

EMOTIONAL FREEDOM TECHNIQUE



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TABLE OF CONTENTS

Topic	Page
EFT Explained	8-10
EFT - The Steps	11
Step One	12
Step Two	13-14
Step Three	15
Step Four	16
Step Five	17
Step Six	18-19
EFT Example	21-26

WHAT IS EFT?

EFT is a unique form of **energy medicine** that clears painful emotions, heals trauma, and shifts unconscious limiting beliefs.

It does this by tapping on meridian (acupuncture) points with thoughts that helps release intense emotions that are often locked up inside the body (frozen).

EFT = feelings + touch + thoughts

WHAT IS EFT?

EFT works with our 'issues' at the unconscious and cellular level, below our conscious rational mind.

It works with the language of the body which is feelings, sensations, emotions.

The healing it brings can be permanent.

EFT - TWO PARTS

There are Two Parts to this Process

Part I: Identify and Get In Touch With Something Upsetting

Your emotional distress could include frustration, fear, cravings, grief, anger, etc. For this to work, you need to be in touch with your emotions. In EFT, we tap on the 10 meridian energy points while verbally acknowledging and validating our feelings.

EFT - TWO PARTS

There are Two Parts to this Process

Part II: Identify and Get In Touch With What You Want Instead

After we have done several rounds of tapping on the negative emotions to help them heal and clear the body and have successfully brought down their intensity, it is time to bring in statements that capture what we want instead.

EFT - TAKES TIME

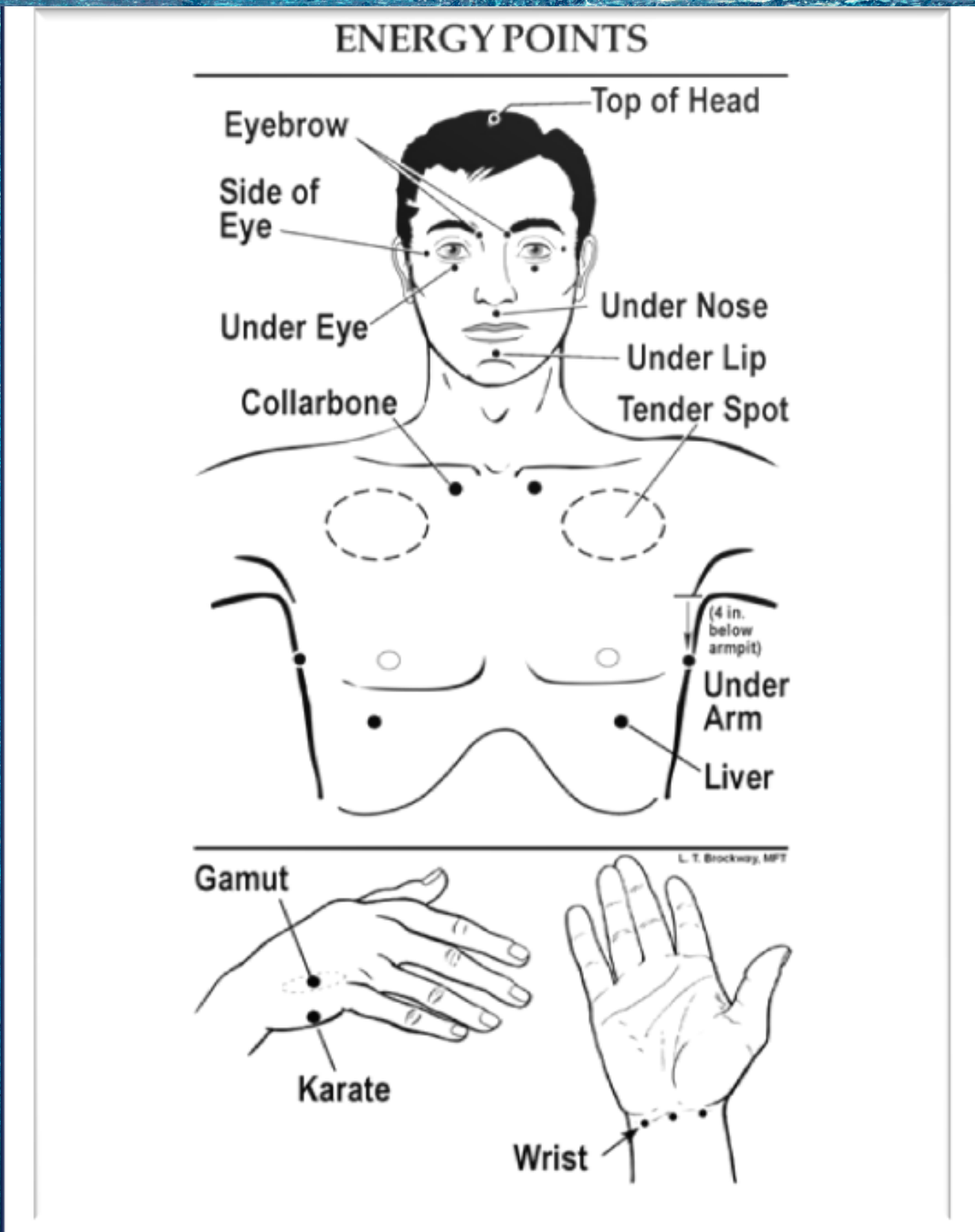
It Takes Time to Master EFT

EFT is not an instant miracle. EFT is a tool AND a skill. The more you use it, the better it works.

Overtime you will get better and go deeper with this tool. It can be used to heal almost any emotional trauma (major and minor) in the present or from the past.

TAPPING POINTS

There are 10 tapping points.



TAPPING POINTS

10 tapping points.



TAPPING ORDER

The Tapping Sequence

It is super easy to tap. All you have to do is take a finger and gently tap on each meridian point roughly 5-8x's. Do this in the following order:

- hand
- outer eyebrow
- outer eye
- under the eye
- under the nose
- under the lower lip
- collarbone
- under arm pit
- middle of ribs right hand side
- top of head (crown)

HOW TO DO EFT

A Step by Step Process to Shift Negative Emotional States

Step 1: Problem Statement

Step 2: Identify Feelings

Step 3: Desired Outcome

Step 4: Set Up Statement

Step 5: Tap on 'Negative' Feelings

Step 6: Tap on 'Positive' Feelings

EFT STEP ONE

The Problem Statement (A)

Answer this Question:

I am Upset Because...

**Now summarize your answer
into a simple sentence and write
it down in your journal.**

EFT STEP ONE

The Problem Statement (B)

**On a Scale of 0-10 How
Upset Are You?**

0=Not at all

10=Off the Charts

Write down your answer.

EFT STEP TWO

Identify Your Feelings

**What Negative /
Painful Feelings /
Thoughts are You
Experiencing in
Relation to Your
Problem Statement?**

Write them down.

EFT STEP THREE

Desired Outcome

**What is the ideal
Outcome to Your
Problem?**

**What do you want to have happen
instead? How do you want to feel?**

Write it down.

EFT STEP FOUR

Set Up Statement

**Even though I have this
[upsetting issue/emotion], I
unconditionally love and
accept myself.**

At this stage we start tapping!

**State this outloud while tapping on
the Karate Chop Point 3x's**

EFT STEP FIVE

Tap on Upsetting Feelings (A)

Now start verbally acknowledging and validating your negative / painful / unwanted thoughts and feelings while tapping on the various meridian points (5-8x's per point) for at least 3 rounds.

EFT STEP FIVE

Clearing Negative Feelings

Take 3 deep breaths.

**Now how upset are you on a
scale of 0-10?**

If you are below a 5 proceed with Step 6.

If you are above a 5, do a few more
reounds until the number drops below 5.

EFT STEP SIX

Tap on Positive Feelings

**Refer Back to your ideas
about your desired / ideal
outcome to your upsetting
situation / feelings.**

Do two or three rounds of tapping feeling
and expressing what you want instead of
what you don't want.

EFT STEP SIX

Bringing in Positive Feelings

Take 3 deep breaths.

Now how upset are you on a scale of 0-10?

If you are below a 3 feel free to leave this issue here and move on with your day or find something lovely to do that will bring even more relaxation.

If you are still hovering in the 4 to 5 zone, do a few more rounds until you feel enough relief to move forward with your day. You are absolutely welcome to do rounds until you get to a zero. That is not always possible, but it a great goal.

EFT EXAMPLE

Step 1

Problem Statement:

I am upset because I am eating after dinner when I don't want to and I am not even hungry

**How upset on a scale of
0-10?**

8

EFT EXAMPLE

Step 2

Feelings Associated with Problem

- Frustration
- Self Loathing
- Anger
- Feeling Stuck
- Helplessness
- Hopelessness
- Bloating and Indigestion
- Fear of stopping the behavior
- Fear of facing my feelings
- Fear of being hungry later in the night
- Fear that the habit is too ingrained
- Fear I will not sleep if I don't eat after dinner

EFT EXAMPLE

Step 3

Desired Outcome

- I happily choose to not eat after dinner
- I choose to find other ways of meeting my need for comfort and relaxation at night
- I courageously choose to let my body adjust to fasting between dinner and breakfast
- I choose to make a clear decision to not eat after dinner and honor that one day at a time
- I choose to have a proper dinner at a specific time and I will eat until I am satisfied
- I appreciate that my body is trying to help me by leading me to food for comfort after dinner
- I choose to believe it is possible to not eat after dinner even though it seems impossible
- I trust I will find new and better ways of meeting my emotional needs at night

EFT EXAMPLE

Step 4

Set Up Statement

Even though I eat at night after my dinner is done and I am not even hungry, I unconditionally love and accept myself.

EFT EXAMPLE

Step 5

Clearing 'Negative' Emotions

- I am so frustrated that I keep eating at night, after dinner when I am not even hungry
- I feel stuck, trapped in a bad habit I cannot break
- I feel hopeless and helpless
- I hate myself for eating at night, it hurts me
- I want to stop eating at night but I am afraid
- I am afraid of what will happen if I fast instead
- I am afraid of denying myself the comfort of food
- I am afraid of getting hungry in the middle of the night
- My fear is holding me back, I am so afraid
- I feel so stuck, so hopeless, so frustrated
- I know I don't need more food, I know I am hurting myself
- I need new ways of relaxing, dealing with my emotions
- I am mad that I have this bad habit, I am so frustrated
- I want to stop eating at night but I am afraid to do so
- I want to stop but I feel powerless

EFT EXAMPLE

Step 6

Bringing in 'Positive' Emotions

- I know eating at night when I am not even hungry is a bad habit that is hurting me, I want to do better
- I sincerely want to stop eating at night
- I want to fast between dinner & my first meal of the day
- I know my body is reaching for end of the day comfort
- I know my body is stressed and anxious
- I know there are better ways of bringing me relaxation
- I am excited to see what other ways I can comfort myself
- I want to learn better ways of dealing with my emotions
- I am excited to feel proud of myself for not eating at night, for following through on what I really want to do
- It is 100% possible for me to stop eating after dinner
- Others have done it, I can too
- I am excited to successfully end my nighttime eating
- I am excited to eat a proper dinner and feel satisfied
- I am ready to release this bad habit and find peace