



New Perspectives  
Counselling

## *Emotional Freedom Technique (EFT)*

### **What is EFT?**

EFT works by releasing emotional blockages that disrupt the flow of energy through our meridian system. The Chinese people have known for centuries about the meridians (lines of energy flow) that run through our bodies, and have used this knowledge in their method of healing called Acupuncture. EFT was inspired by acupuncture. It stimulates acupuncture points at the ends of different meridians to encourage the flow of energy, except it's done with the use of your fingers rather than needles. *EFT was developed by Gary Craig, and you can access further information about it here: <https://www.emofree.com>*

### **The Nature of Emotions**

All emotions have a life span, and as long as we let them complete their path, they will rise up, flow through us, and then fade away - like a wave passing through. When we experience negative emotions, we naturally want to stop them because they feel uncomfortable, so the tendency is to clamp down on them. Suppressing our emotions causes them to become stuck, effectively short circuiting our energy system. A build up of trapped, unprocessed negative emotions can cause mental, emotional and physical discomfort, and eventually disease. When we have suppressed emotions, they will tend to 'come knocking' at times when our guard is down - when we're tired, stressed, trying to get to sleep, in our dreams and nightmares, or when we are alone with nothing to do.

## How EFT Helps

Using EFT while actively experiencing and thinking about a negative situation or feeling prevents us from suppressing uncomfortable emotions by keeping our energy flowing. It also calms our system enough that we can endure the emotions until they've run their course. No matter how fresh or old the blocked emotions or traumas are, EFT can aid in processing and releasing them, thus freeing up energy for use in daily living.

## Signs of Emotional Release

It is normal to experience signs of emotional / energetic release while practicing EFT. Common forms of release include yawning, crying, or sensations of heat or cold. It is also common to feel more relaxed, or temporarily fatigued afterward. These are all positive signs that the work you've done has been productive, and you can anticipate being less triggered by the situation or feelings than before you used EFT. You may also experience memories or thoughts surfacing. Pay attention to these, as they can be important clues on which to base further EFT work.

***\*\*It is important to drink water before, during and after using EFT. Being hydrated is necessary for ease of energy flow.***

***\*\*Remember to take some deep breaths between rounds of tapping. Breathing helps move and shift energy.***

## Basic EFT Steps

- 1. Rate Your Level of Distress:** Determine where you feel the negative emotion in your body most strongly. Rate the discomfort on a scale of 1-10 (10 being the strongest).
- 2. The Setup:** Repeat the following statement 3X while tapping on the karate chop point (largest dot on diagram) on either hand:  
*"Even though I have this \_\_\_\_\_ (name problem), I deeply and completely accept myself".*
- 3. Tapping Sequence:** Tap at least 7-10 times on each point in the diagram below while thinking about or naming the problem. Cycle through all the points several times.
- 4. Re-assess Your Distress Level:** Take a few deep breaths. Then tune into the place in your body where you originally felt the strongest discomfort. If it's not down near zero, repeat the following statement 3X:  
*"Even though I have some remaining \_\_\_\_\_ (problem), I deeply and completely accept myself".*
- 5. Repeat steps 3 & 4** until your distress level is as close to zero as possible.

