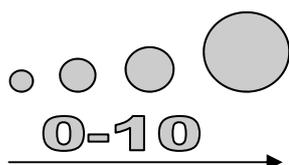


E.F.T. For Kids and Adults

The **Emotional Freedom Technique (EFT)**, developed by Gary Craig (www.emofree.com), is very useful for unblocking and healing strong emotions, fears, anxiety, emotional pain, anger, traumatic memories, phobias and addictions, as well as for reducing body symptoms and pain, such as headaches, overall body pain and phantom pain for amputees.

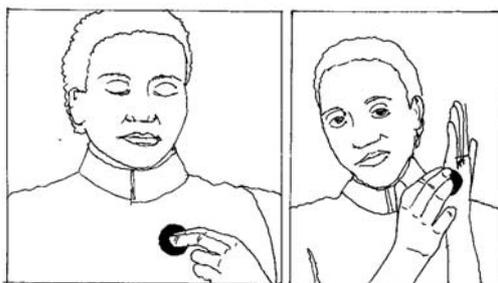
The technique is based on the theory of the Energy Field of body, mind and spirit, along with meridian theory of Chinese Medicine. Problems, traumas, anxiety and pain can block the flow of energy in the body. Tapping or pressing on acupressure points, connected with channels or meridians of energy, can help to move blocked energy and helps the healthy flow of energy in the body and mind.

METHOD



Step 1: Measure your anxiety.

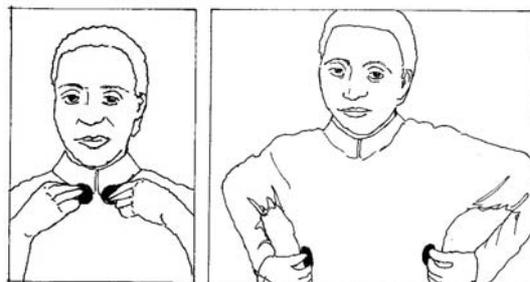
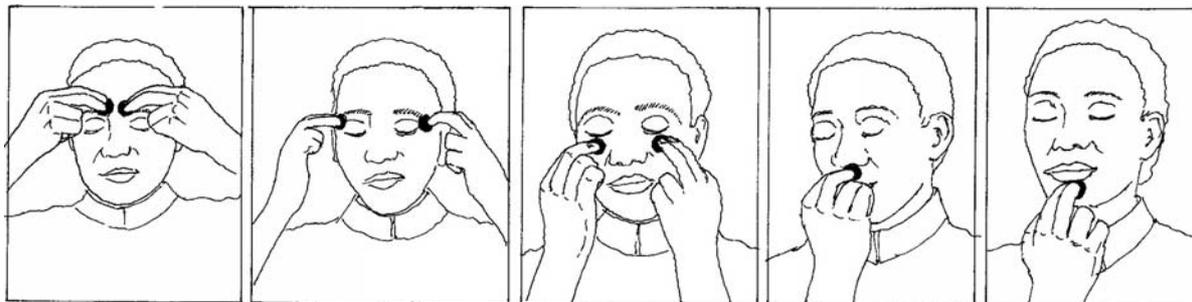
Think of a memory or thought that worries you. Measure the level of anxiety you feel when you think about it, using a scale of 0-10 ('0' means no anxiety, '10' means an extremely high level of anxiety), or with words like 'small-medium-large'.



Step 2: The 'Sore Spot' or 'Side of Hand'.

Rub the Sore Spot between the ribs on the chest for a few seconds, or tap on the side of your hand, while you think about the anxiety and say:

"Even though I have this problem, I'm OK, and I accept myself".

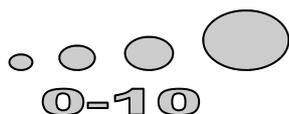


Step 3: Tap the acupressure points.

Breathe deeply and tap with two fingers on each of the acupressure points 6-7 times.

The **Tapping Points** are:

- At the start of the eyebrows.
- On the bone at the side of the eyes.
- On the bone under the pupil of the eye.
- Under the nose.
- Under the lips on the chin.
- In the hollow at the start of the collarbone.
- Under the armpits (about 10cm).



Step 4: Check your anxiety level and repeat the Tapping Point sequence.

Check your anxiety level and notice if it has changed. Repeat the tapping sequence until anxiety reduces. When you have tapped the negative thought or feeling away, or down to a 1 or 2, then you can tap in a positive belief, for example "I'm brilliant", "I'm superb", "I'm a great kid", or however you or your child would like to feel.