whenever you wish.

Below, we will walk you through the complete original EFT Basic Recipe.

The Original EFT Basic Recipe

1) Focus on the negative emotion and assess its intensity on a scale of 0-10.

2) Perform the Setup: While tapping on the Side of Hand point or rubbing the Sore Spot, repeat the following *three times:*

   Even though I have this [uncomfortable emotion], I deeply and completely accept myself.

Tap through the Original Sequence while stating the Reminder Phrase with each point: Eyebrow, Side of Eye, Under Eye, Under Nose, Chin, Collarbone and Under the Arm. (In the Original Sequence, Top of Head was not used.)

This [uncomfortable emotion]

Now tap the Finger Points (Fig. 5). For each finger, tap at the base of the nail on the side of the finger that is towards the body, starting with the Thumb, Index Finger, Middle Finger, Baby Finger (you skip the Ring Finger).

Add the 9 Gamut

Next, tap on the Gamut Spot and perform the 9-Gamut. The Gamut Spot (Fig. 6) is on the Back of the Hand between the knuckles, at the base of the ring and baby fingers.

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For the 9 Gamut, you continuously tap on this spot while performing the following 9 steps:

Close your eyes
Open your eyes
Eyes hard down to the right (head stays still)
Eyes hard down to the left (head stays still)
Roll the eyes 360° in one direction
Roll the eyes 360° in the other direction
Hum a bar of a tune (such as "Row, Row, Row, Your Boat" or "Happy Birthday")
Count, 1-2-3-4-5
Hum the bar of the tune again

Return to the Original Sequence and tap through all the points again, stating the Reminder Phrase at each point:

Eyebrow Point (EB), *This [uncomfortable emotion]*
Side of Eye (SE), *This [uncomfortable emotion]…* etc.

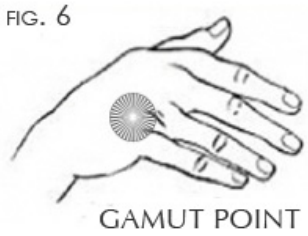
FIG. 6
GAMUT POINT

This is the complete Original EFT Basic Recipe.

Helpful Hint: "Row, Row, Row, Your Boat" and "Happy Birthday" are merely suggestions. We find that what you start with tends to imprint - so choose your tune with care. It should be simple and brief, and, either emotionally neutral or positively meaningful for you.

One trainer had a musician client who chose the first two bars of a melody from his favorite composer, Franz Liszt.

About The 9 Gamut

The 9 Gamut has been called the Brain Balancer. The eye movements, humming (right brain) and counting (left brain) help to engage the right and left sides of the brain. It was a part of the original EFT Basic Recipe, but in EFT history, Gary Craig stopped using it routinely around 1998 when he realized that he usually got excellent results without it.

Many practitioners still find it quite useful. The 9 Gamut generally creates a pleasant feeling and it can also help shake things up – sometimes by adding a needed dose of humor to a session – especially when working with a problem that is persistent.

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In terms of the larger field of Energy Psychology, the 9 Gamut is akin to a popular modality called EMDR (Eye Movement Desensitization Reprogramming), created by Dr. Francine Shapiro.

A major feature of EMDR is stimulating right and left brain hemispheres through eye movements. EMDR is a highly evidence-based methodology and is accepted as a standard trauma treatment in many countries.

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Variations On The Setup Phrase

The classic EFT Setup phrase involves acknowledging the problem *(Even though I have this___)* while at the same time affirming self-acceptance *(I deeply and completely accept myself).* The Setup has the effect of diminishing internal obstacles to change (traditionally called Psychological Reversal), thus opening the system to healing and positive change.

For some people, this classic EFT Setup language is a lovely fit. However, some clients burst into laughter at the standard phrase, I *deeply and completely accept myself,* because it's just so far from where their truth is at that moment. Others find it too painful, because self-acceptance is a sizable, separate issue for them.

When this is the case, the challenge is to remain in attunement to an issue while balancing it with some form of acceptance that is true and sufficiently powerful.

EFT International considers the Setup phrase itself to be an indispensable part of EFT, and quite healing: affirming that we accept ourselves despite our problems reaffirms our self-worth and serves to consistently disarm our internal objections to moving forward.

When it does not feel right, there are many variations that may work even better in that moment – ways we can *flex* the statement appropriately. Here are some possibilities for varying the Setup phrase:

Even though _____, I want to accept myself
Even though _____, I can accept that this is just where I am right now
Even though _____, I accept that I feel this way
Even though _____, I want to love and accept myself with compassion
Even though _____, I can choose to be a little kinder to myself
Even though _____, I accept all my feelings without judgment
Even though _____, I can love and accept all parts of me
Even though _____, I love and accept my young self
Even though _____, I'm ok anyway

We also favor variations that allow for our healing process to unfold. In other words, we may not be at self-acceptance right away and the standard phrase feels like too much of a stretch. Sometimes expressions like these feel more respectful of our true feelings:

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Even though _____, it's time to bring some healing to this
Even though _____, this is where I am at right now
Even though _____, I can let these feelings safely flow
Even though _____, I'm open to the possibility of _____
Even though _____, I'm willing for this to transform
Even though _____, I acknowledge all these feelings
Even though _____, I honor myself for how hard it has been
Even though _____, I'm allowed to feel what I feel

You can even get really skeptical:

Even though _____, I might someday be willing to entertain the slight possibility of…

Some people get hung-up or worried about finding the "right words." EFT is a very flexible process and once you start tapping, you enter a state of flow. What if you could trust that the words that come up are the right ones for you?

Helpful Hint: In many EFT internet videos, the language *I **love** and accept myself* is used. This is a very popular variation. We encourage you to have kind self-awareness in choosing language that really feels true/supportive to you.

When people have some healing under their belt, they can adjust the Setup phrase to reflect their ever-deeping relationship with themselves, for example

Even though_____, I DEEPLY and COMPLETELY LOVE and ACCEPT myself
Even though _____, I know EFT will shift this as it has so many times before

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Questions and Answers

How Hard Do You Tap and How Many Times? When There Are Bilateral Points, Should You Tap On One or Both?

It works well to tap with your fingertips a minimum of 7-10 times on each point, but there is no need to count. If it feels right to stay on any point and keep tapping there, that is fine too. A firm yet gentle tapping is all it takes. When there are points on both sides of the face/body, it works fine to tap on just the right or just the left or even switch sides during the Sequence. Or you can try using both hands to tap both sides simultaneously. Try different ways and see what feels best to you.

Why Are There Variations In The Tapping Points That Some People Use?

EFT is a flexible process. The original points in the Sequence are all endpoints of meridians. The Liver Point (Under Nipple) is also a meridian end-point but it is not always included for reasons of modesty. Some like to add the Liver Point in the Sequence. To find this point: for men, it is one inch below the nipple (or 2.5 cms), for women, where the under skin of the breast meets the chest wall.

The most popular addition is the Top of Head (TOH), which has been used widely as EFT has developed. The Top of Head is called the Hundred Meetings Point in acupuncture, because many meridians meet there. Another favorite addition is tapping the inside the wrists (or tapping wrists together), which often feels great and accesses several meridian lines.

How Do I Know What To Say When I'm Tapping?

The Basic Recipe is a verbal formula that you can simply plug into and usually get results. We consider it the “default” setting. You can also be very free-flowing with the Setup: *Even though…* and the Sequence: *This* _____ (experience/ thought or feeling) as if talking to yourself about the issue. Our Alternatives To The Setup section gives you many ideas to customize the Setup so that it fits for you. Just remember that you can’t do it wrongly and that there are no magical right words. The words you use serve to help you tune in to your issue as specifically as possible, so feel free to say what fits for you.

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Can I Tap For Others?

Yes. For a child, a sick person or anyone who would like to receive the tapping this way, you can tap on them (with permission) and say the words for them as they repeat out loud or silently listen to the words.

The other form of tapping for others is called Surrogate Tapping. In this method, you tap on your own body on behalf of the other person, even if they are not physically present. See the Art of Delivery section for more on how to use Surrogate Tapping.

Does It Work For Animals?

Yes, very effectively. Most work with animals is done using Surrogate Tapping. As you tune in to the animal's experience, imagining what they must be going through, you tap on your own body on their behalf. Animals are very sensitive to emotional energy, and they seem to respond well to this kind of attention.

Does EFT Cure Serious Or Chronic Illness (Lupus, Cancer, Depression, etc.)?

Serious illnesses are usually considered quite emotionally complex, and EFT can play many roles in supporting a healing process. EFT can certainly help with some symptom relief as well as the side effects of treatments and medications. And if a person is willing to delve into the possible emotional contributors to an illness, such as on-going stress, childhood trauma, unresolved grief and loss, identity issues, etc., EFT sessions over time may help a great deal.

The body, mind, and emotions are intimately connected, and EFT addresses the whole person, sometimes with amazing healing results. Yet each person's healing journey is unique and it cannot be claimed that EFT is a "cure" for serious illness. In our experience, EFT works best as part of a strategy involving a comprehensive healing team.

Can It Really Be Done Properly Over The Phone Or Skype?

Yes, definitely. Many EFT professionals conduct a large part of their practices via phone or Skype. This is not simply for convenience. Some clients open up more with a "stranger" in the privacy of a phone call, and visual distractions are eliminated. Most people find that phone sessions create a common inner space of listening,

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which feels very healing. For Skype, the visual is there, and you are in the comfort of your own space, plus you can work with a practitioner from anywhere in the world. Tapping sequences can easily be guided via phone or Skype.

How Do I Tap In Public?

There are many ways short of running to the restroom/toilet. You can:

- Tap or rub on inconspicuous points, like Side of the Eye, Collarbone, Gamut and/or Side of Hand.
- Consider tapping with one finger. Instead of tapping, simply rub, press or touch the points. Squeeze the tips of your fingers under the table.
- Imagine yourself tapping – it works!

Perhaps obviously, all of this done silently, as you mentally repeat the words.

Should I Drink Water?

There are a lot of Energy Psychology modalities that test for dehydration before they even get started. Therefore, drinking water is usually a good idea. Water conducts electricity (energy). Since our physical body is 70-80% water and we are an electrical energy system, it makes sense to stay well hydrated for any kind of energy work, including EFT. Some people actually get thirsty during or after tapping.

Do EFT Scripts Work?

A well-written, generalised EFT script (read from the written page or repeated from a video or audio) can help us experience some results that can inspire further practice and discovery. If someone is confused about what words to use, a script can be a helpful template or springboard for practicing EFT.

Tapping with a script is no substitute for a specific and personalised EFT process that is self-guided or facilitated by an experienced EFT Practitioner. Scripts, by their nature, usually offer results that are palliative or temporary, but they will seldom give the same lasting results as thorough, systematic exploration of an issue with EFT.

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Can I Use EFT With Other Methods/Techniques?

Yes! There are many valuable other healing techniques out there that can be combined with EFT in beneficial ways. Psychotherapy, counseling, hypnotherapy, TFT (Thought Field Therapy), TAT (Taps Acupressure Technique), EMDR (Eye Movement Desensitization Reprocessing), ART (Accelerated Resolution Therapy), TRE (Traumatic Release Exercises), Reiki, and more can be integrated with the EFT process.

Many traditional therapists are astounded at how fast EFT works and how effective it is, and many often use it as an adjunct to their regular practices.

When Should I See A Practitioner?

Anytime you get stuck tapping on your own, it's a good idea to contact an EFT Practitioner. If you have a complex issue (like childhood abuse or low self-esteem) working with a practitioner gives you emotional support, guidance, a different perspective, and – usually – better results.

In the case of big, serious past traumatic events, feeling safe often becomes an issue. Handling significant trauma safely and effectively requires working with a practitioner with specialist training.

Whatever your issue, working with an EFT professional can be greatly beneficial. What we call the Art of Delivery of EFT is not something you can learn within days or weeks from a book or a DVD alone. Even those of us who are practitioners and trainers seek the help of fellow professionals at times.

Why Do I Have To Keep Stating The Negative?

People are often afraid of repeating a negative phrase because they are afraid of making it stronger. With EFT and any meridian-based modality, it is essential to stay-tuned in to the issue and *allow* it to be present while tapping.

Staying tuned in by repeating your Reminder Phrase gets you the specificity you need for the best results. Laser beams need a target! The Reminder Phrase gives the meridians a target for the balancing work and, rather than the negative growing stronger, you usually experience a noticeable shift or sense of relief.

For example, when we go to the dentist, we have to say, "this tooth hurts – the pain is here," in order for her to know what to treat. Naming our issues is not actually

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negative. Instead, it is an acknowledgement of our present truth, and helps us zero in on that which we wish to change.

A good rule of thumb is to use any words that will keep you focused on the energy of the problem, which can indeed feel uncomfortable – but this is the path to healing.

Helpful Hint: By allowing yourself to focus upon the negative while doing the Reminder Phrase, you give uncomfortable feelings the opportunity to be safely expressed and transformed by your tapping attention.

Is There A Way To Bring In Affirmations?

Yes and it can be great fun when the timing is right. It can be tempting to want to rush to more pleasant feelings. But of course you don't want to put a bandage on a wound before it is thoroughly cleaned out. First, acknowledge and address the uncomfortable feelings and emotions as fully as you can with EFT.

Once the feelings are no longer pronounced (down to an intensity of 0, 1 or 2 perhaps), you may find yourself with a readiness to focus on feeling better: Is there a part of you that is ready to feel calm, peaceful, content or at ease, for example?

There are many ways to be creative and playful as you tap:

> *Even though I've had this (name problem), it is calming down, and I give myself permission to feel (content, peaceful, happy, etc.) instead.*

Another way to tap with a positive focus is simply to incorporate lists of things you are thankful for, whatever you find beautiful or meaningful, or things you would like to feel about yourself or your life.

After meditating, for instance, you might tap around the points speaking thoughts about this day being a good one, consciously bringing light and heart energy into your day, or allowing happiness to fill you.

Another example could be starting your workday. After acknowledging and tapping for any blockages or discomfort, if any, you may wish to set your intention with tapping:

> *I'm sitting down at my desk now and I'm ready and willing for this day to be incredibly productive and surprisingly easy…*

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Helpful Hint: It's rare (well-nigh impossible) for us to go from distress to joy instantaneously. Allow this to be a gradual process. Notice what positive thoughts and feelings naturally arise as you allow yourself to be fully present to the discomfort with tapping.

Is There A Way To Assess Progress Without Using The Numbers 0-10 All The Time?

Yes. Consider all of the different aspects of the situation or trauma that you are working on. Is there a visual picture that has formed? If so, how bright is the picture? Can you see colors? How clear are the people and objects in the picture? Are there other senses that are engaged?

Then, as you find yourself at natural breaks in your tapping sequence, take a moment to sense where you are. Has the picture changed in any way? Does the picture look lighter, perhaps more faded? Have any elements changed? What about where it was located in your body? If it was expressing itself as a tightness in your stomach, is that tightness still there? Has it lessened, moved, or changed? And so on, through all the senses that have linked into your issue or concern.

Helpful Hint: All these details can be confusing. Pick just one aspect, e.g. *this tightness in my stomach*, and tap through a few very focused rounds and see what happens.

How Do I Tap with Children?

Playfully! Have a sense of humor and play. It is often helpful to get down on the floor with children and let them lead the discussion. Keep it simple and stick to facts (i.e. "this happened," etc.). Children articulate things differently than adults do. You can also adjust the Setup phrase to something simple like, "Even though this happened, I'm still a good kid."

Use a toy such as a teddy bear, any soft animal toy or doll and tap around the points on its body. You can also let the child tap on the teddy bear while talking about what is going on, or have the child tap on herself or himself.

Encourage kids to show you intensity levels by holding their hands close together or far apart. Keep things very simple and stick with what happened, such as *he pushed me in line!* – and tap on that.

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Does EFT Always Work Instantly?

If it did, there would be no need for this manual, website, or our work at all! EFT is not a magic pill. Although there are times when profound shifts and positive changes occur immediately, more frequently the process is a longer one, requiring many sessions (either with yourself as practitioner and/or with a professional practitioner). Often there are a variety of aspects that have contributed to the concern, and it can take many rounds or sessions to resolve a complex issue.

I Cannot Tap with My Fingertips, Is There An Alternative?

Yes. Try simply touching the points while speaking aloud (or in your mind) as you work through the EFT process. The method of slowly and deliberately exhaling your words while touching each point (known as “touch and breathe”) is a very effective application of EFT.

You may also try simply *imagining* the tapping. As you work through the EFT process and visualize tapping each point, the same neural pathways are activated in the brain. While it requires a particular kind of concentration, many people feel that imagining the tapping gives the same profound results as regular, physical tapping. For example, imagining the tapping can be effective when trying to fall asleep.

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Introduction to Art of Delivery

Skillful application of EFT is called Art of Delivery. The term was coined by EFT Developer Gary Craig to describe what happens when a person moves beyond doing EFT mechanically and becomes more adept at applying it (See the EFT International Glossary of Terms).

In this manual, we wish to give you an introduction to some of the most important tried-and-true Art of Delivery principles. The concepts, hints and tips that follow have proven to be highly effective and can really help you get results. There is, of course, no substitute for practice, experience, and in-depth training, but the basic guidelines below will get you started with some essential skills.

The Art of Delivery Basics included here are:

Being Specific
Breaking Issues Down To Specific Events
Shifting Aspects
Testing Your Work
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Helpful Hint: We include "good questions to ask" in many of these sections. Good questions are key to skillful Art of Delivery. If you're working on your own, feel free to ask yourself these questions and alter them to suit your individual situation.

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Being Specific

The chief mistake beginners make with EFT is to tap in a global way, after only vaguely identifying what they are tapping for. Taking some time to determine, very specifically, what you are targeting with your tapping is perhaps the most important Art of Delivery skill.

Good questions to ask yourself or others:

Exactly what does this feel like to you? Describe what you are experiencing in your body.

What specifically bothers you about this?

What is an example of this problem in action?

For example:

Q: "So, you're mad at your boyfriend? What specifically bothers you about him?"

A: "He's an idiot."

Q: "What is an example of a time when he was really an idiot?"

A: "Well, there was that party last week and, when I entered the room, he turned to his friends as if I didn't exist."

Tapping on the most intense feelings about this incident (i.e. anger, I don't exist, I feel deprived, unloved, unseen, etc.) and using your own words will be the most effective.

Breaking Issues Down To Specific Events

A global problem may be something like *low self-esteem*. But such an issue is actually made up of many things: childhood fears and beliefs, traumatic events, self-blame, etc. Tapping for the global problem may not seem to give results; however, breaking it down into specific events usually does.

If you are on the lookout for them, you will notice when specific events come to mind during the process. You can also ask questions in order to bring specific events to the fore. As you tap for specific things that have contributed to the issue, you

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may notice the global problem becoming lighter and eventually it may be completely resolved.

Good questions to ask:

> What specific event does this remind you of? **Pick one.**

Who in your life "makes you" feel this way? Focus on an incident with this person where you really felt this strongly.

> How long have you felt this way? When did it start?

If you can't come up with a specific event, you can create one that would have been typical:

> So your mother was always yelling at you. Just imagine a typical event. Where would you be in the house? What would she probably be yelling at you about? What does her face look like to you?

This will usually bring up the feelings, which is all it takes to tune in and apply EFT. Then tap through each of these aspects thoroughly, several rounds each if needed.

Whether you know something really happened this way or not, the event that you tune into is real in your internal experience. This can be your perception of things or even what you imagine might have happened. Any way you can work with specific events usually gets results.

Aspects and Shifting Aspects

Aspects are different parts or various details of a problem. They can be specific things that upset us or they may be different layers of emotion that emerge as we tap.

For instance, if you are tapping for the traumatic memory of an auto accident, you may have to tap for the sound of the tires squealing, the brightness of the headlights, the fear, the shock, the anger, etc. Tapping for a mouse phobia, you might tap for the sight of a mouse, the scurrying of its movement, its hairless tail, etc.

Good questions to ask yourself or others:

> What bothers you the most about this?

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What else bothers you? Anything you see, hear or feel in your body?

What is *still* uncomfortable about this?

What details do you see when you think about it?

People don't always realize that they have shifted aspects. For instance, you may still feel upset after several rounds of tapping – but are you still upset about the same thing? What is bothering you now?

Helpful Hint: Careful measuring of your reaction to specific aspects before starting tapping (getting a baseline) allows you to assess which aspects have changed and how.

Measuring and Testing Your Work

We often start by rating the intensity on a 0-10 scale. By measuring our intensity, we can test how far we've come. For some people, numbers help us notice the small changes. If numbers don't work for you, any way of measuring your intensity is fine.

Whether working with yourself or others, it can help to write down all the details of what it feels like before you tap. Then when you go back afterwards, you will notice what has changed. A great way to test is to revisit what was upsetting you so much. Do you still have the same reaction to it? How charged is it now?

Some good questions to ask yourself or others:

Say those words out loud now. What do you feel?

Tell the story again. What is it like to go through it? Is there still any intensity on the different aspects?

Imagine the situation. What still bothers you?

Other ways to notice that things are shifting:

We may see the picture differently (i.e. the color changes, loses intensity, turns to black and white or sepia, gets smaller, seems literally further away, etc.)

We may experience a physical shift (i.e. the queasy feeling in our stomach about the issue may be gone).

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Sometimes another physical sensation then arises. If so, you tap for that.

Sneaking Up On Intensity

One of the features that makes EFT so gentle and effective is our ability to *sneak up* on emotional intensity without going into the content of the upsetting issue or event. If you anticipate that something is going to be intense, tap for your feelings before visiting the difficult issue:

> **Setup:** *Even though talking about that is going to be hard for me, I accept where I am with this right now...*
>
> **Sequence:** *I'm afraid it will be hard...* or *I'm scared of going there...*
>
> – OR –
>
> **Setup:** *Even though I've never told anyone about this and I'm terrified at the thought of doing so… I give myself permission to go at my own pace*
>
> **Sequence:** *I've never told anyone… I'm really terrified of talking about it… I'm terrified… I'm terrified…*

Only when and if you feel calmer and more at ease will you actually be ready to address the issue effectively. When you do start to talk about it, it will be much less upsetting. Even tapping around the periphery of a difficult issue can bring more relief than you might imagine.

Good questions to ask:

> Do you dread having to tell this story? If so, how much dread, 0-10?
>
> How do you feel when you think about going through it in your mind?

You can tap to take the edge off anytime, even in the middle of a session or a story. In other words, you can think you're ready, go in, and encounter unexpected intensity. You may need to sneak away and tap for what is coming up:

> **Setup:** *"Even though I can't even think about what happened next, it's too upsetting, I deeply and completely accept myself."*
>
> **Sequence:** *"It's too upsetting, it would upset me too much, can't go there..."*

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It is good self-care to tap as you go and never force yourself to proceed until you are comfortable doing so. If intense feelings come up anyway, just tap all the points over and over and keep breathing deeply while tapping until the uncomfortable feelings subside. At this point, you may be so tuned in to the issue – you do not necessarily need any words.

Helpful Hint: There are other gentle techniques, such as the Tearless Trauma Technique, which are taught in EFT International Level 1 and Level 2 Trainings.

The Generalization Effect

After you address a few related specific events with EFT, the process starts to generalize over the entire global issue, and the emotional charge of the whole problem may seem to collapse. In other words, you may only have to address a few large aspects of the issue with EFT for the whole problem to no longer hold much of a charge anymore.

For instance, if you were physically abused as a child and you do thorough work with EFT on several of the incidents, the relief may *generalize* over the whole situation. In other words, similar events that have not been directly addressed with tapping may now hold less intensity than they had previously and may indeed hold none at all.

In another example, war veterans with hundreds of traumatic memories have reported that after tapping for 5 or 6 memories, most of their remaining terrible memories seem distant and no longer as painful.

A good question to ask yourself or others:

> Think of something else that happened, something similar - does that bother you like it used to?

The Movie/Tell the Story Technique

When working with a specific event, the Movie/Tell the Story Technique (formerly called The Movie Technique and the Tell the Story Technique) helps to gently release intensity, uncover aspects, and eventually test your results. It is a form of gently approaching a past event that could be intense or painful. This approach is also extremely useful for slowing things down and revealing aspects that might otherwise have been overlooked.

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To use the Movie/Tell the Story Technique, choose an event that happened in the past, something you can picture in your mind. If there are more than one or two crescendos of emotional intensity in your event or "movie," break it into several smaller movies, and work on one at a time.

Helpful Hint: The movie you choose should only be a couple minutes in length. For example, an event such as a car accident may have many intense scenes (e.g. the accident itself, the ride to the hospital, the recovery, etc.), and each one needs to be handled as a separate movie.

When you have chosen an event, give it a title. You're going to tap on the title *before* ever going into the story of what happened.

Do several rounds of EFT on "this ___[title]___ movie" or "this __[title]___ story" to reduce the intensity before going through the full movie or story.

More Helpful Hints: If a descriptive title feels too intense, you can give it a code name, phrase, or even a number or letter. If the event is very intense, you may need to stay with tapping for the title for a large number of EFT rounds. This is normal.

When the intensity on the title is a 3 or below, begin to narrate the movie or story as if you had never told it before. Start at the beginning and stop whenever you feel any intensity at all and do a full round of tapping on each intense moment. Work on that specific detail/piece of the story until the intensity has subsided to below a 3.

Next, rewind the movie a little and go through that part again. What does it feel like now?

Tap again for any remaining intensity and then proceed with narrating the movie or story.

When you have been through the whole movie or story thoroughly, rewind and start over. Narrate the movie or story again, being mindful of any remaining intensity. Sometimes you will come up with details you didn't think of the first time through. Keep going through this movie or story, pausing to tap for any disturbing details, until the movie or story no longer has any negative emotional charge to it.

Notice how neutral you feel about the event now and how this feels in your body. You may also experience positive feelings like relief or a sense of lightness. To be super-thorough, revisit the title once more. Is there any intensity to the title now? Has the title changed?

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The Movie/Tell the Story Technique has been called a "workhorse" technique in EFT, and we encourage learning it well. In formal EFT International tapping training courses, students have the opportunity to practice Movie/Tell the Story Technique in small groups. During the course of the training, students also learn how it can be adjusted for specific needs. For example, we can run the movie *silently* for privacy, or we can *watch the movie on a screen* to stay at a safer distance, etc.

A more detailed explanation of the Movie/Tell the Story Technique can be found in the EFT International Glossary of Terms available at EFTInternational.org.

Noticing Cognitive Shifts

We may not always realize that we are beginning to see our situation differently.

EFT helps create "cognitive shifts," or changes in our thinking, our attitude, or our perspective. We can tell a cognitive shift has happened when we are:

Seeing the other person's point of view for the first time

Having more compassion for ourselves

Knowing that we did the best we could

Seeing the bigger picture

Seeing ourselves or the problem differently

Helpful Hint: Sometimes it may feel as if things "get worse before they get better." That means we're tuning in, letting go of denial, and allowing ourselves to be present to something difficult – maybe for the first time. This usually means we are on the right track.

Good questions to ask:

Has anything changed in the way this whole thing looks to you now?

How might you see this (or yourself) differently now?

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Emotional Contributors to Physical Issues

Most physical issues have an emotional component. To understand this concept, try working only on the emotional pieces of a physical problem and see what kind of results you get.

Good questions to ask:

> If there were an emotion involved in this physical problem, what might it be?
>
> What have you been going through lately? And/or in the year before the physical issue arose?
>
> What was going on in your life when this physical problem first started?
>
> What was the previous year like for you?
>
> How do you feel about having this illness or pain?

If your afflicted area (e.g. knee, back, or stomach) could speak to you, what might it say?

Is there anyone or anything in your life that's *a pain in the neck* for you? (or any such expression – see below)

Helpful Hint: Consider that our bodies are living, breathing metaphors for emotional states. Our language offers us many hints around ways physical pain or discomfort might be related to emotional issues, like the pain in the neck and other body parts. You could be:

> Pissed off with a bladder infection
>
> Bending over backwards too much in order to accommodate others (back pain)
>
> Irritated by somebody (skin rash)
>
> Heartbroken (heart disease)
>
> Suffocated by somebody or a situation (asthma)
>
> Carrying burdens or too much responsibility (tight shoulders)
>
> Not allowed to speak your truth (throat problems)

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Stuck in rigid, stiff thinking (stiffness in any body part)

Sick with fear and dread (stomach or intestinal upset)

Helpful Hints: Loss of self-expression or self-esteem of any kind may need to be investigated when working with any physical issue. Go back several weeks or months if needed. Has something been "under your skin"? Have you been judging yourself or otherwise not letting yourself "off the hook"?

Keep in mind we often have blind spots with regard to our own issues. As with any deep EFT work you might wish to do, it can help to work with an experienced practitioner to support the process.

Getting to the Core

If we pay attention to the thoughts and feelings that arise during tapping for any issue, this trail will often lead us to the roots of the problem. A few simple questions can take the session to a whole new level, and perhaps reveal the emotions, beliefs or even lynchpin events that may be driving the problem.

Again, a helpful EFT question for *getting to the core* is:

What does this remind you of?

Whatever comes to mind is worth exploring. Often we do not consciously know what the *core* of the issue is, but this simple question will uncover clues and give you great places to tap. Even if we think we've already worked on an issue, there may be many layers or aspects, including issues of identity (i.e. limiting beliefs or unfortunate conclusions) that have yet to be thoroughly addressed.

Another excellent approach is to hold a space of awareness after tapping. After a round of tapping, pay attention to your thoughts and feelings. What are you noticing? What is coming to mind?

Other good questions to ask:

When was the first time you can remember feeling that same kind of feeling?

When was one of the worst times that you felt this?

If anyone in your life contributed to this problem, who might that be?

If there were a deeper emotion underlying this problem, what might it be?

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If you could live your life over again, what person or event would you prefer to skip?

In what way might you be identified with this problem? Could this problem be protecting old ideas about who you think you are?

If the answer is, "I don't know," just take a guess, or pay attention to what is happening in your body. Our deeper mind does know, and our guesses are usually right on target. Let your feelings be your guide.

Helpful Hint: Limiting beliefs around which we have hidden pain can very subtly taint a life. Addressing specific past events and the conclusions we've drawn about ourselves or about life from those events is one of the ways EFT can be the most effective in transforming our present experience.

Intuition

When practicing EFT, you are part of the equation. Whether you're giving a session or doing EFT on yourself, what is coming to mind during the process is probably important. Any hunches or intuitive thoughts or feelings that arise are worth your attention and exploration, and may even be worth using in the Setup phrasing. Keep in mind, if you are working with another person, it is most respectful to ask whether your intuitive guess feels right to them.

Surrogate Tapping

Surrogate Tapping is tapping on your own body on behalf of another. This could be for another person or even for an animal. Imagining that you are feeling what another is feeling can be deeply connective and healing for everyone.

For example, one person used Surrogate Tapping for her cat in a particular way: her cat was having trouble swallowing pills, so she tuned in to what she thought her animal might be feeling and tapped on her own body. In this example, after several rounds, the cat visibly relaxed and took her medication more easily.

Even though I really hate these pills, they hurt my throat and chest, I'm a good kitty and mommy and daddy love me very much...

Helpful Hint: Be aware of your own investment in this person or animal's healing. Tap through your own feelings about it or your attachment to a certain outcome. A classic example of this is the situation where a loved one has a drug problem and we

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want them to get better. Surrogate Tapping is not about fixing anyone or imposing your agenda.

The Importance of Persistence

Although EFT often yields impressively rapid results, some of the deepest and most lasting healing is achieved by being persistent with tapping over time. Many of life's issues are complex and many-faceted, and it may take us many twists and turns – and time – to achieve the resolution we seek. Gentleness and patience are important.

For instance, severe abuse, serious illness and chronic conditions will often require long-term support with EFT, as they involve many emotional components. Continue tapping for different aspects, approaching things from different angles, and asking more questions that may lead to core issues. Persistence with the process can make all the difference.

Helpful Hint: If you get discouraged or even bored, take a break and remember that you can tap for those feelings too.

Identifying a Positive Vision and Handling Tail-enders

Finding our way to identifying how we would rather feel (or where we would rather be) can contribute mightily to the healing process. Encouraging our ability to see the light at the end of the tunnel can help give us a goal worth attaining, get our minds around the idea that we do not have to be stuck, and literally take us one step closer to living our dreams.

On the flip side, connecting with the energy of a positive vision can bring up all kinds of negative thoughts and feelings for us. Luckily we have EFT to help us disarm the powerful "yes, but…" statements or 'Tail-enders' that threaten to derail our plans. It is helpful to view Tail-enders not as saboteurs, but as protective parts of us, convinced that change is dangerous and unsafe. With systematic tapping attention, we acknowledge these voices, reach for thoughts that feel better, and step more comfortably and confidently out of old, constricting "comfort zones" and identities.

1. Identify a specific, measurable, rewarding and realistic goal for yourself:

    I want to be able to walk into work and confidently ask my boss for a raise.

2. Imagine inhabiting your vision:

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I confidently and easily ask my boss for a meeting to discuss what I bring to the group and how I see myself contributing to the future of the business. I request the salary I require to keep giving my best.

3. Notice any "yes, but" statements or tail-enders that come up and apply EFT:

Yes, but I feel afraid I'll be turned down. I'm afraid I won't be able to stand there and discuss my contributions confidently. I'm afraid my boss doesn't like me personally.

Apply several full rounds of EFT to each "yes, but…" statement that comes up. Tap on every phrase that surfaces – and do several tapping rounds for each specific issue you have, gently following the emotional trail.

Helpful Hint: Test your results by imagining inhabiting your goal. What is coming up as you repeat your goal or vision again? Keep a journal of your experience and tap at set times each day. This exercise can bring clarity to any "driving with the brakes on" behaviors that may be sabotaging your goals.

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Troubleshooting: Common Obstacles

If EFT does not seem to be working, please consider the following:

Maybe We're Not Being Specific Enough

Be sure you are identifying very specific feelings, body sensations, memories, or limiting beliefs/ self-concepts, etc.

When working with a limiting belief, for example, you can ask yourself, "How true does this feel?" If it feels true, you may need to be very persistent and get at all the reasons *why* you (or parts of you) are convinced it's true:

> *I believed I was no good because...*

If the issue is fear of public speaking, you can try to remember any bad experiences as a child or teen, even if you think you are completely over them. As you revisit these and tap, you may be surprised at the emotions or body sensations that arise.

> *Even though I was embarrassed in front of the whole class in third grade...*
>
> *Even though my math teacher made me stay at the board until I got it right...*
>
> *Even though I stumbled over my words in the speech in front of the school...*
>
> *Even though my chest gets tight just thinking about this…*

There May Be Core Issues That Have Not Been Addressed

Keep exploring *getting to the core* by continuing to ask appropriate questions that allow you to follow the emotional trail.

More core issue questions:

> What's your theory of the deeper roots of this problem? Just take a guess.
>
> Is there anything you feel you will never completely get over?
>
> If there were another issue we're not touching on yet, what might it be?
>
> What is your biggest issue right now?
>
> What is still bothering you about _____, right now?

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Tap several full rounds of EFT on each answer. Measure before and after each round. You have the right words!

Some Part of Us is Holding Onto The Problem, for Whatever Reason, and Does Not Want Things to Change

Parts of us that seem resistant to change are often protecting us in some way. We may be protecting an old identity or an unconscious *need* to feel a certain way. There may be hidden fears and safety issues. How might parts of you be protecting you from the effects of change?

Good questions to help you discover the obstacle:

> If some part of you didn't want this to change, what would that part have to gain?
>
> What is the advantage of keeping this problem? What are you getting out of this? What are you getting to express? Or trying not to express?
>
> Who are you getting to be because of this? Who would you be – or have to be – without this?

You may benefit from trying some of the following EFT language:

> *Even though I don't deserve to get over this problem...*
>
> *Even though it isn't safe for me to get over this problem...*
>
> *Even though some part of me is holding on to this...*
>
> *Even though some part of me is protecting me…*
>
> *Even though some part of me is in a comfort zone with the way things are…*
>
> *Even though I can't give myself permission to let this go…*
>
> *Even though I'm afraid others may be hurt or harmed if I allow myself to get over this…*
>
> *Even though it would not be fair for me to move on when others are still stuck…*
>
> *Even though, if I let this go, it will let him/her/them off the hook…*

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Are these ideas ringing any bells? It may be that our very identity is threatened because carrying this problem is all we've known.

Who have you believed you are because of this problem?

Helpful Hint: Sometimes there are delayed results. You can always "sleep on it" and see how it all feels the next day. Sometimes we've accomplished more than we think.

When you encounter obstacles with EFT, things can be complicated and it may take skill and an experienced hand to untangle things and move through this part of the process. There is no substitute for thorough training in EFT to develop these Art of Delivery skills.

You may decide that working with an experienced EFT practitioner is the best way for you to proceed.

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Tapping Exercise: The Personal Peace Procedure

Do you expend a certain level of energy coping with thoughts around a particular memory from years ago?

Do you feel guilt or shame around any aspect of your past?

Do you keep bumping into the same kinds of relationship challenges again and again?

Do you suspect that you may be numbing yourself with food or other substances to avoid persistent "old" feelings?

If you answered yes to any of these questions, you are probably carrying stress from events that happened to you in the past. Imagine how much better you would feel if the stress from these events were no longer a part of your life!

Making Peace with the Past

The Personal Peace Procedure is an exercise for using EFT to make peace with what happened to you in the past. It was created by EFT developer Gary Craig and is considered by EFT Internationalto be a foundational EFT application.

By making a list of specific, bothersome events from your life and applying EFT to each specific event, you can systematically and permanently remove the charge from these troubling memories. What might you be doing to yourself now because of what happened then?

Please Note: There may be fear or reluctance around approaching these events. Under most circumstances, these fears can be handled as you work through the procedure.

If for any reason you do not feel safe or you are not comfortable exploring these events on your own, please do not. Instead, ask for assistance – from a friend who knows EFT, a qualified therapist or an experienced EFT professional.

How to Do The Personal Peace Procedure

In a journal or notebook dedicated to your Personal Peace practice, start writing a list of bothersome events in your life that come to mind. Even if the memories feel

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hazy or don't feel very charged right now, trust there is a reason they are rising into your awareness.

Be as specific as you can and give these past events a short title. You may want to break them down into smaller pieces. For example, "That time he left," could have several moments or aspects, such as "walking away," "my face in the mirror," or "seeing the flashing tv screen." If it feels easier, give your events innocuous title or code name, like, "the puppet show."

Working Organically

If writing a list doesn't resonate with you, you can set an intention to be on the lookout for images, people, or other specific past events that come to mind throughout your day or over the next few days.

At first, these specific images or events may not seem important, but write them down anyway. The fact that you thought of them suggests a need for resolution.

Next, assign an Intensity Level (on a scale of 0-10) to each specific event. For example, "shamed by my teacher, 8." If you prefer to wait, you can assign an intensity level *only when you are ready* to begin tapping for the specific event.

Finally, apply EFT to one of these titles per day – from every angle you can - until you can either laugh about it or you "can't think about it anymore."

After using the Personal Peace Procedure for at least a month, pay attention to your body. Ask yourself some curious questions about where you started compared with where you are now:

> Are chronic conditions feeling less like a problem?
>
> How might your relationship to yourself or others have improved? Are you breathing more easily?
>
> Are you less stressed? More energized?
>
> Unless you monitor or recognize your progress, the changes you are experiencing may be so subtle they escape your notice.

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Good Questions for Zeroing in on Specific Events

If you could live life over again, is there anything you would you prefer to skip? (Classic Personal Peace question from EFT developer Gary Craig)

If this difficult part of your life were a movie, what would the title be?

If a lot of intensity still remains, break the movie up into small scenes (5-10 seconds long) and name each scene. Apply several rounds of EFT to each name separately.

Who in your life has caused you trouble or been troubling for you in some way?

Write down any specific events or memories associated with this person. If just their name brings up a charge, write it down by itself.

Steps for Developing Your Personal Practice

When you are ready to do the Personal Peace Procedure, set aside some time for your practice, then follow the steps below:

- Find a private, comfortable place to write and tap
- Turn off your cell phone
- Set a timer if you have one, any length of time is ok
- Find a way to keep a Personal Peace journal – either on a computer or in a dedicated notebook
- Begin making your list of bothersome, specific events, memories or people in your life. Give each one a short title
- Look at the list you have written and pick the title that jumps out the most right now. Which is most intense? If necessary, break the bigger moments, events or interactions into smaller scenes with separate titles. Apply EFT to each one until you either laugh about it or "can't think about it anymore"
- As needed, use the Movie/Tell the Story Technique on the event, for thoroughness
- Apply several rounds of EFT to each event you choose, bringing each one as close to “0” as you can. If other, more intense, events pop-up – that’s ok

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See if you can just be curious about whatever arises and write these events down as well, giving an intensity level to each.

There may be 100s of events, which is normal. Try the Personal Peace Procedure on one event, and if you like it, do another even, then another, in the timing that is right for you.

Be Gentle with Yourself

Do approach these events in your own time and in your own way, gently tapping on each separate aspect, piece of the story, or title until the intensity is "as low as it will go."

Before finishing for the day, write down a new number that represents where you are with this particular event now that you have finished today's practice.

Notice Your Progress

As you work through the process, your days may begin to feel somehow lighter and clearer. You may even begin to feel surprisingly relieved in ways you never thought possible.

Notice, for example, how your relationship with a partner or family member feels easier, even though he/she did not necessarily sign up for change.

Make a note of any positive shifts in your experience. Revisit and test the remaining intensity of the issues you have already handled. When you notice how EFT has helped, the more you will make time to visit this process again.

Ask yourself curious questions:

> What can be different now?
>
> What might you do be doing differently that you didn't do before?
>
> What did you do before that you are no longer doing now?

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When To Do The Personal Peace Procedure

- As homework for removing the charge from past events that arise from sessions with a physician or therapist. Doing this can serve your healing process in surprising and positive ways
- As an ongoing daily practice to bring awareness and transformation to a lifetime of limiting beliefs and emotional hang-ups. You may be surprised how this can enhance your view of yourself, reduce self-doubt, and allow a greater sense of peace and relaxation. Early morning or before bedtime are good times to tap
- As a way to clear any possible emotional contributors to serious illness. This may be the first time you have ever looked at the emotional events that were happening before (or because of) the onset of your symptoms and experience
- As a useful way to uncover and resolve many of your core issues. By applying EFT to significant, specific past events/moments in life, you will naturally be handling many core issues (unfortunate conclusions or self-limiting beliefs) attached to them
- As a way of "doing your own inner work" that is sure to resonate with others, demonstrating a sense of what is possible when we actively and intentionally transform the energy we are bringing to our life situations

The Personal Peace Procedure is just one of many powerful EFT applications you can use on your own.

Visit EFTInternational.org for more EFT resources, articles and perspectives from Accredited Certified EFT Trainers and Practitioners.

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The Science Behind EFT

Many scientific studies have validated the efficacy of EFT. Studies have also shed light on the mechanisms that underlie the process. The physical effects of tapping on the body and brain are being measured and documented, as well as the measurable psychological benefits.

While it is beyond the scope of this introductory manual to go into detail on this important topic, we present below some of the major scientific areas where EFT is being studied and tested. We include brief summaries of some of the concepts and findings as well as references and links for further information. But please do see the Science and Research section of the EFT Internationalwebsite for a more extensive discussion of these topics and a more complete set of references.

Advances in Neuroscience: New Understandings of the Brain

For decades, it was believed that the neurons in the brain were fixed at maturity and would simply decline as we aged. But recent scientific discoveries in neuroscience, which is the study of the brain and nervous system, have revealed the exciting truth that our brains are dynamic and responsive, ever-growing and ever-changing.

Neuroplasticity refers to the capacity of the brain to rewire itself in response to need, or as a result of training and practice. Recent studies have shown (through the use of PET and MRI brain scanning technology) that new neural cells are generated throughout life and that the connections between neurons, or neuronal pathways, become denser and stronger whenever we learn and practice something. Conversely, when we stop repeating an old pattern, those neuronal connections fade. We are literally sculpting our brains all the time with our behaviors and our thoughts, which are often driven by our emotions. For more on neuroplasticity, see Norman Doidge's book, *The Brain That Changes Itself*.

Since there is often an emotional component that reinforces the old patterns, EFT greatly facilitates our ability to move beyond old limitations and rewire our brains for enhanced health and well-being. EFT has been shown to make it much easier to unlearn what we don't want in our feelings, behaviors and thoughts, and to make it quicker and easier to do, think and feel what we do want and desire.

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A key component of change is the phenomenon of memory reconsolidation. Every time we call up a memory, it is an opportunity for our brain to use its plasticity, its ability to change, to take in new data and modify the old information. After EFT is applied to a troubling memory, it often reconsolidates in a very different way and no longer causes distress. See Bruce Ecker's book, *Unlocking the Emotional Brain: Eliminating Symptoms at Their Roots Using Memory Reconsolidation*.

The 'New Biology' of Epigenetics

Just like our brain, our internal body-chemistry environment is constantly shifting and changing. The new biology of epigenetics has proven that cells are constantly responding to their environment. The actual genes in our cells are responding moment by moment -- being turned on or turned off due to environmental influences. Genetics are not destiny. We have a great deal of influence over gene expression.

Dr. Bruce Lipton and EFT InternationalTrainer Craig Weiner. Photo by Alina Frank

What is especially remarkable in this new understanding of biology is the revelation that our thoughts and our emotions play a major role in creating the dynamic environment that so influences our cells. Bruce Lipton, PhD, a pioneer in this field, has made it clear that our beliefs and our perceptions have a profound effect on our physical health. We can move out of victimhood and into mastery of our emotional and physical health as we learn how to provide a better internal environment, which involves everything from healthier nutrition and lifestyle to reducing stress levels, regulating emotions, and working to change our beliefs.

Dr. Lipton is a major proponent of EFT. He has stated that EFT can profoundly influence gene activity, health, and behavior. The very capacity of our biology to respond to our emotional states and follow our conscious intention is another avenue towards explaining why EFT often works so very well. See Bruce Lipton's book *The Biology of Belief*.

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Research Involving Body Chemistry Related to Stress

The stress hormone cortisol regulates many aspects of our body's response to stress. Biologically, it is meant to be released only when we are actually in danger and need our fight/flight/survival responses activated. Yet the psychological stresses of modern life often cause chronically elevated cortisol levels. This is a common problem and it can adversely affect many aspects of our health.

Studies measuring the effects of EFT on cortisol levels have shown impressive results. For example, in a randomized controlled trial conducted by Dr. Dawson Church and others, the EFT intervention significantly lowered cortisol levels. See: http://www.energypsych.org/?288

The Mechanisms of Our Biological Response to Threat: How PTSD and Anxiety Get Locked into the Brain and Body

These days, there is a lot of talk about a part of the brain called the amygdala. The amygdala seems to modulate all of our reactions to events that are essential for our survival. It is central to our biological fight-flight-freeze-flop response to threat, which includes the secretion of cortisol and adrenaline as well as other strong bodily responses. The amygdala is like an alarm system and it directly triggers these body reactions without the intermediary of conscious thought.

These biological mechanisms are intended to keep us safe. But unfortunately, they can be hard to erase, especially in the aftermath of severe trauma or other cases of chronic anxiety. As a result, many people are living with the difficult symptoms of post-traumatic stress and severe anxiety or panic on a daily basis. Their brain just can't shut off the strong fear reactions in the body, which can be easily triggered.

It has been scientifically demonstrated that acupoints stimulation by needles sends deactivating signals to the amygdala. David Feinstein, PhD, refers to a 10-year research program at Harvard Medical School, which investigated the effects of stimulating certain acupuncture points. Imaging studies consistently showed that stimulation of these points measurably decreased the brain activity in the amygdala, hippocampus and other areas associated with fear. It is very significant to note that

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the stimulation was being applied while the subject was exposed to an "emotional trigger, problematic scene or unresolved traumatic memory."

Dr. Feinstein explains this mechanism: The triggering scene or memory initially causes the amygdala to react. As the acupoint stimulation is applied, the amygdala is calmed. Thus, the hippocampus (memory center) can record that the scene or memory is safe to engage with – free of the former emotional intensity. In essence, the neural pathways have been altered. In EFT language, we might say, "the memory has been neutralized."

See Dr. Feinstein's article:
http://www.innersource.net/ep/images/stories/downloads/Acupoint_Stimulation_Research_Review.pdf

Cutting-Edge Trauma Research, Which Now Affirms The Value of Body-Centered Interventions, Including Meridian Stimulation

As explained above, the parts of the brain that govern survival mechanisms are simply not amenable to being influenced by talk alone. As anyone who has had a panic attack can tell you, no amount of talking and reasoning can change the powerful full-body response that happens when their fear is triggered. It is the body itself that carries the burden of these strong reactions and holds the trauma, locked in by the brain-body connection of our survival mechanism.

Cutting-edge trauma researchers now agree that the way to treat trauma is not only through the cognitive mind, but also in partnership with the body. Bessel van der Kolk, PhD, is a major pioneer in this area, and he is getting results far beyond what conventional therapies can achieve. Among the many body-centered interventions that he employs is meridian tapping. See Dr. van der Kolk's book, *The Body Keeps the Score*.

Another leading researcher in the field, Robert Scaer, MD, author of The Body Bears the Burden, has stated: "Unless the freeze response is released from the amygdala in the brain, the devastating physical and emotional effects of trauma will be self-perpetuating. To heal trauma we must extinguish post-traumatic procedural memory cues and you can't do that with words alone." In his book 8 Keys to Brain-*Body Balance*, Dr. Scaer includes EFT, saying that "the methods it uses reflect many of the criteria I consider necessary for fear extinction."

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Research on Acupuncture/Acupressure and The Meridian System

EFT is based on the meridian system of Traditional Chinese Medicine. Therefore any research into the mechanisms of acupuncture may help us understand the workings of EFT. Up until the last few decades, Western medicine had generally dismissed acupuncture as a modality that could not be scientifically validated.

In Chinese medicine, the meridians are the energy pathways through which the Qi (vital energy) flows in the body, and the acupuncture points are specific locations on the meridians that give access to the system. But these meridians were seemingly invisible and the acupuncture points apparently had no measurable anatomical structure – according to conventional Western medicine.

Thanks to increasingly sophisticated technology, exciting discoveries are revealing physical structures that may underlie the meridian system. Consistent with theories proposed by Korean researcher Kim Bong-han in the 1960's, current research is revealing microscopic anatomical thread-like structures that seem to correspond with the meridian system. This is called the Primo Vascular System or PVS.

The PVS is involved with the human body's fascia network and may be the 'missing link' for understanding the physical mechanism of acupuncture/acupressure and, hence, EFT. The fascia is the connective tissue of the body and, as such, surrounds and connects every muscle and organ of the body. The fascia system is known to be capable of transmitting electrical signals throughout the body. For an excellent explanation of the fascia and the Primo Vascular System, see: http://www.hindawi.com/journals/ecam/2015/303769/

Interesting new theories now propose that "these infinitesimal channels may act like optical fiber cables and transmit DNA related information continuously throughout the body using biophotons." http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4563055/ Seeking understanding of the energy system of the body is truly the new frontier.

If you have any doubt that meridians are discernible in the body using modern scientific technologies, feel free to visit the British Medical Journal website and read this article: http://aim.bmj.com/content/11/1/22.full.pdf

In the last 20 years, acupuncture has become more widely accepted. Numerous studies have validated the effectiveness of acupuncture, especially for pain relief. In 1997, the National Institutes of Health (NIH) endorsed acupuncture treatment, and

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in 2003, the World Health Organization (WHO) did the same.

We are just in the pioneer stages of understanding and validating the age-old wisdom of Traditional Chinese Medicine. This tradition knew about the powerful energy system that is integral to the function of our bodies. In ways we are still seeking to understand, EFT allows us to interact with this system and obtain remarkable results for health and well-being.

EFT Works

We have an abundance of anecdotal and case history evidence that EFT often produces profound and lasting results. Thousands of stories abound on the internet of freedom from phobias, relief from PTSD symptoms, diminishment of anxiety and even food cravings, etc - but is there evidence from controlled, peer-reviewed studies? The answer is a resounding YES.

There are more than 70 peer-reviewed articles about EFT specifically on the EFTInternational.org website (https://EFTinternational.org/discover-eft/eft-science-research/). Fifty-one of these (January 2019) are RCTs (Randomised Controlled Trials), the highest standard demanded by 'hard' science, and 98% of the RCT studies done show that energy psychology is highly effective. More articles on the broader category of Energy Psychology are available via ACEP, Association for Comprehensive Energy Psychology, (EnergyPsych.org).

The best source we know for a summary of the scientific research supporting EFT is Dr. David Feinstein's article entitled Acupoint Stimulation in Treating Psychological Disorders: Evidence of Efficacy. Dr. Feinstein cites dozens of specific studies and summarizes results of research that has been done for a number of different conditions. These include:

Specific Phobias
Public Speaking Anxiety
Test-Taking Anxiety
Depression, Generalized Anxiety, and other Psychological Symptoms
Pain and Physical Illness

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Weight Control
Athletic Performance

Dr. Feinstein also includes an extensive section on PTSD and how effective EFT has been in treating the difficult-to-treat symptoms of severe trauma.

Dr. Feinstein's full article may be found on his website at this link: http://www.innersource.net/ep/images/stories/downloads/Acupoint_Stimulation_Research_Review.pdf [This article was also previously referenced in the "mechanisms of our biological response to stress" section.]

We cannot emphasize enough how historic and groundbreaking this article by Dr. Feinstein proved to be. Whereas the APA (American Psychological Association) had previously been adamantly opposed to all forms of energy psychology and would not support any research in the area, Dr. Feinstein's article convinced many in the field of psychology that methods such as EFT were worthy of serious consideration.

The APA now takes energy psychology research seriously. The status of EFT is currently that of an "evidence-supported" modality. Further research is underway, with the hope that EFT and other energy psychology approaches will take their place as officially respected and scientifically validated treatment options.

We hope this brief introduction to the scientific background behind EFT and Energy Psychology has been useful. There is much more in-depth information available, and we invite you to visit the Science and Research area on the EFT Internationalwebsite to learn more:

EFTInternational.org/discover-eft/eft-science-research/

We also highly recommend these websites for science information:

ACEP, Association for Comprehensive Energy Psychology, www.energypsych.org

EFT Universe, www.EFTUniverse.com

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About This Manual

The EFT International Introductory EFT Manual is a newly updated and revised edition of The EFTfree Manual, first published online as a free resource in 2010. The original authors were Jade Barbee, Betty Moore-Hafter, Carna Zacharias-Miller, and Lynne Shaner, PhD – all EFT International Trainers or Advanced Practitioners.

In the aftermath of EFT developer Gary Craig's 2009 announcement that he would retire and discontinue his website (which had been a hub for EFT education), the group was inspired to work together to create a free library of EFT resources for the EFT community. The resulting project was a website called www.EFTfree.net.

For six years EFTfree featured hundreds of EFT articles submitted by tapping enthusiasts from around the world. During this time, the group also created and published the EFTfree Manual, which was downloaded over 17,000 times and translated into three additional languages. In 2012, Ange Finn, another EFT International Advanced Practitioner, joined the EFTfree.net team to help with article publication and maintenance of the project.

It is the hallmark of EFT International that members have the opportunity to volunteer, collaborate, and contribute for the good of the organization. The original authors are deeply honored that their manual has now been newly edited and re-purposed for EFT International. In addition, the entire EFTfree articles archive has been donated to EFTInternational.org to continue to serve all those interested in how EFT is being utilised around the world.

The EFT International Free Introductory Tapping Manual has been thoroughly revised and updated since 2010 by three members of the EFT International Training Board: Shoshana Garfield, PhD, and original authors Jade Barbee and Betty Moore-Hafter. *Changes from the 2016 to the 2021 version are minimal, and primarily reflect updates to the Table of Contents, Science sections and the renaming of the organization from AAMET to EFT International (EFTi). See Updates to Latest Version on page 66.

As a democratic, voluntary, not-for-profit organization, it is the mission of EFT International Free Tapping Manual to promote EFT, provide quality EFT education and training, and facilitate the skillful, creative and ethical practice of EFT. The EFT International Free Tapping Manual is offered freely to all with our sincerest best wishes for your tapping success.

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With kindest regards and warmest wishes, Betty Moore-Hafter and Jade Barbee, Volunteers, EFT International

Updates to Latest Version

Because EFT is trauma-informed care, we recommend an even more gentle approach for early troubling events, and not going to the “first or worst” events right away. We changed this on page 19, Zeroing in from Global to Specific.

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