

The Emotional Freedom Technique (EFT) Protocol

An excerpt from the book Broken Pieces to Masterpieces, by Roberta Stalvey

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How to Do the Tapping

As you follow these steps you can tap with either hand, however, it is usually more convenient to do so with your dominant hand.

You should tap with the fingertips of your index and middle finger. Using these two fingers to tap covers a little larger area than just tapping with one fingertip, and helps ensure you actually touch the correct tapping points as you tap.

When you tap, tap solidly, but never so hard as to hurt or bruise yourself. As you tap you should *tap approximately eight times* on each tapping point. Also, as noted on the next page, you will be repeating a "Reminder Phrase" while you are tapping.

The Setup Phase

During the Setup phase you zero in on the problem you wish to address, give it a score of 0 to 10 (where a 0 = no pain or discomfort and 10 = severe pain or discomfort), and then repeat an **Affirmation Phrase** (as described on the next page) *three times* while you tap the side of your palm (on a spot we call the karate chop point) with the index and middle fingers of your opposite hand.

The Karate Chop point (KC) is located at the center of the fleshy part of the outside of your hand (either hand) between the top of the wrist and the base of the pinky finger. Simply tap the Karate Chop point of the non dominant hand with the fingertips of the dominant hand. If you are right handed you would tap the Karate Chop point on the left hand (as shown above) with the fingertips of the right hand.



The Neutralizing Affirmation: Subconscious and self defeating, negative thinking which can hinder your progress, and can be eliminated by using a neutralizing affirmation. Affirmations are designed to acknowledge the problem and create self acceptance in spite of the existence of the problem you are trying to correct. On the next page are a few affirmation phrase examples.

During the Setup Phase, Use an Affirmation Like This . . .

Even though I have this _____ (name the problem you wish to resolve), I deeply and completely accept myself.

The blank listed above should be filled in with a brief description of the problem you want to address. You should create your own affirmation which is appropriate to your particular situation. Below are a few examples that will give you a good idea of how to do this.

Even though I have this anger towards my father, I deeply and completely accept myself.

Even though I have this troubling memory, I deeply and completely accept myself.

Even though I have this pain in my lower back, I deeply and completely accept myself.

Now that you understand all the parts of the Setup Phase, performing it is easy. Remember, create a short affirmation (like those shown above) and repeat this phrase *three times* while continuously tapping on the **Karate Chop** point. *That's all there is to it!*

The EFT Tapping Sequence

The EFT Tapping Sequence is very simple in concept. It involves *tapping on the end-points of the major energy meridians in the body*, and is the method by which the energy system is balanced, and emotional and physical problems relieved.

Most of the tapping points exist on either side of the body. It doesn't matter which side you use, and it does not matter if you switch sides during the tapping sequence. If you wish, you can even tap both sides simultaneously by using both hands to do the tapping.

You should *tap with the fingertips of your index finger and middle finger*. Using these two fingers (feel free to add your ring finger if you wish) to tap covers a little larger area than tapping with one fingertip, and helps ensure you touch the correct tapping points.

When you tap, tap solidly, but never so hard as to hurt or bruise yourself. As you tap through the basic points, *simply tap approximately eight times on each point* as you repeat a **Reminder Phrase** that represents the condition you're hoping to resolve.

Reminder Phrase Examples

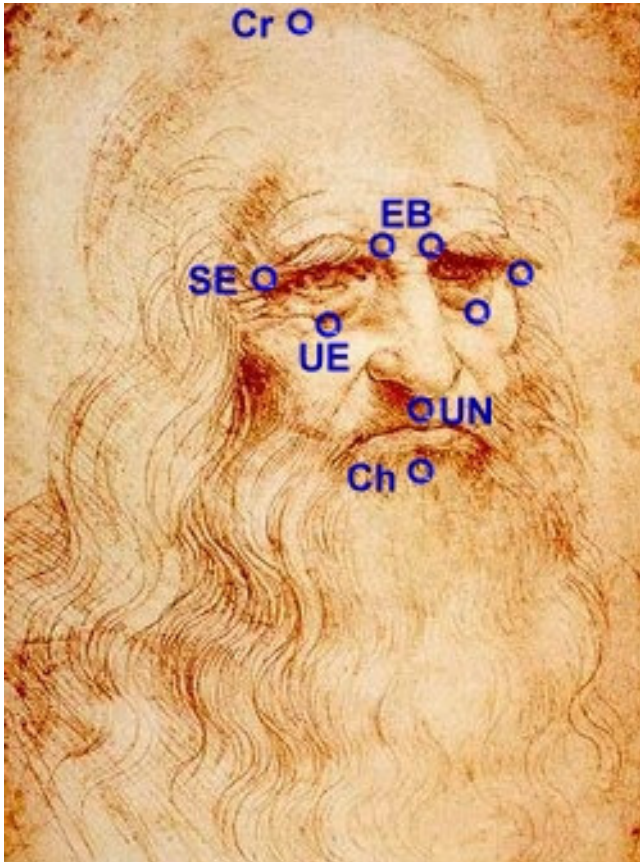
Much like you did during the Setup Phase, while tapping each EFT tapping point *eight times* you simply say out loud an abbreviated phrase that represents the problem you are having and wish to resolve, such as:

- *This anger toward my father*
- *This troubling memory*
- *These nightmares*
- *This pain in my lower back*

Repeat this tapping sequence (tapping through the points shown on the next page) a few times, then note how you then feel about the problem on a scale of 0 to 10 (where a 0 = no pain or discomfort and 10 = severe pain or discomfort).

If not yet down to zero, repeat again. Our goal here is to get you from wherever you started, down to a zero.

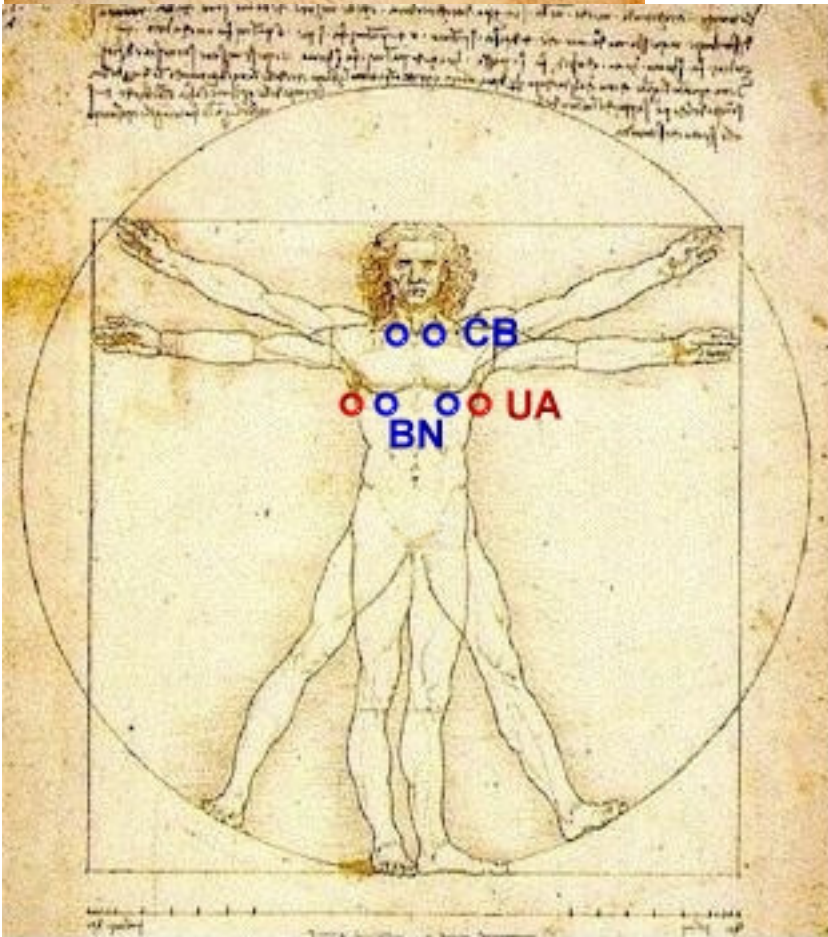
The Location of the EFT Tapping Points



The Facial Tapping Points

1. **Cr** for **Crown** – at the top of the head where the hair naturally splits (the crown area).
2. **EB** for beginning of the **Eye Brow** – at the beginning (inside) of the eyebrow.
3. **SE** for **Side of the Eye** – on the bone bordering the outside corner of the eye.
4. **UE** for **Under the Eye** – on the bone under an eye about 1 inch below the pupil.
5. **UN** for **Under the Nose** – on the small area between the bottom of your nose and the top of your upper lip.
6. **Ch** for **Chin** – midway between the point of your chin and the bottom of your lower lip. Even though it is not directly on the point of the chin, we call it the chin point because it is descriptive enough for people to understand easily.

As you tap each point, remember to repeat the brief Reminder Phrase you came up with (such as, “*this troubling memory*,” as noted above) that represents the problem you wish to resolve.



The Body Tapping Points

1. **CB** for **Collar Bone** – the junction where the sternum, (breastbone), collarbone and the first rib meet. To locate it, first place your forefinger on the U-shaped notch at the top of the breastbone (about where a man would knot his tie). From the bottom of the U, move your index finger down toward the navel, one inch then go to the left (or right) one inch.
2. **UA** for **Under the Arm** – on the side of the body, at a point even with the nipple (for men) or in the middle of the bra strap (for women). It is about 4 inches below the armpit.
3. **BN** for **Below Nipple** – for men, one inch below the nipple. For ladies, where the underside of the breast meets the chest wall.