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Consultants

your mindset for success

EMOTIONAL FREEDOM TECHNIQUE EFT

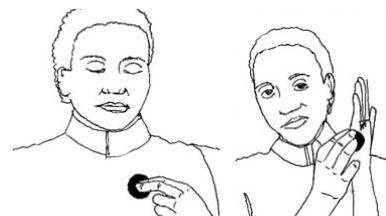
Emotional Freedom Technique (EFT), developed by Gary Craig, is very useful for unblocking and healing strong emotions, fears, anxiety, emotional pain, anger, traumatic memories, phobias and addictions, as well as for reducing body symptoms and pain, such as headaches, overall body pain and phantom pain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

1 Measure your anxiety. Think of a memory or thought that worries you. Measure the level of discomfort 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). This is called the SUD's Scale (Subjective Units of Distress)



2 The 'Set-Up Statement'.

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 problem and say: *"Even though I am/feel/have...(problem) or I deeply and completely accept myself", or "I choose..."*



3 Tap the acupressure points with the negative problem (thought, feeling or belief). Breathe deeply and tap with two fingers on each of the acupressure points 6-7 times. The Tapping Points are:

Top of the head.

At the start of the eyebrows.

On the bone at the side of the eyes.

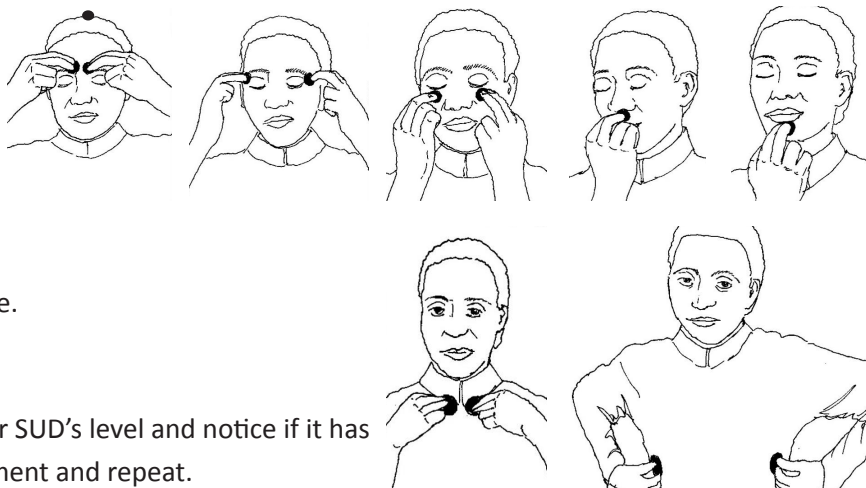
On the bone under the pupil of the eye.

Under the nose.

Under the lips on the chin.

In the hollow at the start of the collarbone.

Under the armpits (about 10cm).



4 Check your anxiety level. Check your SUD's level and notice if it has changed. If not, change the Set-Up Statement and repeat.

5 Repeat.

If the SUD's level has reduced to below 5, repeat the tapping sequence. Change the wording if necessary. If not, use the 9-Gamut Procedure and repeat the entire process until SUD's has reduced to 0-1.

6 To Finish: Use the "I Choose..." statement to tap in your POSITIVE CHOICE.

The 9 Gamut Procedure:

Continuously tap on the Gamut point on the back of the hand while performing each of these actions:

(1) Close Eyes (2) Open Eyes (3) Eyes hard down right (4) Eyes hard down left (5) Roll eyes in a circle clockwise (6) Roll eyes in a circle anti-clockwise (7) Hum for two seconds (eg. "Happy Birthday") (8) Count 1-5 (9) Hum for 2 seconds.