

EFT Level 1 Manual



International Metaphysical University

www.intermetu.com

Online EFT Certification

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AEFTP Accredited Training

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Disclaimers and Disclosures

This EFT Level 1 Training is designed to teach you the basic skills of EFT for personal use including family and friends. It will provide you with a standard skillset with which you can help others in a very basic way. It is not intended as practitioner training as further training is needed before working with clients in a professional capacity.

EFT is a simple yet revolutionary procedure that involves tapping on acupuncture points in order to relieve unwanted emotions and physical symptoms. It has been used successfully by people all over the world to help with issues such as pain, anxiety, weight loss, phobias, trauma, allergies, illness and depression, but it can also be used to enhance performance and increase personal success. It can be used by individuals for their own self-care, by parents, teachers, body workers, therapists, coaches, MDs, acupuncturists, chiropractors, spiritual practitioners, etc.

In registering for this training you agree to take full responsibility for your own physical and emotional health. If you feel that any of the course demonstrations or exercises could compromise you in any way do not engage in that exercise. Occasionally EFT can increase emotional intensity before it decreases. If this occurs to an extreme, halt the work and consult your trainer for advice.

If using EFT on others, it is strongly advised that you train with a qualified EFT Trainer to Practitioner level and beyond. It is highly recommended to work within the boundary of your level of training and competence. It is further noted that at present EFT is not regulated by the federal government or any governing body worldwide (to the best of this author's knowledge) and so much of the responsibility for the proper execution of EFT and for its reputation worldwide lies in the hands of well-trained and ethical practitioners who use EFT. In this regard, professional associations such as AEFTP (The Association of EFT Professionals) are highly recommended for distinguishing your skillset as a well-trained and credentialed professional.

This training is intended to follow the highest ethical standards and follows the tenants set forward by EFT founder Gary Craig.

EFT is not a replacement for medical care, and physicians and other health care providers should be used as needed.

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Emotional Freedom Techniques–The Basics

Purpose

EFT Level 1 is an introduction to foundational EFT skills, and a prerequisite for professional EFT training. Students complete Level 1 training knowing how to use basic EFT competently in a personal capacity. They also know enough to use EFT on family and friends. Completion of the level 1 course does not convey professional practitioner status.

Level 2 takes these basic skills and conveys them into a professional skillset. The online course is designed to take a train a person to work with other clients and to be prepared for “just about anything that sits down in front of them.” In this training you learn advanced information and you move toward working on other people. It offers an opportunity to work on others while also working with others who help you to heal as well.

Objectives

1. Learn the history of EFT
2. Understand benefits and uses of EFT
3. Learn the basic recipe
4. Constructing a Set-up Phrase
5. Testing your work
6. Using EFT for specific issues including cravings, phobias, physical pain, bothersome memories and more
7. Learn the Gentle Techniques
8. Practice and skill development

What is the Emotional Freedom Techniques (EFT)?

EFT is the well-known acronym for The Emotional Freedom Techniques. EFT is “an emotional version of acupuncture without the needles.” Instead, we stimulate these acupuncture points by tapping on them with our fingertips. It is based in the knowing that all illness has an emotional component and that emotions are “energy in motion.” When the energy gets stuck in the body, symptoms appear. By moving the energy through the body’s meridian system by tapping while tuning into the source of the blockage, the symptoms (which can be negative emotions, blocking beliefs, or physical pain for example), diminish or disappear.

History

EFT was created by Gary Craig. It was an offshoot of the work Roger Callahan did with a protocol called Thought Field Therapy (TFT). While Roger Callahan is generally recognized as the founder of “tapping”, Gary Craig, a Stanford-trained engineer who specialized in personal development, simplified TFT and streamlined the processes into a single tapping sequence to make it more readily understandable on a mass scale. Both men, along with George Goodheart, John Diamond and John Thie (who laid the groundwork for the creation of TFT), have contributed greatly to the field of energy healing at large and are the “fathers” of the Energy Psychology movement and “meridian tapping techniques.”

EFT "Discovery Statement"

According to EFT founder Gary Craig, “The cause of all negative emotions is a disruption in the body's energy system.” This is the core idea behind EFT. Essentially when the body experiences an energy blockage in the body it experiences a negative emotion and vice versa. Thus the negative emotions are both the clue and the consequence to/of trauma hidden in the body. By tapping on the body’s meridian systems while tuning into the problem (in much the same way someone opens a relevant file on the computer to scan for viruses), we are able to bring the body back into balance and eliminate the negative emotion.

How Does EFT Work?

Many experts claim that stress is the primary cause of illness. If stress is represented in the body as energetic blockages or resistance, it makes sense that by reducing that energy resistance (by rebalancing the body’s energy system with tapping), we therefore reduce stress and subsequently reduce pain or other symptoms. When the body's energy system is rebalanced, symptoms often just disappear. (Though no results can be guaranteed and are often dependent upon the skill of the practitioner.)

How is EFT Being Used?

Because EFT is highly effective and has minimal to no negative side effects, it has been spreading like wildfire around the globe since its inception in the early 1990’s. Millions of people now use EFT worldwide. The vast majority of the people who use EFT use it for their own healing. It is an incredible resource for helping a person to heal their own past, eliminate pain, and create a more desirable future.

EFT is also being used in a professional capacity. EFT has become a standard among cutting-edge mental health practitioners, life coaches, massage therapists, social workers, chiropractors and alternative health care professionals of all types. EFT can be found in the classroom, in

hospitals and in locker rooms around the country as teachers, parents, life coaches, physicians, athletes and the like have come to realize the transformative power of EFT in their lives.

What Pathologies Does EFT Help?

While it is a bit of an overstatement to say that EFT is a panacea, the list of pathologies that EFT can and does help is extensive. Over time it has been proven helpful in everything from simple sadness to chronic diseases. Because it can help any area of our life that is affected by stress, it can affect almost all areas of our lives. For this reason Gary Craig suggests, “Try it on everything.

Here is a partial list of uses.

Headaches/migraines	Cravings	Back pain	Carpel Tunnel	Allergies
Arthritis	Shingles	Frozen Shoulder	Fear of Flying	Claustrophobia
Agoraphobia	Fear of Dying	Fear of Success	Fear of Failure	Perfectionism
Fear of Spiders	Fear of Snakes	Fear of Heights	Resentments	Sexual abuse
Incest	Chronic Anger	PTSD	Depression	Bi-polar disorder
Weight Loss	Bulimia	Fibromyalgia	Grief	Night Terrors
Self-hatred	Self-sabotage	Emotional Blocks	Resentment	Nail Biting
Low self-esteem	Alcoholism	Smoking	Drug Addiction	Sex Addiction
Insomnia	ADD/ADHD	Dyslexia	Pets	Cutting
Lack of Clarity	Fear of Death	Limiting Beliefs	Anxiety	Nail Biting
Fear of Flying	Financial blocks	Suicidal Thoughts	Indecisiveness	Bi-Polar Disorder
Inability to move on from a break-up	Fear of public speaking	Traumatic Memories	Anorexia Nervosa	Performance anxiety

Learn the Original Basic Recipe Points

Side of Hand or Sore Spot. The Side of the Hand point is also known as the Karate Chop point. It is located in the center of the fleshy area on the outside of your hand. It is the place where your hand would land if you were doing a “karate chop” motion, hence the name. You can use either hand. The Sore Spot is described a bit further into this manual. Both the Karate Chop point and the Sore Spot can be used with your set up.

Eyebrow. The Eyebrow point is located at the beginning of your eyebrow, near the nose.

Side of the Eye. The Side of the Eye point is located on the outside of the eye. It is located very close to the eye, almost in the soft part of the eye itself.

Under the Eye. The Under the Eye Point is located in the center directly underneath the eye on the very top of the cheekbone.

Under the Nose. This is located in the little area directly under the nose and above the lip.

Under the Lip (Also known as Chin). The under the lip point (or chin point) is located in the indent underneath your lips but above the chin itself.

Collarbone. The Collarbone point is located at the clavicular knob. If you follow the collarbone toward the center, just under the chin, you will find a knob. This is your point. You can also tap just beneath it in that little indent. Both will work.

Under the Arm. This point is located on the side of the body, under the armpit and across from the nipple. It's about 4 inches underneath the arm pit. It is a tender point. You can reach across the body or you can bend your arm and hit the point almost exactly that way.

Thumb. The thumb point is located on the outside of the thumb at the bottom corner of the thumb nail. If you hold your hand out as if you are going to shake hands and tap on the side of the thumb next to the nail, you will be on the spot.

Pointer Finger. The point finger spot is in the same spot, just on the next finger. In other words, it is on the outside of the finger next to the fingernail.

Middle Finger. This point is also located on the outside of the finger, next to the nail.

Pinkie Finger. This point is also located on the outside of the finger, next to the nail.

Followed by the **Nine Gamut Procedure**

Repeat the Tapping Sequence up until the Nine Gamut.

What about the Ring Finger?

The ring finger was left out in the original EFT sequence because the meridian was already covered by the 9-gamut point. As the 9-gamut is not always used, the ring finger point was added back into the regular tapping mix by many people.

What is the Nine Gamut Procedure?

The Nine Gamut Procedure is designed to balance the brain. It looks rather strange but is effective. It was originally designed by Dr. Roger Callahan (Thought Field Therapy). The eyes and brain are connected, and so moving the eyes stimulates certain parts of the brain. The humming and counting is to activate both sides of the brain.

To find the Gamut Point put the index finger of either hand between the knuckles of the little finger and the ring finger of the opposite hand. Slide your finger about an inch towards your wrist. You should be in a little crevice between two bones. That is where the Gamut Point is.

Perform these 9 actions while tapping Gamut point continuously.

1. Eyes closed
2. Eyes open
3. Eyes hard down right (DR) - hold head steady
4. Eyes hard down left (DL) - hold head steady
5. Roll eyes in circle as though nose at center of a clock and you were trying to see all of the numbers in order
6. Same as #5 but reverse direction you roll your eyes
7. Hum 2 seconds of song (any song will do; Happy Birthday or Row, Row, Row Your Boat are commonly used)
8. Count rapidly from 1-5
9. Hum 2 seconds of song again

The full basic recipe is sometimes compared to “Ham Sandwich.” Start with the Setup Phrase (Even though I have this problem, followed by the affirmation phrase (I deeply and completely love and accept myself) (said three times) while tapping on the sore spot or the Side of the Hand Point or rubbing the sore spot. Follow by tapping the basic recipe points, then the nine gamut, then the basic body points. Then stop and check the SUDS. The tapping points are like the bread and the 9 gamut is the ham in between.

Later EFT was shortened into the “short cut” which generally includes Eyebrow, Side of the Eye, Under the Eye, Under the Nose, Under the lip, Collarbone, and Under the Arm only. The Top of the Head point is also added in. Basically the finger points and the 9-gamut points were eliminated in the shortcut.

EFT Basic Recipe



10. Determine the issue you want to work on
11. Determine your SUDS (Subjective Unit of Distress Scale) of 1-10
12. Create a Set-up Statement (Even though I have “this issue”, I deeply and completely love and accept myself.”) Repeat this phrase while tapping the “Karate Chop point” or rubbing the “Sore Spot.” Say it out loud 3 times before tapping through the points.
13. Tap on the sequence of points while saying the Reminder Phrase, “this issue” (Note: state the issue from the place of the pain not the place of resolution. For example, even though I have this problem...”). Tap on each point approximately 7 times while saying or thinking the reminder phrase.
14. Test the intensity again. Compare to see how much progress you have made. Continue until you get to zero.

What and Where is the Sore Spot?

The sore spot is an acupuncture meridian related to the lymphatic system. The spot feels tender (sore) when you rub it because lymphatic congestion occurs here. When you rub it, you are helping your body disperse the congestion. Rub gently but firmly, and never so hard that you hurt or bruise yourself.

To find it, locate the U-shaped notch at the top of your sternum (breastbone). From the top of that notch go down 3 inches toward your navel and over 3 inches to the left (or right). You should now be in the upper left (or right) portion of your chest. It is in the same areas where Americans place their hands for the Pledge of Allegiance. Basically, put your hand over your heart and press down with your fingers until you find an area that is particularly tender. That is “the sore spot.”

Additional Tapping Points

The standard Basic Recipe is sufficient over 90% of the time. However, there are some additional points that are good to know, as well.

Top of the Head. Most EFT Practitioners now use the Top of the Head point as part of the basic recipe.

The Finger Points were part of the original basic recipe but have dwindled in use as time has gone on. They are useful under many conditions and many people still use them for the full benefits of tapping. They are also useful when tapping if tapping the regular points would be irritating or difficult to access. Another great use for them is when you want to tap in public and not be obvious about it. These points are very effective and can be used instead of or in conjunction with the standard points.

The Below the Nipple Point is located one inch below the nipple for a male and where the underskin of the breast attaches to the chest wall for a female. Some women will need to lift their breast to reach this point. It is only necessary to tap on one point, not both. This point is not often used, but some people find it works particularly well for them. It is sometimes called the Liver Point.

The Wrist Points are often used as a shortcut to the finger points as all of the meridian points that are covered by tapping the fingers can be covered by tapping the whole wrist or by tapping “wrist to wrist” by crossing wrists and tapping the wrists as if you were clapping hands.

The **Behind the Neck Point** was added by EFT Trainer Deborah Lindsey based on her own observation that people often rub the back of the neck when they are under stress. Over time this has become a part of her regular routine because it is so powerful and effective. It works in

perfect conjunction with the Top of the Head point. While all of the yin channels come together at the top of the head, the back of the neck point is the meeting point for all of the yang meridians at Governing vessel (G14). G14 helps to expel pathogens and firms the yang energies in the body. Together these two points in effect cover all of the channels of the body.

The Thymus Point is also added in to the mix as it is a powerful tool for balancing and healing the immune system. According to Dr. John Diamond, one of the forefathers of EFT, the thymus gland controls the energy meridians of the human body, and is the glandular key to vitality, love, courage and the will to live and the will to be well. Tapping the thymus also activates the immune system and strengthens the energy system of the body overall.

Psychological Reversal (PR)

IMPORTANT: As of 2013 Gary Craig has eliminated the term PR from EFT as he now thinks it was misnamed. He sees it as a form of secondary gain/loss or new aspect of the original problem and says it can be handled effectively with the proper treatment of Aspects, Specific Events, and Detective Work. He now espouses that the set-up phrase only needs to be said one time instead of the original three times.

The information on this page, written prior to this change in EFT, is therefore meant to provide you with some background knowledge about PR. At this point Psychological Reversal remains a controversial topic in the EFT community. Ultimately you will make your own decision in this regard.

Psychological Reversal (also known as Polarity Reversal) is a term coined by Roger Callahan, Ph.D. but originally brought to the public by John Diamond, M.D. It has its roots in Applied Kinesiology and can be determined through muscle testing.

“Polarity” refers to the positive and negative charges of the body's electromagnetic energy field. Every organ and cell in your body is polarized (like a miniature battery) and a person's health is determined by the natural flow of energy through the body. EFT helps restore this flow, inducing restoration of the body's energy system. Every movement and thought involves electrical activity. Roger Callahan recognized that when a negative force is introduced into the body's energy system such as an unpleasant experience, then it can disrupt this energy or put your polarity into reverse (similar to batteries being put the wrong way into a device).

Psychological Reversal Assertions

- Is thought to be caused by geopathic stressors, electromagnetic fields, dehydration, toxins, and negative thinking (“I accept myself helps to neutralize this). Mostly it is an indication that things are running “backwards” in the body. You THINK you want something but the body reacts in a “reversed” pattern in the existence of this belief. It’s an indication of a misalignment between the conscious and subconscious minds.

- Is important in all areas of healing and personal performance
- Can be a reason why some diseases are chronic and respond poorly to conventional treatments
- Can be a reason why some people are depressed and why depression can be hard to correct
- Can be a reason why some people have such a hard time losing weight or giving up addictive substances
- Can be a reason why athletes, professional speakers, musicians and others can experience poor performance, well below their capabilities
- Can be the cause of self-sabotage
- Can be a cause of writer's block and many learning difficulties
- Can be caused by negative, self-defeating thinking which often occurs subconsciously and outside of your awareness

In the case of chronic illness, depression and addictions PR is likely to be present.

The setup phrase in EFT (Even though I have this problem...), in conjunction with tapping on the Side of the Hand point (Karate Chop Point) or rubbing the sore spot, is specifically designed to collapse Psychological reversal before you do the actual tapping. That is why you no longer need the set up phrase if the client is getting results (the SUDS is going down) as progress is not being blocked by Psychological Reversal. Gary Craig now suggests that Psychological Reversal is merely a barrier caused by a secondary gain, which basically means the client is blocking it for psychological reasons not energy reasons. It is a topic of hot debate and each person can determine the answer for themselves.

Finding Aspects

Aspects are the component parts of an emotional issue that are generally hidden. They are like puzzle pieces you will need to find in order to bring the work to completion. When someone thinks they have had success with EFT and then another part of the issue arises, also known as a new Aspect, they may be inclined to think that EFT doesn't work or doesn't work very well. But this would actually be because new aspect has emerged on the surface, often time with a whole new or slightly different symptomology.

Finding the “core issue” is often a game of “peeling the onion,” removing layer after layer in search of the pearl on the inside. With each new layer the problem gets a bit smaller and the core issue gets closer. The core issue is often that deep-seated issue that holds the whole issue

together. Once it is revealed, the whole issue collapses causing a generalization effect. It is kind of like knocking out one leg of a table. Once you do that, the whole table collapses. This “generalization effect” can also relate to larger issues. Once you have collapsed enough aspects or pieces of a memory or an issue, the whole issue just seems to collapse with it and no further work is required.

When performing EFT each aspect is often handled as a separate problem. It is tuned into specifically, then rated and collapsed. Afterwards, we tune in and search for the next aspect, until it appears nothing is left. Then test again from the beginning, searching for anything missed. It is valuable to be as thorough as you can.

Even still, when you think you are at a zero, another symptom can arise at another time in which case that aspect too, will need to be collapsed. The important thing to remember is that it doesn't mean that EFT didn't work. It only means that another aspect has arisen.

In a situation where intensity increases during a session, instead of the steady decline one gets to expect, it is usually an indication that the person has shifted aspects. Remember, issues are like puzzles. Seek all of the different pieces until the picture is complete.

Preparing for the Apex Problem

EFT practitioners will likely encounter the “Apex Problem” at some point in their career. Simply put, the Apex Problem is that the client will entirely discount the effect that EFT has had in the healing practice. Basically a few minutes ago they had pain and now a short while later, after completing the EFT sequence, the symptoms are gone. It is a surprisingly common phenomenon and can be very frustrating for a practitioner whose work is entirely discounted only minutes after the work was done. It appears that the client simply has no framework to explain how and why the change just took place so they naturally reach for explanations that are within the framework of their understanding. For instance, “you’ve distracted me” or “I took some pills this morning and I’m sure that did it. The explanations are varied and can even go into the realm of the ridiculous. At the high end of the Apex Effect, the EFT user might not even remember that they ever had the problem at all, which is a most disconcerting thing. One minute they are climbing the walls at the very mention of the word "spider," and 10 minutes later, they will insist that it was never a problem in the first place.

One of the best ways to resolve the Apex problem is to do so before you get started, especially with new clients. To do this, determine what success looks like before you get started. You can say something like, “how will we know that the tapping worked?” (Oh, if I can think about a spider without climbing the walls!) Then do your tapping, go back to check the SUDS and REFERENCE the pre-determined goal. At that point the client has something they can relate to and the mind almost always has to admit that a change has taken place.

Determining the SUDS

In most cases, determining the SUDS number is easy. If you ask people what number they are, they will just give you a number.

The 0-10 test is there to provide a relative sense of progress for the sake of comparison. Some people are not very accurate with the numbers, or are not very comfortable coming up with them. The first thing to do is to relieve the stress of it and tell them it is fine to simply guess. They don't need to be perfect numbers. Often people simply are reacting to a fear of being wrong (which can go back to childhood when being wrong meant being shamed or punished) and therefore they really stress about giving numbers. In this instance, be as gentle and non-judgmental as you can be. Often some comfortable guidance is all it will take to get a number. You can also ask, for example, "is it above a 5 or below a 5?" or "do you get the sense that it has gone up or down?" And if that doesn't work, proceed without numbers and use your own intuition and senses to gauge if the number is changing. This is often indicated by a change in their face or in their voice in their language. They may start to smile or yawn or even burp. These are all indicators that EFT is indeed working.

As a practitioner, there is great value in working with your client until they achieve a 0 whenever possible. Oftentimes the person will leave a 2 or a 3 but when you see them next you find that they are actually a 0. There is great value in rechecking the work whenever the client returns for the subsequent session for just this reason.

It is not unusual for a client to be at or near a 0 yet to state that their number is higher than that. The reason for this tends to be that they find it hard to believe they actually got relief that fast, and/or they don't think it could possibly last. They may also have never experienced being at that low number in regard to the issue and so may be unfamiliar with what it feels like. It can also take time for the effects to fully show up in their experience.

Signs that EFT is Working

As a practitioner, your job is to look for the indicators that EFT is working. These signs are plentiful and can range from very subtle to very obvious. Look for changes in the face as it will relax, the voice will sometimes get calmer, if the person was chronically moving or tapping their legs or hands, that will often stop. Often the person will simply break out in laughter or will begin yawning while you are working. Some people will even begin burping! The person will generally become emotionally removed from the memory or the feeling and will feel a "cognitive shift" where they will explain it in more logical terms instead of emotional terms. They will feel safer. They will almost certainly remember the memory but it will seem distant and have no emotional charge for them. Often the person will "discover a lesson" that happened as a result of the experience.

Testing Your Work

Testing your work is essential for many reasons including:

- Demonstrates progress and indicates if more work is needed
- Helps to resolve the “Apex Problem”
- Aids in the identification of aspects

The 0-10 testing is built into the Basic Recipe.

1. Test the intensity at the beginning of the work, prior to tapping
2. As new Aspects come up test their intensity, as well, and tap them to zero
3. When all Aspects seem to be collapsed test the overall issue again
4. If the number is not a zero this indicates there is more work to be done

Testing Progress

1. Testing in the real situation, when possible
2. Role Playing
3. Vividly imagine the event and see if you can get a reaction
4. Try to get the intensity up
5. Ask pointed questions and see if it evokes emotion
6. Catch the client off guard
7. Triggering Statements
8. Humor
9. Use props
10. "Say this..."

EFT and Ethics

AEFTP Code of Ethics

Among the many functions of the AEFTP is to provide a standard of ethical and moral behavior through which EFT practitioners can be easily recognized and clients can confidently place their trust behind. Establishing a successful EFT practice not only requires the capable application of the healing techniques of which it is comprised, it is also dependent upon the fundamental desire to provide healing, relief, and growth opportunities to clients. All AEFTP Members are required to sign a consent form to abide by this established code of ethics.

1. **Be Caring.** All AEFTP members agree to conduct themselves in a professional manner with the greatest level of care and purpose. The physical, emotional, psychological, and spiritual welfare of your client is paramount.
2. **Be Objective.** By remaining the Objective All-loving Observer, you provide a safe, non-judgmental, and unbiased environment for your client to freely express themselves regardless of race, gender, nationality, sexual orientation, cultural beliefs, or disability.
3. **Act with Integrity.** Be open and honest. Be forthcoming with your session costs, fees, and cancellation policies. Adequately convey the methodologies and procedures for conducting EFT with your clients. Don't overpromise. Allow your client the opportunity to direct, stop, or otherwise leave the session without any pressure or repercussions.
4. **Maintain Confidentiality.** All AEFTP members are tasked with upholding and respecting the privacy of their clients. Personal information or session content should only be shared with the direct consent of the client. Honor all contracts, guarantees, agreements, and consents - both written and verbal - made with your client. Only record EFT sessions with client consent.
5. **Be Knowledgeable.** Earning an AEFTP certification carries the seal of approval that you are competent in your trade and can effectively administer the proper techniques. Know your limits and the scope of your practice. Refer or defer clients beyond your skillset to more qualified AEFTP members or medical professionals, especially in life-threatening situations.
6. **Be Lawfully Compliant.** Understand and abide by federal, state, provincial, and local laws, especially those pertaining to owning and operating a holistic health practice. AEFTP cannot provide legal representation in case of a breach of the law. Unless officially licensed or authorized to do so, refrain from giving medical diagnoses or offering medical advice.
7. **Be Proud!** Earning an AEFTP certification is a prestigious achievement! Display the AEFTP logo on your website with pride and conduct yourself in a confident & professionally affiliated manner with your clients. Uphold the reputation of being a Professional EFT Practitioner and an esteemed AEFTP member.

Personal Peace Procedure

The Personal Peace Procedure is a process created by Gary Craig who wrote: "Properly understood, this technique should be the healing centerpiece for every person on earth. Every physician, therapist, spiritual counselor and personal performance coach in the world should be using it as a leading tool for helping others (and themselves)."

The Personal Peace Procedure involves making a list of every SPECIFIC EVENT and ERRONEOUS or Limiting belief in your life that bothers or limits you and systematically using EFT to resolve them. In doing this we remove the causes of emotional and physical problems and ailments. Gary has said that this process "propels each individual toward personal peace which, in turn, contributes mightily toward world peace."

*It is important to address unresolved **specific events** (and the disruption to the energy system they cause) because, according to EFT theory, most of our emotional and physical problems are due to these.*

The Personal Peace Procedure can be used in a variety of ways:

1. Each day you can select one or more specific bothersome events to neutralize. In a matter of months you will experience an improvement in your self-image and overall sense of freedom and well-being.
2. As a way to eliminate core issues
3. If you are working with an EFT practitioner you can use the Personal Peace Procedure between sessions as one very good way to do your own work.
4. As a stress reducer on an "as needed" basis. EFT is very relaxing and soothing.
5. As a way to address the emotional components that may contribute to or cause serious illness.
6. To inspire others to find peace. Many of my clients who have done the Personal Peace Procedure over time have had people they know (who know nothing about EFT) comment on how much happier they are and how much less they react to the stress in their environments.
7. Specific events are behind more generalized but very significant issues such as:
 - Self-image
 - Life's purpose
 - Lack of love
 - Lack of money
 - Anxiety
 - Depression

- Persistent insomnia
- Addictions
- Compulsions
- Feelings of abandonment
- Etc.

Resolving the disruptions in your energy system one specific event at a time will decrease internal conflict and bring about increased peace in body and mind. Gary points out that it is becoming more widely accepted that there is a link between emotions and physical wellbeing, so removing the disruptions and experiencing greater peace may well be a way to address even serious diseases.

This is how you perform the Personal Peace Procedure:

1. Get a journal or notebook and make a list of every specific event you can remember that bothers you and write it down.
2. You might want to give each memory a title, for example, "The day I fell and hurt my knee...", "Mrs. Sanders humiliating me in front of the whole class," "The time my mom said 'you'll never amount to anything'."
3. Rate the items on the SUDS scale 0-10.
4. Choose an item to begin with. Often people suggest starting with the "big issues" and working your way down. That is really not always the best answer. If you are someone who comes from a highly traumatic background, I highly suggest that you start with the small stuff especially because you are a beginner and don't know the gentle techniques and have limited information or knowledge about how to avoid re-traumatization, etc. In cases where people are highly traumatized it is always recommended to work with an experienced professional. If, however, that is not an option and you are determined to heal yourself (good for you), take it easy on yourself and start with little stuff and work your way to the more traumatic stuff. Use the gentle techniques were applicable.
5. Once you have picked an issue, apply the basic recipe. Repeat until it has collapsed and you feel no more activation around the issue. Stay with that event until it is resolved then move on to the next event, memory, or belief.
6. It is recommended to collapse one or more issues per day. It is particularly beneficial to choose a time of day and make it a habit. For example, maybe you tap while you are drinking your morning coffee or in the shower or just before bed.
7. It can be helpful to write a little bit about your life and how you feel about your life before you start the process so you have something to reference when you go back. Pay attention to the little things. Notice the improvements in your emotions and physical body over time – and in your relationships. Go back to the memories that bothered you and notice how you can no longer get worked up about them. They may even become difficult to remember at all.

8. Continue until all issues are collapsed. Afterward it is highly recommended to continue adding to the list and tapping issues out as they arrive into your life to keep yourself healthy and happy.

Tip: If you cannot get a 0-10 intensity level on a particular issue assume you are repressing it and apply 10 full rounds of EFT on it from every angle you can think of. This gives you a high possibility for resolving it."

Remember: For very intense issues, it is recommended to get the help of an experienced and well-trained professional OR to get the professional training yourself before entering into this work.

Here are Gary's closing words from his article on the Personal Peace Procedure

It is my hope that the Personal Peace Procedure becomes a worldwide routine. A few minutes per day will make a monumental difference in school performance, relationships, health and our quality of life. But these are meaningless words unless others (you) put the idea into practice. I prefaced this article with a quote from my good friend, Howard Wight. I repeat it again below for emphasis..."If you are ultimately going to do something important that will make a real difference...do it now."

Personal Peace to all, Gary

Answers to Common Questions

1. What do I say when I tap?

This is really the “art of delivery” and the answer to this is never absolute. The key is to tune into a problem, put language around it, and tap. The easy mechanical option is to say “Even though I have this problem (change out the words for the problem, describing the specific issue), I deeply and completely love and accept myself. As you grow in your skillset, the wording will become more sophisticated and change substantially but even this very basic, mechanical language will produce substantial results.

2. Does it matter which hand I tap on?

No. You will get results no matter which side you tap on. In level 2, however, we examine different ways that you can get enhanced results based on which side of the body you are tapping on. In fact you can tap on either side of the body or even both sides of the body at the same time. All of the above will work.

3. How many times do I tap on each point?

The easy answer is 7 but the real answer is it depends. You can tap to a sort of rhythm or you can tap based on how the point feels. Oftentimes, the client will want to stay on a certain point for a long time and won’t even realize that they are doing it. That is okay too. But if you are new and starting out, 7 is a good guideline.

4. Why do we tap on the negative?

My momma used to say, “you gotta pick up the rug to get the dirt out from under it.” Often in our world people want to sweep the problem under the rug and ignore it. In fact many of us have been taught to believe that just THINKING a “negative thing” will manifest it. The problem with that thinking is that the subconscious is still THINKING about these things! The issue does not go away by ignoring it. Instead it lies dormant in your energy system and takes up space. I think of it as programs that are taking up space on your hard drive but have no practical value on your computer. Eventually you don’t have enough space left on your computer to run your basic day to day operations. The same happens with your body. All of these traumas and harmful beliefs take up space in your energy system. Left unresolved you get tired, and sick, and old. To avoid this, we find the “application” and open it to see what is going on in there. We can then run a virus scan or just delete it. We do the same with the body. We find the traumatic memory or the harmful belief and we bring it to the surface. We examine it and get to work healing it or deleting it all together. The premise is that happiness and good health are the “norm.” As we remove the traumas and blockages, the body heals and peace and happiness are the natural consequence of that. There is no need to “add the positive.”

However, new techniques including Matrix Reimprinting have explored the idea of “filling the void” by adding positive memories or positive affirmations, etc in the space left open by the collapsed trauma or memory.

5. Do I have to believe the positive statement in the setup phrase?

No, it doesn't matter if the positive statement in the setup statement is believed or not. You can use it anyway and typically, with time, it will become easier to believe.

6. What if I don't accept myself?

The affirmation of "I deeply accept myself" is easy to remember and seems to work but if embarrassed or there are low self- esteem issues, try these options:

"I would like to be able to accept myself"

"Deep down I'm alright"

"I'm doing the best I can"

“I'm OK"

"It's OK"

The goal is for the reduction of resistance. If, however, you cannot “love and accept yourself” that too can become a tapping statement and is an indication of a significant life issue that is in need of healing.

EFT and Trauma

IMPORTANT: Level 1 is primarily for exploring how to use EFT for your own self-care and functions as a basis of professional practitioner training. It is not intended to infer professional status. The information on this page is to provide an understanding of what is possible with EFT, but it requires further training to actually work with people who have experienced trauma. If you know someone who could benefit from trauma work with EFT please refer them to an appropriate professional.

What is Trauma

EFT can be used to reduce the effects of troubling memories of all kinds, from mild to severe. As evidenced by clinical studies published in peer reviewed journals and testimonies, EFT is very effective in dealing with the symptoms associated with various forms of trauma, including Post Traumatic Stress Disorder (PTSD).

Trauma causes a high emotional and/or physical reaction. Trauma is generally defined as:

- It was unexpected
- The person was unprepared
- There was nothing the person could do to prevent it from happening

Signs of trauma include:

- Emotional overwhelm
- Client has no effective strategy to cope
- Intrusion of the past event into the present
- Trying to avoid situations that trigger the memory

An abreaction is a very intense emotional reaction mostly likely to occur when the client has intense emotions that have been buried and repressed. It is possible to use EFT techniques to help avoid these.

EFT provides a range of techniques to clear the emotions within traumatic memories gently and effectively. Some of these techniques are listed below.

- Constrictive Breathing
- Tell the Story

- Chasing the Pain
- Movie Technique
- Tearless Trauma
- Touch and Breathe
- Choices Technique

Learning the Primary Techniques

Constricted Breathing Technique

Nearly everyone has some degree of constriction in their breathing due to energy disruptions (and their related emotional issues). Tapping on constricted breathing is a gentle and indirect way to reduce energy disruptions and their accompanying symptoms. It is a way to make progress without having to aim directly at the emotional issue with the EFT language. This is helpful when the issue is intense and also when the client is having difficulty articulating the issue and its specifics. They may regain recall of events that were previously difficult to recall when using this technique. This method can also be used to take the edge off an intense issue before proceeding to another technique.

1. Inhale 2-3 maximum deep breaths. Take your time doing this. Don't hyperventilate. The purpose of doing this is to stretch out your lungs so you will later be able to distinguish what is genuine improvement from using EFT. Stretch your lungs as far as they will comfortably go.
2. Take another deep breath, this time rating the depth of the breath on the 0-10 scale. 10 is your estimate of maximum capacity. (While it is generally rare for someone to start out rating themselves as a 10 you will find that after EFT they will go to a 12 or 15).
3. Do several rounds of EFT using (examples) "Even though I have constricted breathing..." and, "Even though I can only fill my lungs to a 7..." After each round rate the depth of the breathing again to see if it has changed.
4. In the case of using this technique to help find more specifics about the issue they are working on you can ask probing questions such as, "What does your constricted breathing remind you of?", "When in the past did you feel constricted/smothered?", "If there was an emotional reason for your breathing to be constricted what would you guess it might be?" You may find that through using the Constricted Breathing Technique you will access more information that will help you know where to go with the tapping.

Tell the Story Technique

The idea is very simple. Just narrate a bothersome Specific Event as though it was a story and stop to do The EFT Tapping Basic Recipe whenever you get to emotionally intense parts of it.

1. **First, choose an event or a story.** Find a Specific Event that, typically, lasts one to three minutes and contains at least one emotional crescendo:
2. **If necessary, take the edge off:** Before actually telling the story, check out any intensity you may have about actually doing the narration. If your intensity is at 5 or above it is worthwhile to do a few global type rounds of The Basic Recipe to take the edge off.

"Even though I'm nervous about telling the story....."

"Even though I'm afraid of what might happen when I tell this story...."

"Even though I don't like this whole thing....."

"Even though just starting the story gives me the jitters...."

3. Create an easy reminder phrase for any of the examples above might be "this story" or "telling this story."
4. Do as many rounds as necessary until your intensity about telling the story drops to 3 or less. This serves to "take the edge off" and allows you to proceed more comfortably through a highly charged event. If you start to tell the story and the intensity rises to an uncomfortably high level then perform the above routine again or switch to the Tearless Trauma Technique. Repeat as necessary.
5. It's best to tell the story out loud.
6. Start at a neutral point when there is nothing to be concerned about. An example might be having lunch with a friend just before having, let's say, a car accident. This tends to ease you into the experience.

Most importantly, you must STOP telling the story when you feel any intensity whatsoever and tap down the intensity. Stopping to tap is critical to the success of this procedure. Most people are conditioned to "be courageous" and get through it." That is not the case here. Here, we do our best to diminish the need for re-traumatization. Thus, if you don't stop when intensity arises, you are likely to retraumatize OR go right by an important healing opportunity. In other words, if ...if you don't stop, you have missed the healing opportunity! Look for Aspects here as this process often brings them to the surface without your having to dig. How perfect! Remember, to "tap down" every ounce and every aspect of the intensity involved. Please realize that each stopping point is an Aspect of the story and each such Aspect should be addressed as though it was a separate event. So, in the interest of being specific, you want to target one emotional crescendo, (Aspect) at a time with the Basic Recipe. So, for each emotional crescendo (Aspect)....

- a. Estimate a 0-10 intensity rating on this part of the story.
- b. Create your Setup and Reminder Phrases to target the part of this emotional crescendo that caused the disruption. For example:
- c. “Even though I was furious when she said that to me...”
- d. “Even though I cringed with fear when I saw that horrible thing...”

Use the EFT Basic Recipe and keep evaluating intensity before and after each round until the intensity is down to zero or a low tolerable level.

Each emotional crescendo might have a few Aspects of its own, so once you use the EFT Basic Recipe on the most obvious one, go through that part of the story again to see if there is still intensity. If so, repeat the step above.

Once the intensity has been released from that crescendo, resume the story and look for another stopping point. Also, be aware of your possible tendency, while telling your stories, to jump ahead to the most intense crescendo(s). You know what is coming in your story, of course, and thus you will often access the emotions before actually getting to that place in the story. Just treat this intensity as you would any other stopping point.

Once you have tapped through all the intense moments of the story then start from the beginning, Tell the Story again, and stop for any intensities that may arise. Don't be surprised if there is still more to address ... just be as thorough as you can.

Repeat this process until you can tell the story nonchalantly ... like it was a shopping trip. This should collapse all or most of the Aspects. For good measure, Tell the Story tomorrow morning or next week to see if anything is left. Sometimes, letting time go by will bring up remnants (Aspects). If so, repeat the process until you achieve a more thorough success.

Chasing the Pain Technique

Chasing the pain is very much what it sounds like. Begin by tapping on a pain in the body. Be specific as to the location, quality, etc. For instance, “even though I have this raging headache on the left side of my temple...” Often we find that the pain in that area goes away but then shows up in another location. As the symptoms move (location, quality, etc.), we adapt to the new location, quality, etc. as if it were a different aspect and indeed may be an indication that a new aspect has arisen. Each physical symptom is seen as an aspect of the underlying emotional issue. It is not necessary to know what the underlying emotional issue is, particularly if progress is made tapping on the physical symptoms alone. Sometimes, however, the pain itself will have an emotional aspect connected. For example, you could tap on “this angry red pounding on the left side of my temple...” However, if good results are not achieved by chasing the physical pains around the body until resolved, it can be useful to look for the underlying emotional issues and tap on them.

1. Have the client identify an physical pain on the 0-10 scale
2. Be Specific with the description of the physical sensation - Where is it? How big is it? What quality is it? Dull? Sharp? Aching? Etc.
3. Have the person rate the physical sensation on the 0-10 scale
4. Create a set-up phrase describing the actual pain and begin tapping using the basic recipe
5. Check SUDs levels as normal. At this point, the client will often indicate that the pain has moved or changed in quality. If this happens, consider it as another aspect. Change your set up phrase to match the new symptoms and new location, etc. Tap until resolved, chasing the pain all over the body as appropriate.
6. Test your work

EFT Movie Technique

As with the Tell the Story Technique, the Movie Technique is used to address a Specific Event. However, the Movie Technique is done without content, meaning the client keeps the information about the event to themselves, not revealing it to the practitioner. This is very useful when someone wants to keep the details of their experience private. However, it also means that the practitioner has to be able to support the client in using Setup and Reminder language that targets the issue effectively without having this information. This technique can make it more challenging for the practitioner to know what is going on with the client, for example knowing whether they have shifted aspects—or even shifted to a different event. This requires some additional skills on the part of the practitioner.

1. The client will select a short "movie" from their past. Be sure it is something that took two (if you like you can allow up to three) minutes or less to happen in real time (a movie will have a beginning and an end, a plot and character(s)). The client will give the movie a brief title, a name by which to refer to the event (the EFT target).
2. Ask the client to run the movie in their mind and rate it on the 0-10 scale. The rating is not for how intense it was when it happened; it is for the intensity as it is NOW. If the initial intensity is high, above a 5, start by using Global language to take the edge off.

"Even though that movie is an 8 I deeply and completely accept myself."

"Even though that movie happened..."

"Even though that (title) movie happened..."

Repeat the global rounds until the movie is below a 5. Should it go to zero continue through the rest of the instructions.

3. Ask the client to run the movie in their mind again but this time to STOP whenever they feel ANY intensity. You will probably have to train them on this as people are used to plowing through their movies. But if they don't stop they will miss an opportunity for healing. So you will need to emphasize the importance of stopping. Use the Basic Recipe on each stopping point until it is zero, then move on to the next stopping point. This allows the event to be worked through in a step-by-stop manner. You will want to continue to keep the details private, but can ask the client what the primary emotion they are experiencing is and use that in your tapping language. They can also tell you about any physical sensation they are experiencing, and those can be used, as well. If you are not getting the results you would expect chances are the client has shifted to a new aspect or even a new issue, so be aware of that potential. You can address this without knowing the details of their movie.

4. When all stopping points are zero have the client run through the movie in their mind again, tapping on aspects that arise until they can go through the whole movie and not find any.
5. At this point the Vivid Visualization Technique is a great way to test and look for remaining aspects. Ask the client to go through the movie again in their mind, this time exaggerating the sights, sounds, feelings, colors, trying to make everything more intense, and trying to get worked up about it. If they find aspects, tap on those. Continue testing until no more aspects can be found. When they can no longer get upset, the work is done. If the client is comfortable with this, you can do an additional test by them using the Tell the Story technique to see if any more aspects arise. Again, the goal is to tap and test until no more aspects can be found.

Tearless Trauma Technique

The Tearless Trauma Technique is designed for use when an issue has a high intensity in order to help minimize discomfort. "Tearless" doesn't necessarily mean there are always no tears or discomfort, but this technique reduces the likelihood of that occurring.

This technique combines a semi-global approach with some dissociation. This provides a way to "sneak up" on the event rather than go at it directly. The Tearless Trauma Technique is generally followed with the Tell the Story Technique or the Movie Technique as a way to find remaining aspects and provide more thoroughness in the work.

It is very important with this technique that from the beginning you set up things up in the client's mind to allow for some dissociation. You don't want them too engaged with the event because the point here is to reduce the chance of discomfort.

1. The client identifies a specific traumatic event from their past. When using this technique specify that the event needs to be from at least 5 years ago.
2. In order to allow for some dissociation the client is not asked to rate the event, but rather they are asked to "guess" what they think the intensity might be if they were to imagine the event. Emphasize that you only want to guess, you do not want them to imagine the event, and a guess is sufficient in this case.

The language Gary Craig has suggested is: In a minute I will ask you to take a GUESS about how high you THINK the intensity MIGHT be IF you were to vividly imagine the event...don't do it now, wait until I ask. Now when you GUESS, I really want a GUESS. I don't want you to go through the movie in order to be 'accurate'. The guess is all we need for now. So now I will ask you, without going through the movie, to take a GUESS as to what the intensity MIGHT be on a 0-10 scale.

The client may close their eyes or otherwise go inward to access the movie, but if they do you will want to stop them and ask if they are imagining the event. If so, remind them again that you only want them to guess and they do not need to access the event in order to do that. Generally, you will find that their guess will be a close estimate and will be adequate for the purpose of approximating the changes in intensity caused by the tapping. By keeping them somewhat removed from the actual event you are helping to reduce the possibility of very high intensity and discomfort.

3. Once you have the 0-10 rating ask the client to provide a descriptive phrase or movie title to use and then begin with a round of global tapping such as, "Even though I have this movie...". As the intensity goes down you can add, "Even though I have this _ (movie title) ...". It will add intensity to add the name of the movie, so don't do that until the intensity has come down sufficiently.

4. After tapping ask them to GUESS again regarding their 0-10 number and evaluate how much progress has been made so far. Continue with the tapping and guesses about the 0-10 number. You will still want to stay global but as the number goes down you and use language such as:

Even though I'm guessing the movie will upset me...

Even though I might have to imagine this movie.. .

Even though I'm not looking forward to thinking about that movie. ..

Generally a total of 3-4 round of tapping will bring the GUESS down to 0-3.

5. Once the GUESS is 3 or below, ask them how they feel about actually imagining the event. If their intensity goes up tap on that until they can think about imagining the event without high intensity. When they are ready to do so have them imagine the event and give you a 0-10 number. Compare that number with their GUESS.
6. If the client reports an intensity level of 0 at this point then use Vivid Visualization to test and look for any remaining aspects. If they are not at 0 then use either Tell the Story or the Movie Technique, depending on whether the clients wants to talk about it or keep it private, to find remaining aspects. When you are at a 0 use Vivid Visualization to test and search again for remaining aspects. When the event is 0 and not more aspects can be found your work is done.

Touch and Breathe

Touch and Breathe is a variation of EFT that was coined by psychologist Dr. John Diepold. Touch and Breathe is very much like its name indicates. Basically you lightly hold each point as you say or think the reminder phrase and take a gentle breath. Once the breath is completed, move on to the next spot. Basically you replace the tapping with the hold and breathe. Pacing is important here. While standard EFT can be somewhat fast and frenetic, Touch and Breathe is slow and meditative. Otherwise it is exactly the same as standard EFT.

Touch and Breathe is highly valuable for people who are in a highly activated state. It helps to calm them down when sometimes it seems the tapping can overstimulate. It is particularly valuable for people who have suffered physical abuse on the phase and openly recoil at the tapping aspect of EFT as it can be retraumatizing. It is also very helpful for people with neurological disorders such as epilepsy or Parkinson's Disease and is also wonderful with elderly people and the infirm.

It can also be wonderful for self-work. Simply touch the points while you breathe and let your mind wander. It can be a very successful way of calming yourself in a stressful situation and is very valuable for people who are experiencing PTSD or anxiety. While tapping can stimulate the energy system, Touch and Breathe can calm it. This can be highly valuable in moments of extreme stress.

The Choices Method

The Choices Method was devised by Dr. Patricia Carrington. In her work, she found that the traditional affirmation can often result in doubt and skepticism on the part of the client. They sometimes reject it completely or feel inauthentic when they say it.

The choices method is a variant of EFT in which the client identifies the outcome that they would truly like to have for the problem, and then uses this desired outcome as their reminder phrase, commencing with the words, “I choose...” This puts the client into alignment with the reminder phrase, reduces resistance, and interjects a fun, joyful vibration into the healing.

The Choices Protocol is known as the Choices Trio, because it contains three distinct parts – three EFT rounds using Choices. The intensity level is assessed after all three rounds.

The steps of the Choices Method:

- Obtain an initial intensity rating for the aspect of the problem you are going to work on. *Fear of flying.*
- Identify the negative cognition (thought, attitude, feeling, etc) you want to get rid of. *I’m afraid of flying.*
- Formulate a Choice that is the opposite of this negative cognition, an antidote to it. *I choose to feel completely at ease when flying.*
- Combine the negative cognition with the positive choice to create the Choices Statement. *“Even though I am afraid of flying, I choose to feel completely at ease when flying.”*
- Tap on the Karate Chop point while repeating the Choices Statement three times.
- Follow this by three EFT tapping rounds, tapping on EB, SE, UE; UN, Ch, CB, UA and TH, the Choices Trio goes as follows:
 1. The First EFT Round using the negative part of the choices statement as a reminder. For example, *I’m afraid of flying.*
 2. The Second EFT Round using the positive choice. Example, *I choose to feel at ease when flying.*
 3. The Third EFT Round is an alternate round, starting with the negative phrase on the first point and with a positive choices phrase on the next point and so on.
- Check intensity rating and if needed follow with another round.

The negative trigger (the problem) becomes linked to the positive choice, emotionally and energetically. When the trigger occurs (for example, *thinking of flying*), the choice also is triggered (a calm, confident feeling).

Cravings and Addictions

EFT has been effective for weight loss, smoking cessation, and many other issues. However, these kinds of issues typically are not One Minute Wonders (when EFT works very quickly to resolve an issue) but instead take an approach that looks for the emotional drivers behind the behavior.

As with other issues, we do some detective work to find out the potential emotional causes of the behavior and then look for specific events that will help to bring relief to those emotional issues. Often the behavior will change as a result.

It is also possible to use EFT to tap on a substance that someone is addicted to, such as sugar, chocolate, a cigarette, etc. and take away the craving. In my practice I have found that food cravings often change over the long term. With a cigarette the person will generally have to stay ahead of the craving with EFT and tap not only on the craving for the substance but also on the triggers associated with smoking. With food it is also important to tap on the triggers. In both cases, it is valuable to also tap on the emotions underneath them.

EFT can be used on any kind of craving or addiction, not just food and smoking. Alternatively, a person may find that as they do more and more tapping their cravings for things that aren't good for them start to fall away. It is believed that as a person's energy system becomes more healthy and clear they are more inclined to want what is healthy for them.

When EFT Isn't Working

When EFT doesn't work the problem is generally with the practitioner, not EFT.

- Be sure the person is well hydrated. Have them drink a glass of water.
- Check to be sure there is a sense of safety and rapport.
- Get more specific – you may be approaching it too globally—this is common!
- There may be a need to step back and tap on the most present, intense aspect.
- Ask yourself:
 - What's in the way here?
 - What haven't I seen yet?
 - What core issue have I been unable to find? What is still unrecognized?
 - If there was a larger emotional issue here, what would it be?
 - Ask your client (or yourself, if you are your own client): *What do you think is the downside to your getting over this problem?* (Do the setup for "secondary gain" and see if that collapses it)

Try:

- Changing the phrasing
- Saying it more emphatically, with more emotion
- Tapping / rubbing harder or tapping on more or different points

Or Try:

- Even though I REFUSE to let go of this issue
- Even though I LOVE this issue and will never let it go
- Even though I NEED this issue to feel safe and secure
- Even though I will protect this issue with everything I have

Try these examples of Criteria Related Reversals:

- "Even though I don't deserve to get over this..."

- "Even though it isn't safe for me to get over this..."
- "Even though it is impossible for me to get over this..."
- Check for switching aspects
- Look for linked events / issues
- Have the practitioner do the tapping on the client-add the "human touch" (first be sure you can do this legally and then ask permission before touching the client)
- Take Level 2 Training. Lack of training and experience can account for poor or slow results. There is no substitute for good quality training.

Congratulations!

EFT Level 1 is an introduction to foundational EFT skills. Why not take the foundations of what you have learned and progress to Level 2? Level 2 covers additional advanced elements of using EFT with hands-on training, converting information into a skill, thereby enhancing your rate of success. It includes techniques for working with trauma, using EFT on children and animals, using EFT over skype, physical issues and much more. Thank you for your participation and I look forward to teaching you again!