

# EFT

EMOTIONAL FREEDOM TECHNIQUES



## THE EFT MINI-MANUAL

THE OFFICIAL MANUALS  
OVER  
**ONE  
MILLION**  
COPIES IN  
CIRCULATION

EFT Universe

"EFT offers great healing benefits."  
—Deepak Chopra, MD

# THE EFT MINI-MANUAL (Emotional Freedom Techniques)

EFT Universe  
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# Stress and the Power of Emotional Healing

by Dawson Church

You've taken the leap, and decided to find out more about EFT! You're not alone. Over a million people have selected *The EFT Manual* as a primary healing resource, and EFT is found across the globe in many countries. EFT is in hospitals, psychotherapy clinics, sports fields, business coaching practices, families, and many other places. What is EFT and why is it so popular?

EFT is a very quick and simple method of reducing the intensity of traumatic memories. Everyone who lives on planet Earth had at least some trauma growing up. For the lucky ones, these traumatic events were rare and mild, like a nurse forgetting, for a few minutes, to give you a bottle when you were a baby. For some people, the traumatic events of their childhoods were horrific, like genocide, rape, or war. Most of us fall somewhere between these two extremes. Over the years we've built up a backlog of traumatic memories, reinforced by negative experiences as young adults. By the time we're in full

adulthood, we've formed behaviors and coping strategies based on these experiences. Our emotional growth has been shaped by them, and we may believe we're destined to remain that way for the rest of our lives.

Historically, it was very difficult to shape our emotional experience. A person could spend years in contemplation or meditation, cultivating inner peace. But that state is easily disturbed by the events of the average day. These techniques take many years to learn and perfect.

EFT has ushered in a whole new way of releasing emotional memories. Even the first few minutes after you try it, you are likely to find the intensity of your traumatic recollections rapidly dropping. There are many scientific studies of EFT for depression, anxiety, and other psychological problems. They show that people who use EFT recover very quickly, often in just a few sessions.

The place that the effectiveness of EFT has been shown most dramatically is in the treatment of posttraumatic stress disorder or PTSD. Thousands of soldiers returning from the battlefields of Iraq and Afghanistan with PTSD have been treated with EFT. Studies have shown that their PTSD symptoms rapidly diminish, as the intensity of those traumatic combat memories drops away.

Not only can EFT improve psychological problems, it can improve physical symptoms too. How is that possible?

There is a strong association between emotional stress and disease. A study of 17,421 adults performed

by a hospital chain, Kaiser Permanente, and the CDC (Centers for Disease Control) looked at the relationship between their adverse childhood experiences (ACE) and disease. ACEs were events like the divorce of their parents, an incarcerated parent, or an addicted parent. The ACE study found that those who had the highest amount of emotional trauma as children had higher rates of many diseases as adults. Those diseases included cancer, heart disease, high blood pressure, obesity, and diabetes. The authors of the study likened the medical establishment to fire fighters who direct all their water at the smoke (physical disease), while ignoring the flames underneath (unresolved emotional trauma).

That's not to say that physical disease is entirely psychological in origin. What it does indicate is that a lifetime of carrying the burden of trauma takes a toll on our bodies. When people use EFT for physical problems, they are releasing the emotional memories associated with the symptom. Once those memories don't hurt anymore, the stress response is reduced, and the body has a chance to heal.

EFT has also been used for sports performance, school performance, and business performance. When the anxieties that claim a large part of people's attention are removed, their full capacities come to bear on the task at hand. That's why you'll find so many stories of athletes and scholars performing better after EFT. There are also specialty books on these subjects, such as *EFT for Sports Performance*, *EFT for Back Pain*, *EFT for PTSD*, *EFT for Weight Loss*, *EFT for the Highly Sensitive Temperament*, and others.

EFT is easy to learn, and simple to apply. It's so simple that the entire set of instructions fit on a single page, which you'll find in the back of this e-book. You simply measure the intensity of your emotion associated with a traumatic memory, then pair your memory with a statement of self-acceptance. This pairing utilizes two very well-researched psychological techniques called exposure (remembering the trauma) and cognitive restructuring (self-acceptance). Then, you tap with your fingertips on a series of acupressure points on your face and body. The tapping sends a calming signal to your brain, telling it that you're safe. So while before, the memory might send your body into a conditioned stress response, you're now re-conditioning your brain with a positive association. The signal of safety sent by your fingertips tells your brain's stress machinery to disengage. So the conditioned association of the memory with the stress response is broken. Once that loop is broken, it usually stays broken. So later on, when you think of the memory, you no longer feel stressed. It's that easy, and it takes just a minute or two to complete each set of tapping points.

You can then re-assess how intensely you react when you think of the memory. If you still get stressed, you do EFT again. People usually find their stress melts like ice cream in the sun. To find out, try it yourself.

EFT draws on principles developed by many of the psychological giants of the last century. The Russian scientist Pavlov first demonstrated the *conditioned response* in dogs, and the famous American psychologist B. F. Skinner broke conditioning down into smaller packages



(called aspects in EFT). An influential South African psychiatrist, Joseph Wolpe, developed the *stress scale* now used by EFT just after World War 2. The psychologist Aaron Beck discovered that replacing dysfunctional beliefs (*cognitions*) could help people heal from a variety of psychological problems. And exposure therapy (in EFT, remembering the problem) has been shown in many studies to be effective.

The other stream of experience on which EFT draws is Oriental medicine, in the form of acupuncture points. Acupuncture has demonstrated efficacy for PTSD and psychological problems, as well as physical ones. Studies have shown that *pressure* on acupuncture points can be as effective as inserting needles, and scientists have also shown that real acupuncture points are more effective than inserting needles into non-acupoints. So EFT is sometimes called “acupuncture without needles,” even though it has as much historical basis in Western psychological science as Eastern medicine.

The two streams were brought together in the 1970s when an American psychologist, Roger Callahan, discovered that his patients could be cured of phobias in a single session. To this day, phobias are one of the easiest conditions for EFT to treat. Callahan’s system was simplified by Stanford-trained engineer Gary Craig, and gained widespread popularity. EFT has been validated as an evidence-based medicine approach in many studies, including randomized controlled trials that measure PTSD, pain, depression, anxiety, and cravings. EFT is part of a group of therapies called *energy psychology*, because

they are believed to affect the body's electromagnetic energy fields.

Here are a couple of stories from the EFTUniverse.com web site, to give you an idea of how EFT is used. The first is from Dr. El March:

Being in the field of Orthomolecular Medicine for many years, when Ed came to me for lower back pain, we did a variety of things to have him up and running after three months of not being able to go to work or do any movements.

I sent him to chiropractors, made him do exercises and did mega vitamin therapy, only to have him back—at the beginning every few months and later every few years. This year Ed came back with the same nagging pain after having the pain on and off and not so severely for about 3 years. He came to my office in great pain and completely stiff, looking for more exercises and advice to ease the situation. This time I decided to try the EFT method on him and with his permission we started.

I knew that he has been suffering from this for more than ten years. I first just did 3 rounds of tapping with him on the pain. The pain went down from a 10 to 5 and back up to 10 again. Then we started talking and I found out that he has been laid off from his job a couple of years back and he is in business for himself and he cannot afford to take the time off. So we tapped for: Even though this pain is the only way that I can rest and spend some time at home without feeling guilty that I'm not making an income...

We also tapped on: Even though I don't believe this system is going to do anything for me...

During these tappings the pain dropped down to an 8 and no matter how many more rounds we did, it kept on going back and forth between 5 and 8.

Then I asked Ed to explain his emotions on the pain and he said, "anger." I asked for further explanation and he went on to tell me the story of how this back pain had come about.

"I was employed at a financial institution as a senior computer centre analyst. At the day this happened I was monitoring the progress on one of the jobs I had given one of my staff to do when we had some computers delivered to our laboratory. As I was looking for someone to set the computers up, my manager, Dan walked in and asked me to haul the computers to a different location in the lab where they would be waiting for installation.

I felt his action was uncalled for and disrespectful to my seniority and grade level. This was completely out of line and this was not part of my functions and I felt belittled in front of my direct reports. As I was lifting one of the boxes, the muscle in my back made a noise and I felt a heat rushing through my lower back and then I could not move anymore. I was sent home and stayed on short term disability for about three months and I came to see you one month before my recovery to go back to work."

With this explanation I decided to tap on the feelings he had going back to 1994 and his manager's actions:

*“Even though my manager was disrespectful to me and belittled me in front of my direct reports and I don't believe he had the right to ask me to do what he did, I completely and lovingly accept myself, I love and respect myself, I forgive myself and I forgive Dan.”*

Once we finished tapping on this the pain dropped from an 8 to 3. Ed kept on calling Dan an “Ass” so I did another round of tapping on:

*“Even though Dan behaved like a complete ass and was completely out of line for asking me to move the computers, I completely and lovingly accept myself. I love and forgive myself and I forgive Dan.”*

Two rounds of this and Ed's pain was completely gone. He was amazed but did not believe it would last. He went home and I touched base with him the next day and then the next week and now couple of months later, still no pain.

I think this method has added quite an edge to my regular practices and in the meantime I have used it on myself and family members for variety of quick therapies from shoulder pain to headaches, nausea, and so on. This method is absolutely invaluable.

\* \* \*

The second story is about depression, and comes from EFT practitioner Cacina Spaeth:

Recently I got a new client (I'll call him "Michael"). Michael is a scientist, a total skeptic. He doesn't believe in anything—no energy work, no purpose in life, let alone spirit or anything of that sort. He only came to see me, because 1) a very good girlfriend of his had tried this "tapping thing" and to his surprise actually got better, and 2) because he was desperate enough to try even weird stuff like EFT.

His severe depression simply didn't get any better. On the contrary: despite the stronger and stronger medication that his psychiatrist kept prescribing him Michael was less and less able to go to work and clearly caught in a downward spiral regarding his life.

Just for the records: I am no doctor or anything of that sort. I simply use EFT in my coaching practice, teaching people how to use EFT effectively for themselves. Michael was aware of that, and kept taking both his strong anti-depressives and sleeping pills as prescribed. In a way, he simply added our EFT sessions to the life he was leading at the time.

Since it was such a challenge for Michael to sit with me and try "this whole energy thing," I chose very unthreatening and creative wording for our first EFT rounds. He was loosening up significantly. And already after our two sessions he left saying: "This is not therapy. This is *fun!*"

A few weeks later, Michael was oozing joy. When I saw him recently he was genuinely pissed about his relationship situation. He's had relationships on and off, but it never really worked out. And in his "pissed-ness" he was spitting out his frustration and sadness about his situation. He's not a loner by choice. After some time I introduced the idea to him (the physicist!) that—whether we want to acknowledge it or not—we truly do attract a reality that reflects how we resonate. And if we're loaded with the hurts and disenchantments of the past, no wonder we either attract more of the same or no new partner at all.

And then I tapped with him on "potential and probability." Despite what the statistics say, there has to be a woman out there that he not only would love to be with, but who would feel the same for him. That she doesn't have to be born first: she's most likely long since around!

Only two days after our "potential" tapping an attractive woman approached him at work—out of thin air! In the meantime they emailed, they talked, they met, and they even share their love for music. No compromise in sight whatsoever. When Michael came to his most recent session, he said with the brightest smile: "I'm deliriously happy. I'm still pinching myself. And you know what? Even if it wouldn't go on, even if it wouldn't work out with her, it would still be ok for me. Because what happened since last week was already worth it!" And getting a bit more serious he added: "You know...I used to not believe in stuff like this. But now.... This is too big. This is no

coincidence.... It feels strange for me to say this, but I might have become a believer.”

“Converting” a scientist simply because what we do works. I love it.

\* \* \*

This scientist was followed up by Cacina Spaeth four months later. He’d been able to taper off his depression medication, and eventually eliminate it altogether.

Many scientific studies that measure EFTs effects have been published in peer-reviewed professional journals. There are also several academic papers describing EFTs mechanisms of action, as it affects the brain, nervous system, stress genes, neurotransmitters like serotonin and dopamine, and stress hormones such as cortisol. You will find them on the research page at EFTUniverse.com. So EFT is supported not just by heart-warming stories, but by a solid base of medical evidence.

The web site from which you downloaded this e-book, EFTUniverse.com, is the depository of all the case histories, articles, and tutorials developed by EFT founder Gary Craig. On his retirement, EFTUniverse.com was privileged to be selected as the place where this vast body of knowledge about EFT would reside. This e-book, *The EFT Mini-Manual*, is a very brief introductory experience to EFT. It gives you enough information to try EFT for yourself. You are encouraged to move on to *The EFT Manual* (Craig, 2008), and the specialized books on EFT. You will find thousands of case histories on the EFTUniverse.com web site. It is fully searchable. You will also find EFT practitioners, training, certification,

volunteering opportunities, and many other options on this vast web site.

So read the next chapter, then use the summary sheet at the end of the book to try EFT yourself. The chances are you'll quickly have a positive experience. Give yourself the gift of emotional freedom, and see how quickly both your mind and your body respond!



# EFT's Basic Recipe

by Gary Craig

The basic premise of the Emotional Freedom Techniques is that *the cause of all negative emotions is a disruption in the body's energy system*. In EFT this is called the "Discovery Statement," and I can't emphasize this concept enough. When our energy is flowing normally, without obstruction, we feel good in every way. When our energy becomes blocked or stagnant or is otherwise disrupted along one or more of the body's energy meridians, negative or damaging emotions can develop along with all types of physical symptoms. This idea has been the centerpiece of Eastern medicine for thousands of years.

EFT is often called *emotional acupuncture* because it combines gentle tapping on key acupuncture points while focusing your thoughts on pain, unhappy memories, uncomfortable emotions, food cravings, or any other problem. When properly done, the underlying emotional factors that contribute to the problem are typically released along with the energy blocks.

Consider that:

*EFT often works when nothing else will.*

*Further, it can bring complete or partial relief in about 80 percent of the cases* in which it's tried, and in the hands of a skilled practitioner, its success rate can exceed 95 percent.

*Sometimes the improvement is permanent*, while in other cases the process needs to be continued. But even if symptoms return, they can usually be reduced or eliminated quickly and effectively just by repeating the procedure.

*People are often astonished at the results they experience because their belief systems have not yet adapted to this common-sense process.* The treatment of physical, emotional, and performance issues is supposed to be much more difficult than simply tapping with your fingertips on key acupuncture points.

*The EFT basics are extremely easy to use.* Small children learn it quickly, and kids as young as eight or ten have no trouble teaching it to others. It's fully portable, requires no special equipment, and can be used at any time of the day or night and under any circumstances.

*No drugs, surgeries, radiations, or other medical interventions* are involved in EFT. In fact, it's so different from conventional medicine that the medical profession often has difficulty explaining its results.

It doesn't seem to matter what the patient's blood tests or other diagnostic tests show. *Relief can occur with EFT no matter what your diagnosis.* That's because we are addressing a different cause that tends to be outside the medical box.

This is not to say you should ignore your physician's advice. On the contrary, I encourage you to *consult with qualified health care providers*. Quite a few EFT practitioners are physicians, nurses, dentists, acupuncturists, chiropractors, massage therapists, psychologists, counselors, and other health care professionals. As EFT becomes more widely known, it will become easier to find licensed health care providers who are knowledgeable about EFT.

Using a few minutes of EFT will often improve your physical health. When it doesn't, there is likely to be some *underlying emotional issue* that is creating chemicals and/or tension in your body that interferes with your success.

If that's the case, *EFT is ideal for collapsing and neutralizing emotional issues* and it often does the job in minutes. EFT was originally designed for reducing the psychotherapy process from months or years down to minutes or, in complicated cases, a few sessions.

No technique or procedure works for everyone but by all accounts the vast majority of those who try EFT for a specific problem experience significant improvement. That's a stunning result and one that compares favorably with prescription drugs, surgical procedures, and other medical treatments. I encourage practitioners and newcomers alike to experiment—to try it on everything. It makes sense that if your energy is balanced, everything inside and around you benefits.

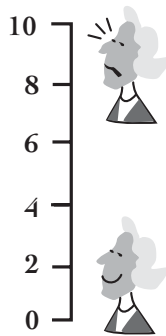
Whether you are new to EFT or already an experienced tapper, I am very pleased to share this information with you. I know without a doubt that EFT can help you take control of your health and happiness and that the

instructions and recommendations given here can completely transform your life.

## Defining the Problem

EFT sessions usually begin with a self-estimate of discomfort using a scale from zero to 10. We call this the 0-to-10 intensity meter or intensity scale. The discomfort being measured can be physical, such as headache pain or a craving, or it can be an emotion such as fear, anxiety, depression, or anger.

Intensity Meter



It's a good idea to rate every problem before and after you apply EFT so that you can determine how much progress you're making. It's also important to assess your intensity as it exists *now* rather than when the event or problem first occurred.

Don't worry if you find it difficult to select a specific number—sometimes newbies (my affectionate term for EFT newcomers) get distracted by this part of the

procedure and worry unnecessarily about whether it's a 5 or a 6, or a 2 or a 3. Using the 10-point scale becomes easy with practice. Just give yourself a number to get started and it will soon be automatic. It helps to remind yourself that there are no wrong answers here and that if you have trouble coming up with a specific number, a guess will work fine. It is simply a benchmark for comparison before and after you perform EFT.

For reference, jot the number down and add a few notes. For example, if you're focusing on a pain, think about where the pain is located, how it interferes with your range of motion, and whether it hurts more when you move to the left or right, stand or sit, and so forth.

Another way to indicate the intensity of pain or discomfort that works well for children is by stretching one's arms wide apart for major pain and putting them close together for minor pain. Some children find it easier to express "big" and "small" with their hands than with a number scale.

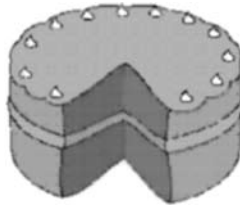
The method you choose doesn't matter as long as it works for you. Keeping track of your pain's intensity before and after treatment is the easiest way to determine whether and how effectively the treatment is working.

The same scale works for feelings. First, focus on an event or memory or problem that has been bothering you. Now ask yourself how angry, anxious, depressed, or upset are you on a scale from zero to 10. If it doesn't bother you at all, you're at zero. If you're at 10, that's the most it has ever been. Get in the habit of starting each

tapping session with an intensity measurement and make a note of it.

Now I'd like to introduce you to the Basic Recipe, the formula that is the foundation of this technique.

### The Basic Recipe



A recipe has certain ingredients that must be added in a certain order. If you are baking a cake, for example, you must use sugar instead of pepper and you must add the sugar before you put it in the oven. Otherwise... no cake.

Basic EFT is like a cake recipe. It has specific ingredients that go together in a specific way. Just as someone who is learning to cook will get best results from following tried and true instructions, someone who is new to EFT will do well to learn the Basic Recipe. An accomplished chef will take a different approach, and so can you once you master the fundamentals.

What I'm going to show you here is a shortcut method of using EFT. It does not include everything that I teach in the many other EFT training resources. It also omits a process called the "9 Gamut Procedure" that was part of

the earliest version of EFT, and can be very useful. The Full Basic Recipe includes the 9 Gamut Procedure, and is explained in the appendix of my printed book *The EFT Manual*. However, after developing EFT, I discovered that this shortcut method works very well almost all of the time, so this is the primary method I now use, and so do most EFT practitioners. I encourage everyone to learn or at least know about the original version so that if you don't get the results you want, you can try the Full Basic Recipe. It is easy to learn and adds less than a minute to the procedure.

Focusing now on the shortcut method, here is what you need in order to start using EFT.

### **Ingredient #1...The Setup**

Applying the Basic Recipe is something like going bowling. In bowling, there is a machine that sets up the pins by picking them up and arranging them in perfect order at the end of the alley. Once this "setup" is done, all you need to do is roll the ball down the alley to knock over the pins.

In a similar manner, the Basic Recipe has a beginning routine to "set up" your energy system as though it is a set of bowling pins. This routine (called the Setup) is vital to the whole process and prepares the energy system so that the rest of the Basic Recipe (the ball) can do its job.

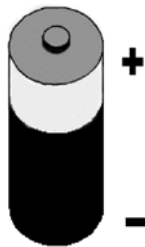
Your energy system, of course, is not *really* a set of bowling pins. It is a set of subtle electric circuits. I present this bowling analogy only to give you a sense of the

purpose of the Setup and the need to **make sure your energy system is properly oriented before attempting to remove its disruptions.**

Your energy system is subject to a form of electrical interference which can block the balancing effect of these tapping procedures. When present, this interfering blockage must be removed or the Basic Recipe will not work. Removing it is the job of the Setup.

Technically speaking, this interfering blockage takes the form of a *polarity reversal* within your energy system. This is different from the *energy disruptions* that cause your negative emotions.

Another analogy may help us here. Consider a flashlight or any other device that runs on batteries. If the batteries aren't there, it won't work. Equally important, *the batteries must be installed properly.* You've noticed, I'm sure, that batteries have + and - marks on them. These marks indicate their polarity. If you line up the + and - marks according to the instructions, the electricity flows normally and your flashlight works fine.



But what happens if you put the batteries in backwards? Try it sometime. The flashlight will not work. It acts as if the batteries have been removed. That's what



happens when polarity reversal is present in your energy system. It's as though your batteries are in backwards. I don't mean that you stop working altogether—like turn “toes up” and die—but your progress does become arrested in some areas.

## Psychological Reversal

This polarity reversal has an official name. It is called Psychological Reversal and it represents a fascinating discovery with wide-ranging applications in **all areas of healing and personal performance**.

It is the reason why some diseases are chronic and respond very poorly to conventional treatments. It is the reason why some people have such a difficult time losing weight or giving up addictive substances. It is also the reason why talented athletes “freeze” or make game-losing mistakes or never achieve their full potential. It is, quite literally, the cause of self-sabotage.

Psychological Reversal is caused by self-defeating, negative thinking that often occurs subconsciously and thus outside of your awareness. On average, it will be present—and thus hinder EFT—about 40 percent of the time. Some people have very little of it (this is rare) while others are beset by it most of the time (this also is rare). Most people fall somewhere in between these two extremes. Psychological reversal doesn't create any feelings within you so you won't know if it is present or not. Even the most positive people are subject to it...including yours truly.

When psychological reversal is present, it will stop any attempt at healing, including EFT, dead in its tracks. Therefore **it *must* be corrected if the rest of the Basic Recipe is going to work.**

We correct for Psychological Reversal *even though it might not be present*. It only takes 8 or 10 seconds to do and, if it isn't present, no harm is done. If it is present, however, a major impediment to your success will be out of the way.

The Setup consists of two parts, which are:

1. saying an affirmation three times and
2. simultaneously correcting for Psychological Reversal.

### The Affirmation

Since the cause of Psychological Reversal involves negative thinking, it should come as no surprise that the correction for it includes a neutralizing affirmation. Such is the case with EFT, and here it is.

*Even though I have this \_\_\_\_\_, I deeply and completely accept myself.*

Fill in the blank with a brief description of the problem you want to address. Here are some examples.

*Even though I have this pain in my lower back, I deeply and completely accept myself.*

*Even though I have this fear of public speaking, I deeply and completely accept myself.*

*Even though I have this headache, I deeply and completely accept myself.*

*Even though I have this anger towards my father, I deeply and completely accept myself.*

*Even though I have this war memory, I deeply and completely accept myself.*

*Even though I have this stiffness in my neck, I deeply and completely accept myself.*

*Even though I have these nightmares, I deeply and completely accept myself.*

*Even though I have this craving for chocolate, I deeply and completely accept myself.*

*Even though I have this fear of snakes, I deeply and completely accept myself.*

This is only a partial list, of course, because the possible issues that are addressable by EFT are endless. You can also vary the acceptance phrase by saying:

*“I accept myself even though I have this \_\_\_\_\_.”*

*“Even though I have this \_\_\_\_\_, I deeply and profoundly accept myself.”*

*“Even though \_\_\_\_\_, I love and forgive myself.”*

*“I love and accept myself even though I have this \_\_\_\_\_.”*

And there are more variations. Instead of saying, “I deeply and completely accept myself,” you can simply say:

*I'm OK.*

*I'll be OK.*

*I'll feel better soon.*

*Everything's improving*

Or something similar. This, by the way, is how we use EFT with children. The phrase "I deeply and completely accept myself" makes little sense to kids. Instead, a child who's upset can say something like the following:

*Even though I flunked the math test, I'm a cool kid,  
I'm OK.*

*Even though I lost my backpack and I'm mad at  
myself, I'm still an awesome kid.*

All of these affirmations are correct because they follow the same general format. That is, they acknowledge the problem and create self-acceptance despite the existence of the problem.

That's what is necessary for the affirmation to be effective. You can use any version, but I suggest you start with the recommended one because it is easy to memorize and has a good track record of getting the job done.

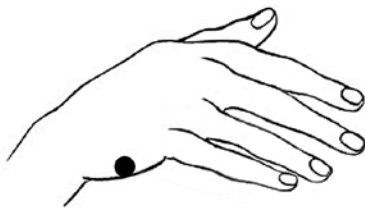
Now here are some interesting points about the affirmation.

- It doesn't matter whether you believe the affirmation or not. Just say it.
- It is better to say it with feeling and emphasis, but saying it routinely will usually do the job.
- It is best to say it out loud, but if you are in a social situation where you prefer to mutter it under your breath or do it silently, then go ahead. It will probably be effective.

## Correcting for Psychological Reversal

To add to the effectiveness of the affirmation, the Setup includes a simple method for clearing Psychological Reversal. You do this by tapping the Karate Chop point, which is explained next, while reciting the affirmation.

### The Karate Chop Point



The Karate Chop Point

The Karate Chop point (abbreviated **KC**) is located at the center of the fleshy part of the outside of your hand (either hand) between the top of the wrist and the base of the baby finger—or, stated differently, the part of your hand you would use to deliver a karate chop.

*Solidly tap* the Karate Chop point with the tips of the index finger and middle finger—or all four fingers—of the opposite hand. While you *could* use the Karate Chop point of either hand, it is usually most convenient to tap the Karate Chop point of the non-dominant hand with the fingertips of the dominant hand. If you are right-handed, tap the Karate Chop point on your left hand with the fingertips of your right hand. If you are left-handed, tap the Karate Chop point on your right hand with the fingertips of your left hand.

Now that you understand the parts of the Setup, performing it is easy. You create a word or short phrase to fill in the blank in the affirmation and then **simply repeat the affirmation, with emphasis, three times while continuously tapping the Karate Chop point.**

That's it. After a few practice rounds, you should be able to perform the Setup in 8 to 10 seconds or so. Now, with the Setup properly performed, you are ready for the next ingredient in the Basic Recipe—the Sequence.

### Ingredient #2...The Sequence

The Sequence is very simple in concept. It involves tapping at or near the end points of the body's major energy flows, which are called *meridians* in Oriental medicine, and it is the method by which the disruption in the energy system is corrected or balanced out. Before locating these points, however, you need a few tips on how to carry out the tapping process.

#### Tapping tips:

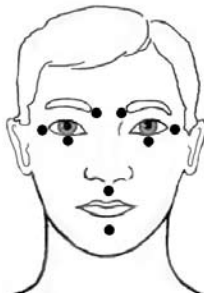
- You can tap with either hand but it is usually more convenient to do so with your dominant hand (your right hand if you are right-handed or your left hand if you are left-handed).
- Tap with the fingertips of your index finger and middle finger. This covers a little larger area than just tapping with one fingertip and allows you to cover the tapping points more easily.
- Tap solidly but never so hard as to hurt or bruise yourself.

- Tap about seven times on each of the tapping points. I say *about* seven times because you will be repeating a “Reminder Phrase” (explained later) while tapping and it will be difficult to count at the same time. If you are a little over or a little under seven (five to nine, for example) that will be sufficient.

Most of the tapping points exist on either side of the body. It doesn’t matter which side you use nor does it matter if you switch sides during the Sequence. For example, you can tap under your right eye and, later in the Sequence, tap under your left arm.

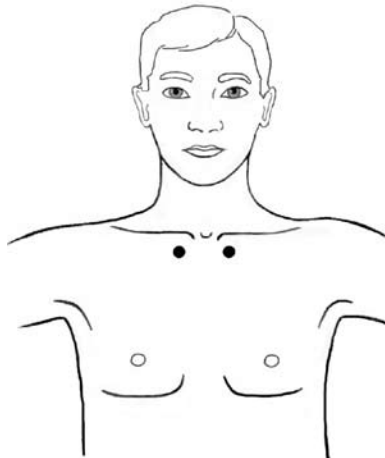
### The points:

Each energy meridian has two end points. For the purposes of the Basic Recipe, you need only tap on one end point to balance out any disruptions that may exist in the meridian. These end points are near the surface of the body and are thus more readily accessed than other points along the meridians that may be more deeply buried. What follows are instructions on how to locate the end points of those meridians that are important to the Basic Recipe. Taken together and done in the order presented, they form the Sequence.



EB, SE, UE, UN, and Ch Points

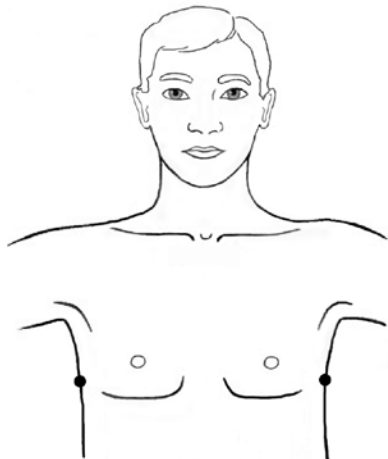
1. **Eyebrow:** At the beginning of the eyebrow, just above and to one side of the nose. This point is abbreviated **EB** for beginning of the **EyeBrow**.
2. **Side of Eye:** On the bone bordering the outside corner of the eye. This point is abbreviated **SE** for **Side** of the **Eye**.
3. **Under Eye:** On the bone under an eye about 1 inch below the pupil. This point is abbreviated **UE** for **Under** the **Eye**.
4. **Under Nose:** On the small area between the bottom of the nose and the top of the upper lip. This point is abbreviated **UN** for **Under** the **Nose**.
5. **Chin:** Midway between the point of your chin and the bottom of your lower lip. Although it is not directly on the point of the chin, we call it the Chin Point because it is descriptive enough for people to understand easily. This point is abbreviated **Ch** for **Chin**.



The Collarbone (CB) Points



6. **Collarbone:** The junction where the sternum (breastbone), collarbone, and first rib meet. Place your forefinger on the U-shaped notch at the top of the breastbone (where a man would knot his tie). Move down toward the navel 1 inch and then go to the left (or right) 1 to 2 inches. This point is abbreviated **CB** for **CollarBone** *even though it is not on the collarbone (or clavicle) per se*. It is at the *beginning* of the collarbone.



The Underarm (UA) Points

7. **Underarm:** On the side of the body, at a point even with the nipple (for men) or in the middle of the bra strap (for women). It is about 4 inches below the armpit. This point is abbreviated **UA** for **Under the Arm**.

The abbreviations for these points are summarized in the same order as given above.

1. **EB** = Beginning of the **E**ye**B**row
2. **SE** = **S**ide of the **E**ye
3. **UE** = **U**nder the **E**ye
4. **UN** = **U**nder the **N**ose
5. **Ch** = **C**hin
6. **CB** = Beginning of the **C**ollar**B**one
7. **UA** = **U**nder the **A**rm

Please notice that these tapping points proceed *down the body*. That is, each tapping point is *below* the one before it. That should make it a snap to memorize. A few trips through it and it should be yours forever.

### The Reminder Phrase

Once memorized, the Basic Recipe becomes a life-time friend. It can be applied to an almost endless list of emotional and physical problems, and it provides relief from most of them. However, there's one more concept we need to develop before we can apply the Basic Recipe to a given problem. It's called the Reminder Phrase.

When a football quarterback throws a pass, he aims it at a particular receiver. He doesn't just throw the ball in the air and hope someone will catch it. Likewise, the Basic Recipe needs to be aimed at a specific problem. Otherwise, it will bounce around aimlessly with little or no effect.

You "aim" the Basic Recipe by applying it while "tuned in" to the problem from which you want relief. This tells your system which problem needs to be the receiver.

Remember the EFT discovery statement, which says: *The cause of all negative emotions is a disruption in the body's energy system.*

Negative emotions come about because you are tuned into certain thoughts or circumstances that, in turn, disrupt your energy system. Otherwise, you function normally. One's fear of heights is not present, for example, while one is reading the comic section of the Sunday newspaper and therefore not tuned in to the problem.

Tuning in to a problem can be done by simply thinking about it. In fact, tuning in *means* thinking about it. Thinking about the problem will bring about the energy disruptions involved, which then and only then, can be balanced by applying the Basic Recipe. Without tuning in to the problem—thereby creating those energy disruptions—the Basic Recipe does nothing.

Tuning in is seemingly a very simple process. You merely think about the problem while applying the Basic Recipe. That's it, at least in theory.

However, you may find it a bit difficult to consciously think about the problem while you are tapping. That's why I'm introducing a Reminder Phrase that you can repeat continually while performing the Basic Recipe.

The Reminder Phrase is simply a word or short phrase that describes the problem and that you repeat out loud each time you tap one of the points in the Sequence. In this way you continually "remind" your system about the problem you are working on.

The best Reminder Phrase to use is usually identical to what you choose for the affirmation part of the Setup. For example, if you are working on a fear of public speaking, the Setup affirmation would go like this:

*Even though I have this fear of public speaking, I deeply and completely accept myself.*

Within this affirmation, the underlined words, *fear of public speaking*, are ideal for use as the Reminder Phrase.

I sometimes use a shorter version of this Reminder Phrase when in seminars. I might, for example, use “public speaking fear” or just “public speaking” instead of the somewhat longer version shown above. That’s just one of the shortcuts we have grown accustomed to after years of experience with these techniques. For your purposes, however, you can simply use identical words for both the Setup’s affirmation and the Reminder Phrase. That way you will minimize any possibility for error.

Now here’s an interesting point. *I don’t always have people repeat a Reminder Phrase.* That’s because I have discovered over time that simply stating the affirmation during the Setup is usually sufficient to “tune in” to the problem at hand. The subconscious mind usually locks on to the problem throughout the Basic Recipe even though tapping might seem distracting.

But this is not *always* true and, with extensive training and experience, one can recognize whether or not using the Reminder Phrase is necessary. As stated, it is not usually necessary, but *when it is necessary it is really necessary and must be used.*

What's beautiful about EFT is that you don't need to have my experience in this regard. You don't have to be able to figure out whether or not the Reminder Phrase is necessary. You can just *assume* it is always necessary and thereby assure yourself of always being tuned in to the problem by simply repeating the Reminder Phrase as instructed. It does no harm to repeat the Reminder Phrase when it is not necessary, and it will serve as an invaluable tool when it is. We do many things in each round of the Basic Recipe that may not be necessary for a given problem. But when a particular part of the Basic Recipe *is* necessary, *it is absolutely critical*.

It does no harm to include everything, even what may not be needed, and *it only takes one minute per round*. This includes *always* repeating the Reminder Phrase each time you tap a point during the Sequence. It costs nothing to include it, not even time, because it can be repeated within the same time it takes to tap each energy point seven times.

This concept about the Reminder Phrase is an easy one. But just to be complete, I am including a few samples:

*headache*

*anger towards my father*

*war memory*

*stiffness in my neck*

*nightmares*

*craving for chocolate*

*fear of snakes*

## Test Your Results

At the end of one or two rounds of tapping all of the points in the Sequence, take another look at the problem you're working on. Measure it on the 0-to-10 intensity scale. Where is it now? You'll be able to test some problems or conditions right away, in the comfort of your living room. Others you'll want to test in the actual settings where they occur.

If the problem doesn't bother you at all any more and is at zero, congratulations. You're done. No further tapping is required.

If you feel better but the problem is still there, make a note of your new level of discomfort on the 0-to-10 intensity scale. For example, your headache pain may have gone from a 9 to a 4, or your anger toward your father might have moved from an 8 to a 5. Keeping track of the numbers helps you keep track of your progress.

If you are a practitioner, write down the problem your client is working on, the beginning intensity level, and the level after treatment. This helps both of you appreciate whatever improvement is being made, and it simplifies follow-up sessions.

If you're working on your own, write down every problem or issue you tap for along with your results. Review your notes after a few weeks of practice and you will be amazed at the number of issues you have cleared away, many of which you will have forgotten about by then.

Here's what to do if you or your client still have some discomfort after an initial round of tapping.

## Subsequent Round Adjustments

When EFT tapping produces only partial relief, you will need to do one or more additional rounds.

Those subsequent rounds have to be adjusted slightly for best results. Here's why. The first round doesn't always completely eliminate a problem because of the re-emergence of Psychological Reversal, that interfering blockage that the Setup is designed to correct.

This time, Psychological Reversal shows up in a somewhat different form. Instead of blocking your progress altogether, it now blocks any *remaining* progress. You make some headway but become stopped on the way to complete relief because Psychological Reversal enters in a manner that keeps you from *getting any better still*.

Since the subconscious mind tends to be very literal, subsequent rounds of the Basic Recipe need to address the fact that you are working on the *remaining problem*. Accordingly, the affirmation contained within the Setup has to be adjusted, as does the Reminder Phrase.

*Even though I **still** have **some** of this \_\_\_\_\_,  
I deeply and completely accept myself.*

Please note the emphasized words (*still* and *some*) and how they change the thrust of the affirmation toward the *remainder* of the problem. It should be easy to make this adjustment and, after a little experience, you will fall into it quite naturally.

Study the affirmations below. They reflect adjustments to the affirmations shown earlier in this section.

*Even though I **still** have **some** of this headache, I deeply and completely accept myself.*

*Even though I **still** have **some** of this anger towards my father, I deeply and completely accept myself.*

*Even though I **still** have **some** of this war memory, I deeply and completely accept myself.*

*Even though I **still** have **some** of this stiffness in my neck, I deeply and completely accept myself.*

The Reminder Phrase is also easily adjusted. Just put the word “remaining” before the previously used phrase. Here, as examples, are the previous Reminder Phrases:

***remaining** headache*

***remaining** anger towards my father*

***remaining** war memory*

***remaining** stiffness in my neck*

If your symptom or condition disappears but then returns, simply repeat EFT's Basic Recipe and the “remaining” Reminder Phrase described above.

## Tapping with and for Others

I should add that EFT can be done by you on yourself, by another person on you, and by you on another person. All of these approaches to EFT tapping work equally well. If you watch my EFT sessions on [www.YouTube.com](http://www.YouTube.com), you will see that in seminars and workshops, I routinely tap on the EFT points of the people I work with onstage.



The technique of tapping on another person makes it easy for parents to apply EFT to their infants and small children and for anyone to apply EFT to those who for various reasons are not able to tap on or for themselves.

## Introducing Aspects

Aspects are the various pieces of an emotional issue that may show up during an EFT session. Fortunately, they can be handled easily.

For example, let's say you have a fear of spiders that you would like to put behind you. If there is no spider present to cause you any emotional intensity, then close your eyes and imagine seeing a spider, or imagine a past time when a spider scared you. Assess your intensity on a scale of 0 to 10 *as it exists NOW while you think about it*. If you estimate it at a 7, for example, then you have a benchmark against which to measure your progress.

Now do one round of the Basic Recipe and imagine the spider again. If you can find no trace whatsoever of your previous emotional intensity, then you are done. If, on the other hand, you go to, let's say, a 4, then you need to perform subsequent rounds until your intensity falls to zero.

You might wonder at this point whether getting to zero while just *thinking* about a spider will hold up when you actually confront a *real* spider. The answer is usually *yes!* In most cases, the energy disruptions that occur while *thinking* about the spider are the same as those that occur when you are in the presence of a *real* spider. That's

why the original energy balancing tends to hold in real circumstances.

The exception to this is when some new aspect of the problem comes up in the real situation that wasn't there when you were just thinking about it. For example, you may have been *thinking* about a stationary spider that didn't move. If movement is an important aspect of your fear and if it was absent from your thinking when the original EFT rounds were done, then that part of the fear will arise when you see a moving spider.

This is a reasonably common occurrence and *it doesn't mean that EFT didn't work*. It simply means there is more to do. Just apply the Basic Recipe to the new aspect (moving spider) until your emotional response falls to zero. Once all aspects have been eliminated, your phobic response to spiders should be history and you can be perfectly calm around them.

Someone who's haunted by a traffic accident might be affected by memories of oncoming headlights, anger toward the other driver, the sound of screeching brakes, or the sight of window glass shattering. A war trauma can have aspects such as the sight of blood, the look in a comrade's eyes before he dies, the sound of a hand grenade, or the memory of an explosion or gunfire. A rape experience can have aspects such as the smell of the assailant's breath, the sound of his voice, the impact of a fist, the penetration, etc. A fear of public speaking can have aspects such as the sight of a microphone, the on-looking eyes of the audience, or a memory of being ridiculed as a child.

Another thing to recognize is that an aspect can also be an emotion. Some clients report that the anger they had regarding a given event has shifted to sadness. Pick up on these clues. These different emotional aspects are taking you deeper into the problem. They are opportunities for greater healing and present you with great possibilities for mastering your craft.

The notion of aspects is an important one in EFT. As in the examples above, some problems have many pieces or aspects to them and the problem will not be completely relieved until all of them are addressed. Actually, each of these aspects qualifies as a separate problem even though they seem to be all lumped together. The fear of a stationary spider and the fear of a moving spider, for example, would seem to be lumped together. In fact, they are separate problems that need to be addressed separately with EFT.

Different aspects are possible with just about any problem you want to address with EFT. Each aspect may be a separate problem that needs to be addressed individually before complete relief is obtained.

Please understand that where several aspects of an *emotional* problem are present, you may not notice any relief until all aspects are reduced to zero by the Basic Recipe. This becomes very clear when you consider different aspects of *physical* healing. If, for example, you have a simultaneous headache, toothache, and stomach ache, you will not feel healthy until all three are gone. The pain may seem to shift but it is, nonetheless, still pain. So it is with *emotional* issues that contain different aspects.

Even if you have taken care of one or more aspects, you may not experience relief until all of the problem's aspects have been dealt with.

Experienced EFT'ers often compare this procedure to peeling an onion. You get rid of one layer only to discover another. When a problem has many layers or aspects, neutralizing them with EFT can seem like a daunting project. But considering how quickly those layers can be dealt with and how beneficial the results are, the project is more exciting than intimidating. And the rewards are priceless.

## Core Issues

By far the fastest way to resolve a complex issue or clear up symptoms that resist treatment is to discover the problem's *core issue*. Core issues are fundamental emotional disruptions that can be formed in childhood or in response to a difficult or traumatic event.

In some cases they are obvious. When asked about when a problem started or what might be contributing to it, the reply is immediate. "I'll bet it has something to do with my husband's heart attack last fall." "I turn to food whenever I think about my wife's affair, and my overeating is out of control." "Ever since my business failed, my back has been killing me."

But many times, core issues are hidden from view. This is because the subconscious mind is a clever protector of secrets, especially those that we hide from ourselves.

In some cases, our subconscious minds hide secrets that are truly awful. But most self-sabotaging secrets, when looked at objectively, don't amount to much.

The reason Tom can't give a presentation at work is because in fourth grade, his teacher embarrassed him in front of the class. The reason Ann can't lose weight is because, when she was eight years old, her mother told her she would always be too fat to wear a swim suit. The reason John can't propose to Marie is because his older sister always told him that he was such a loser, no one would ever marry him. The reason Susan can't take an elevator is because when she was trapped in one for five minutes several years ago, the friend who was with her started screaming.

As long as they hold an emotional charge, these secrets are powerful enough to shape a person's life – but as soon as they are uncovered and neutralized with EFT, core issues like these lose their power and become insignificant old memories.

This feature of EFT never ceases to amaze me. Again and again I've worked with people while they dealt with incredibly painful memories, memories that controlled their lives and dictated where they would live, what career they would follow, what friends they would have, and everything else. Suddenly, after a few rounds of EFT tapping, they are completely transformed and no longer frightened, anxious, or afraid of old events. Instead, they're able to describe past traumas as easily as if they are talking about the weather. As soon as old events and

old memories lose their emotional charge, they lose their place of power in the subconscious mind.

## Be Specific

If you want fast, impressive results with EFT, be specific. Vague statements generate vague outcomes. The biggest mistake made by newcomers is using EFT on issues that are too global. Global problems are broad, vague, or hazy. They aren't well defined. Even with persistence, which can almost always make a difference, global statements are less likely to produce results than specific statements about specific events.

I have been beating the drum for many years about being specific with EFT, urging EFT'ers to break emotional issues into the events that underlie them. When we do this, we address true causes and not just symptoms. While there is a skill to doing this, those who take this approach have watched their success rates climb impressively. They are also doing deeper, more meaningful work.

Many newcomers to EFT present their emotional issues in very global terms. They say things like:

*I feel abandoned. I'm always anxious.*

*I was an abused child. I hate my father.*

*I have low self-esteem. I can't do anything right.*

*I'm depressed. I feel overwhelmed.*

To them, *that* is the problem and *that* is what they want EFT to fix.

But, despite the person's perception, *that* is not the problem at all. Those feelings are merely symptoms of the problem. The real problem is the unresolved specific events, memories, and emotions that cause the larger issue. How can one feel abandoned or abused, for example, unless specific events occurred in one's life to cause those feelings? The feelings didn't just appear out of the blue. They must have had a cause.

If we consider the larger issue (such as abandonment) to be a table top, then the table's legs represent specific events that support the table (my mother died when I was seven; my father walked out on us when I was eleven; I got lost on a hiking trip in the Sierra Mountains; etc.). Obviously, if we reduce an issue to the specific events supporting it and then collapse its table legs, the table top will fall for lack of support. In this way we address the true causes (specific events and emotions linked to them) rather than just symptoms.

Unfortunately, many EFT practitioners still apply EFT to the tabletop and not the supporting table legs. Thus they might start with...

*Even though I have this feeling of abandonment...*

Being too global like this is the number-one error made by new EFT'ers and some seasoned ones, too. Interestingly, this approach will sometimes get results but it is not nearly as thorough or precise as going for the supporting table legs first.

Also, because this global approach lacks precision, those using it are more likely to report that their issues

“come back.” What “come back,” of course, are unresolved events (table legs) that were not previously addressed.

In addition, approaching an issue in a vague or global manner creates an environment in which the person's attention shifts from event to event. You can be much more accurate and achieve greater success if you reduce those global issues (table tops) to the specific events (table legs) that cause them. Examples for the global issue of “I feel abandoned” could include:

*The time my mother left me in the shopping mall when I was in second grade.*

*The time my father told me to leave home when I was twelve.*

*The time my third-grade teacher gave me that “I don't care about you” look.*

These specific events are much easier to deal with than the global issues they created. If you deal with them one at a time without letting your attention shift, it will be easy to clear them—and by clearing the emotions stored in these small specific events, you can automatically repair the larger global issue.

To this point, I have provided more general examples like “fear of public speaking,” “these nightmares,” or “this anxiety.” As a beginner, you can learn the process using general phrases like this, and your system will address the specifics behind the scenes. However, to be more direct and get more powerful results, it's better to break those general issues into the specific events that are contributing to them.



For “these nightmares,” simply take one nightmare at a time, or identify a difficult event that occurred around the time the nightmares began. For “fear of public speaking,” make a list of all the events in which public speaking was uncomfortable for you and tap them away one by one. For issues like anxiety, stress, or depression, you are usually dealing with a combination of emotions so it may take a little longer to see significant results, but you can start by finding the past events that have upset you the most and address them with EFT.

For additional help in finding specific events to tap on, ask yourself questions like:

*When did this problem start? What was I doing at the time? What was going on in my life?*

*What does this issue remind me of?*

## The Generalization Effect

That being said, I want to acquaint you now with a fascinating feature of EFT. I call it the Generalization Effect because, after you address a few related problems with EFT, the process starts to *generalize* over all those problems. For example, someone who has 100 traumatic memories of being abused usually finds that **after using EFT and neutralizing only five or ten of them, they all vanish.**

This is startling to some people because they have so many traumas in their life, they think they are in for unending sessions with these techniques. Not so—at least not usually. EFT often clears out a whole forest after cut-

ting down just a few trees. You'll see an excellent example of this Generalization Effect in my session with Rich, the first veteran on the "Six Days at the VA" video on [www.EFTUniverse.com](http://www.EFTUniverse.com).

## The Movie Technique and Story Technique

When addressing specific events with EFT, we often use the Movie Technique or the Tell the Story Technique. In both methods, you review a past event while tapping to reduce its emotional charge. The difference between the two is that in the Movie Technique, you watch events unfold in your mind, as though you're watching a movie, while in the Tell the Story Technique, you describe the events aloud.

The "plot" of the movie or story is usually very short. If not, reduce the length down to one or two emotional crescendos because that sets up the target for EFT's aim. However, if jumping straight to the key event is too painful, the movie or story can begin a few minutes before the first emotional crescendo. The event may have hurt, but its retelling doesn't have to.

Unlike psychotherapy techniques that require clients to relive unpleasant past events in excruciating detail, EFT's approach is gentle and flexible. You watch the movie or tell the story until you reach a point that feels uncomfortable. Instead of forcing yourself to push on, just tap until the emotional intensity of that segment fades. When you feel comfortable again, resume the movie or story. When feelings rise up again, tap until they subside. Eventually you will be able to narrate the whole story

without any emotional intensity and regain your freedom with respect to that memory.

Our bodies store traumas, and our mental movies are keys that unlock emotions that are stored with those traumas. Because EFT tapping reduces the emotional charge attached to past events, it transforms the traumas, memories, energy blocks, targeted body parts, and emotions that were previously locked together. With the emotional charge gone, the traumas become normal memories, the connections disappear, and the pain once associated with them vanishes as well.

### **EFT's Constricted Breathing Technique**

The Constricted Breathing Technique is a breathing exercise enhanced by tapping which, despite its simplicity, offers numerous benefits. It is a popular demonstration in workshops and client sessions because most people have constricted breathing and it is eye-opening to experience the improvements that EFT generates in a minute or two. Increased oxygen levels are so important to health that practically everyone who tries this procedure feels better as a result. Daily use can help improve physical fitness, and because it's relaxing, the technique is an attitude-adjustment tool that can help you move from stressed or anxious to calm and serene in record time. This makes it an effective aid to performance improvement as well as setting and reaching any new goal.

To use the technique, take two or three deep breaths. Take your time and don't hyperventilate. This step will

stretch your lungs so that any EFT improvement in your breathing will not result from a normal “stretching effect.”

Once you have stretched your lungs as far as they will go, take another deep breath. This time assess the deepness of your breath on a 0-to-10 scale, where 10 is your estimate of your maximum capacity. Most people start with numbers from 3 to 9. Those who rate their breath at a 10 (they are usually wrong) may find that after EFT they will go to a 12 or 15.

Now do several rounds of EFT with Setup Phrases such as:

*Even though my breathing is constricted, I deeply and completely accept myself.*

*Even though I can only fill my lungs to an 8...*

*Even though I'm not used to breathing deeply...*

and so on. Be sure to include any physical or medical condition that could interfere, such as:

*Even though I'm coming down with a cold [or have allergies or emphysema or a bruised rib] and it's hard to breathe, I deeply and completely accept myself.*

After each round, take another deep breath and assess your 0-to-10 lung capacity. In the vast majority of cases it will keep expanding and improving.

To clear any emotional cause of constricted or shallow breathing, ask yourself:

*What does this constricted breath remind me of?*

*When have I felt constricted or smothered?*

*If there was an emotional reason for my constricted  
breath, what might it be?*

Often, these questions give big clues to important emotional issues. With the help of the Constricted Breathing Technique, whatever you feel upset, distressed, angry, disappointed, frustrated, guilty, irritated, sad, uncomfortable, or unhappy about can be more easily identified, incorporated into an EFT Setup Phrase, and tapped for.

## Secondary Gain

Secondary gain is a psychiatric term meaning that the person has a reason for holding onto an undesirable condition, even though he or she may not recognize it.

The term applies to a wide variety of issues. An example would be chronic pain cases in which the patient will lose certain benefits by getting well, such as attention from others, monetary compensation for disability, or the ability to keep denying the original cause of the pain.

In metaphysics, the term “secondary gain” helps explain why we seem to run into barriers when it comes to manifesting our good. This occurs when we put a great deal of energy into visualizing, affirming, and treating for a new level of good and it either doesn’t happen or the situation actually gets worse. The subconscious mind feels more secure in the disadvantaged state than in going for improvement. So while your conscious mind might be

saying, “*I sincerely want to get over this problem,*” your subconscious screams, “*No, I don't!*”

If you suspect secondary gain, consider the following:

*What benefits do you receive from your problem?*

*Does keeping the problem feel safe?*

*Does releasing it feel dangerous?*

*Does keeping the problem generate sympathy from others that you won't receive if you release the problem?*

*Does keeping the problem allow you to avoid unpleasant situations?*

*Does keeping the problem give you financial rewards that you won't receive without it?*

*Do you feel you don't deserve to get over the problem?*

*Do you fear that if you get better, something bad will happen?*

Interestingly enough, secondary gain issues can be broken down into specific events, just like other issues. The process is more difficult because the problem is usually stated very globally or generally, but if you keep asking yourself “*Why?*” or “*What's behind that?*” you are likely to find some specific events to address.

## The Personal Peace Procedure

In my online tutorial on the EFT web site, [www.EFTUniverse.com](http://www.EFTUniverse.com), I describe the *Personal Peace Procedure*, which is an easy exercise that can help you tap away your

issues one event at a time. This is especially helpful if you are having trouble finding your core issues or if you just want something to tap on every day. Although you may not be targeting the core issue behind a specific problem every time, you will be able to clear a large volume of unresolved emotions in a relatively short period of time. This is a different approach from targeting only the issues that contribute to specific problems, but the end result is often more complete.

Try it now. The sooner you start, the sooner you'll experience true personal peace.

1. **Make a list.** On a blank sheet of paper or at your computer, make a list of every bothersome specific event you can remember. If you don't find at least 50, you are either going at this half-heartedly or you have been living on some other planet. Many people find hundreds.
2. **List everything.** While making your list you may find that some events don't seem to cause you any current discomfort. That's OK. List them anyway. The mere fact that you remember them suggests a need for resolution.
3. **Give each event a title** as though it is a mini-movie. Examples:

*Dad hit me in the kitchen.*

*I stole Suzie's sandwich.*

*I almost slipped and fell into the Grand Canyon.*

*My third grade class ridiculed me when I gave that speech.*

*Mom locked me in a closet for hours.*

*Mrs. Adams told me I was stupid.*

4. **Tap for the big ones.** When the list is complete, pick out the biggest redwoods in your negative forest (the ones closest to 10 on the 0-to-10 scale) and apply EFT to each one of them until you either laugh about it or just can't think about it any more. Be sure to notice any aspects that may come up and consider them separate trees in your negative forest. Apply EFT to them accordingly. Be sure to keep after each event until it is resolved down to zero. After the biggest redwoods are removed, look for the next-biggest, etc.
5. **Work on at least one movie per day**—preferably three—for three months. It takes only minutes per day. At this rate you will resolve 90 to 270 specific events in three months. Then notice how your body feels better. Note, too, how your threshold for getting upset is much lower. Note how your relationships are better and how many of your therapy type issues just don't seem to be there any more. Revisit some specific events and notice how those previously intense incidents have faded into nothingness. Note any improvements in your life.

I ask you to consciously notice these things because, unless you do, the quality healing you will have undergone may be so subtle that you don't notice it. You may even dismiss it by saying, "Oh well, it was never much of a problem anyway." This happens repeatedly with EFT and thus I bring it to your awareness.



6. **If necessary, see your physician.** If you are taking prescription medications, you may feel the need to discontinue them. Please do so *only* under the supervision of a qualified health care practitioner.

It is my hope that the Personal Peace Procedure will become a worldwide routine. A few minutes per day will make a monumental difference in school performance, the workplace, relationships, health, and our quality of life. But these are meaningless words unless you put the idea into practice. As my good friend Howard Wight says, "If you are ultimately going to do something important that will make a real difference ... do it now."

### Is EFT Working Yet?

Whenever EFT produces dramatic results, the changes are obvious. You start out afraid of heights and now you're comfortable leaning over a fire escape or climbing a ladder. You had a migraine headache and now you feel terrific. You were mad at your boss and now you're laughing.

But not every improvement occurs right away. Sometimes nothing seems to happen during your tapping session and you give up in disappointment—but then a few hours later or the following day, you notice that the problem has completely disappeared. EFT can have a delayed effect.

And not all improvements are obvious. Some occur so subtly that they are barely noticed or not noticed at all. Paying attention to all aspects of your life, not just

the symptoms you are treating with EFT, will help you appreciate these subtle results.

In a case reported by EFT practitioner Chrissie Hardisty, a 21-year-old client dropped out of college because of severe depression that did not respond to prescription anti-depressants. Fortunately, it did respond to tapping, and as the client later reported, his lifelong spider phobia disappeared as well. Spiders didn't enter his mind during his tapping session, and he only noticed this profound change of attitude when his father called it to his attention. Instead of having a panic attack at the sight of a spider, he remained calm and relaxed.

June Campbell used EFT to help her friend Betty overcome her fear of flying. As a bonus, Betty's severe dental pain, which had not responded to pain killers, disappeared during the session. "Betty hadn't mentioned the pain so I hadn't addressed it during tapping," she says. "The stubborn dental pain was gone as if by magic. That was two days ago. The pain has not returned. Betty is not at all anxious about her upcoming flight, and she reports having a better night's sleep than she's had in quite some time."

EFT practitioner Margo Arrowsmith worked with a man who was afraid of banks. After tapping away this fear with EFT, he was not only able to go into and out of banks with ease, but his sinus congestion—which he hadn't mentioned or addressed—disappeared for the first time in years. She says, "I have worked with people for their feelings of guilt about some minor childhood incident, and their headaches disappeared. Talk to any

EFT practitioners and they will tell you lots of stories of unexpected and delightful side effects. “

How might EFT tapping affect you? Individual results vary, but we have seen many situations in which EFT corrects problems that were not addressed or even thought of during the tapping. These results include:

<i>relief from insomnia</i>	<i>lower stress levels</i>
<i>improved digestion</i>	<i>increasing patience</i>
<i>fewer headaches</i>	<i>a more relaxed attitude</i>
<i>better overall health</i>	<i>more energy</i>
<i>improved range of motion</i>	<i>better relationships</i>
<i>higher confidence levels</i>	<i>faster healing from illness or injury</i>
<i>increased efficiency</i>	<i>improved memory</i>
<i>growing optimism</i>	<i>a reduction of fears and phobias</i>
<i>relief from worry</i>	<i>and more!</i>

Many of these changes could be overlooked if you aren't watching for them. Although there are many ways to keep track of the improvements EFT produces, one of the simplest is to make a list of your life's situations, your physical symptoms, and your feelings. Spend a few minutes each day or each week reviewing that list. Keeping a journal, diary, or notebook will help you remember details that might otherwise go unnoticed. Pay attention to the observations of others, too. They are evidence of transformations taking place within you.

This inventory is especially important if it seems as though EFT is not working. If you can't seem to release

your emotional intensity, you still have an out-of-control craving, your elbow still hurts, you still feel depressed, or whatever you're addressing won't seem to budge, consider the possibility that other improvements are contributing to your success with the original problem.

In EFT, results can come quickly—or they can involve the repeated tapping sessions that we call “peeling the onion.” You clear up one aspect of a problem only to have another appear, and it isn't until several of these layered aspects are dealt with that the problem completely goes away.

If it seems as though nothing is happening, don't give up. You might feel just as sad and discouraged as you did last week, but you may be sleeping better, or other drivers on the road don't annoy you the way they usually do. Your elbow may be as sore as it was yesterday, but you're criticizing your kids less and enjoying them more, or friends notice that you seem more relaxed. You're still helpless to resist chocolate ice cream, but you feel more energetic and complete a project at work ahead of schedule. Any of these or a thousand other small improvements suggest that your EFT tapping is producing deep-level changes.

## Upcoming Examples

I have already described EFT as a flexible healing tool and, as you will see in my book *The EFT Manual*, or in my DVDs available on the EFT website, not all EFT sessions follow the basic instruction exactly.

This book includes an extensive collection of real stories about people who have used EFT for themselves or a friend, relative, client, or student for improved sports performance. These examples will help you understand how to use EFT in different situations, and how the basic principles you already know can be applied to an actual case—like yours.

I will provide plenty of narrative as we go so that you can see where the basic principles are being illustrated and where people have used their own variation to address a unique situation. Emotional issues are often complex, and there are many different ways to be specific or thorough with EFT. Accordingly, some people use fairly global or general approaches and others get all the way down to specific events, but they are all peeling away layers as they go.

One of the most obvious variations will be the extended Setup Phrases. With experience, you may find that using a longer description in the Setup to target your issue produces better results. By being more creative in the Setup you might trigger more memories than with the default or standard Setup, and that can help you get to deeper core issues.

One common misconception, however, is that the “right words” in the Setup are the magical key to results with EFT. This is not the case, although the examples you see in this book might leave you with that impression.

If you find that you “don’t know what to say” in your Setup, you can always use the default or standard Setup Phrase, which is:

*Even though I have this \_\_\_\_\_, I deeply and completely accept myself.*

If you can't find a word for the \_\_\_\_\_, or if you aren't getting results, your Setup is probably too global, vague, or general, and you need to look deeper for a specific event related to the problem.

Once you find a specific event, use the Setup to describe it the same way you would tell it to a friend, and use the Tell the Story Technique to tap away the intensity one crescendo at a time. If addressing that event doesn't do the trick, then look for similar events, or try the Personal Peace Procedure.

Remember, getting results with EFT is more about "*What are you tapping for?*" than "*What words are you saying?*"

I encourage you to consider EFT a universal healing tool, something that can improve any and every part of your life. The more often you use it, the more likely you are to experience benefits in not just one or two areas but in all aspects of your being—and the more likely you are to completely resolve the original problem.

# Quick Guide to EFT

## **I. The Discovery Statement**

The cause of all negative emotions is a disruption in the body's energy system.

## **II. EFT in a Nutshell**

Memorize the Basic Recipe. Aim it at any emotional or physical problem by customizing it with an appropriate Setup affirmation and Reminder Phrase. Be specific when possible and aim EFT at the specific emotional events in your life that might underlie the problem. When necessary, be persistent until all aspects of the problem have vanished. Try it on everything!

### III. The Basic Recipe

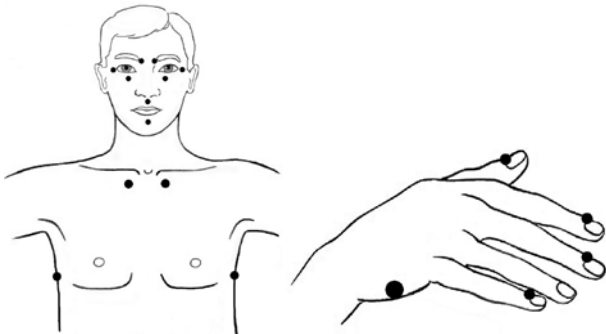
1. **Where in your body** do you feel the emotional issue most strongly?
2. **Determine the distress level** in that place in your body on a scale of 0 to 10, where 10 is maximum intensity and 0 is no intensity:

10, 9, 8, 7, 6, 5, 4, 3, 2, 1, 0

3. **The Setup:** Repeat this statement three times, while continuously tapping the Karate Chop point on the side of the hand (large dot on hand diagram below):

*"Even though I have \_\_\_\_\_ (name the problem), I deeply and completely accept myself."*

4. **The Tapping Sequence:** Tap about 7 times on each of the energy points in these 2 diagrams, while repeating a brief phrase that reminds you of the problem.



5. **Determine your distress level** again on a scale of 0 to 10 again. **If it's still high, say:**

*"Even though I have some remaining \_\_\_\_\_ (problem), I deeply and completely accept myself."*

6. **Repeat from Step 1** till your distress level is as close to 0 as possible.

**EFT 10-minute tap along video:** [eftuniverse.com/tapnow.htm](http://eftuniverse.com/tapnow.htm)