



# Emotional Freedom Technique (EFT)

**Emotional Freedom Technique (EFT) is a wonderfully simple and effective process which can be used to deal with just about anything, and is particularly helpful for emotional stress, physical pain, low mood or anxiety.**

As the name suggests, this technique frees you from emotional stress. And as we are holistic beings this technique works not only on emotional issues but also on physical complaints, as there is such a strong connection and interrelation between the mind and body.

## How to use EFT

- 1. Rate how you currently feel about the issue/pain/stress/anxiety you're experiencing.**  
Use a 1 – 10 scale: 1 being calm, 10 being highly anxious, frustrated, stressed or in pain about the situation.
- 2. Insert your issue/pain/stress/anxiety into the following statement:**  
"Even though I have/feel (insert issue/pain/stress/anxiety) I choose to deeply and completely love and accept myself."  
**Example:** "Even though I have this anxiety about my upcoming work presentation, I choose to deeply and completely love and accept myself."
- 3. Now we begin tapping.** Start at the karate chop point, and tapping lightly, gently and quickly, repeat your statement 3 times. Tap this spot until you finish your 3 statements.
- 4. Next continue with the eyebrow point.** Repeat the same statement while tapping quickly and lightly. Once you finish the statement move downwards to the next point.
- 5. Continue moving down the body, finishing with the top of the head.**
- 6. Take a deep breath.** Check in with where you're at on your scale. If you're not down to 1 yet continue tapping, starting this time with the eyebrow point; we only tap the karate chop point at the beginning of the technique.
- 7. Once you get down to 1 you can stop.**

## Important Tips

- **While you're getting used to EFT, repeat the same line over and over as indicated above.** Then when you're a pro, you can start to mix it up and explore things in more detail such as deeper issues which you'd like to release.  
**For example:**  
Karate chop: Even though I have this anxiety about my upcoming work presentation, I choose to deeply and completely love and accept myself. (Repeat 3x)  
Eyebrow: Even though I'm worried I'll forget what I need to say, I choose to deeply and completely love and accept myself.  
Inner eyebrow: Even though I'm nervous about coming across incompetent, I choose to deeply and completely love and accept myself.  
Outside of eye: Even though I care what other people think of me, I choose to deeply and completely love and accept myself.  
Under the eye: Even though I don't think I'm good enough, I choose to deeply and completely love and accept myself.  
Continue like this, going deeper and deeper into your triggers and emotional upsets.
- **Whether you repeat the same line OR you choose to go a little deeper with the statement, both methods are super effective.** Give both a go and see which you prefer.
- **It doesn't matter which side of the body you work with as we have the same acupuncture points on both sides of the body.**
- **This process is also very effective when you say the statement in your head, i.e. at your desk or in the toilet cubicle at work.** As long as you're tuning into the energy of your issue/pain/stress/anxiety and you're tapping the points, the body will know exactly what you're up to and you'll soon experience the release and relief you're craving.