

My Life Coach



Emotional Freedom Technique

A primer for performing EFT on yourself and others

Martin Dowson

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What is EFT?

Emotional Freedom Technique is a meridian therapy based around the understanding that there are energy centres and pathways in the body. This knowledge of the human body whilst not part of conventional western medicine has been a part of eastern medicine for over 5,000 years. EFT is an emotional version of acupuncture, except we don't use needles. Instead, we stimulate the meridians by tapping on them with our fingertips.

Tapping on a series of key points on the body whilst focusing on the issue at hand disrupts negative flows of energy that are linked to the behaviours, emotions, memories that we wish to heal. It has been shown time and time again to dramatically collapse the negative emotions.

I first encountered this while training with Curly Martin where a few of her assistants were EFT practitioners. I had my first actual practical experience of using it following my NLP training with Paul McKenna. It seems Paul had the same initial reaction of "can this really be true" but as he has been seen on TV affirming, he really knows that this has a high repeatable success rate.

Background

Emotional Freedom Technique originally derives from Thought Field Therapy. Dr Roger Callahan, a highly skilled expert in meridian therapies, developed TFT which involves understand a highly complex sequencing of tapping on the different energy points in the body, the sequence being specific to the issue at hand.

Gary Craig studied under Dr Roger Callahan and made a very astute observation that revolutionised the field. There are only 14 energy points in TFT, why not tap them all? Gary experimented with this and developed EFT as a result. This background can all be understood in more detail through the EFT website he runs called www.emofree.com which I highly recommend for those interested in becoming experienced in using EFT in a wider range of circumstances.



What can EFT be used for?

Anything – extensive case studies exist at Gary Craig’s site (www.emofree.com) on Fear of Public Speaking, Asthma, Sexual Abuse, Anxiety and Fingernail biting, Fear of spiders, Coffee addiction, Alcoholism, Grief, Fear of needles, Addiction to sweets, Physical pain, Low back pain, Guilt and insomnia, Constipation, Body embarrassment, Lupus, Ulcerative colitis, Panic attack, Fear of elevators.

Hopefully your common sense, like mine, will tell you that for the more complicated issues one should be confident and experienced in EFT before claiming to be able to help anyone. Similarly it makes sense to also understand that where medical or mental health issues are concerned and you are not a qualified physician, clinician or therapist then one should be consulted by your clients.

Basic Instructions for the use of EFT

When following these simple instructions please refer to the diagram overleaf to identify the appropriate energy points that will be used. The technique works through tapping on energy points whilst making specific affirmations relating to the issue at hand. So first of all a word on well formed “Affirmations”.

Affirmations

Affirmations should be specific and clearly identify the *emotion* or *issue* that you wish to diminish. They should also have a **positive statement** that you wish to affirm “despite” the negative feelings.

“Even though *I am overwhelmed by grief*, I **deeply and profoundly accept myself**”

OR

“Even though *I am no good at speaking up in large meetings*, I **completely accept myself**”

Some of us Brits have ‘different’ reactions to the somewhat more ‘American’ version of affirmations. Use whatever is appropriate to you. Some people prefer to talk about being at peace, being at one, feeling centred. Ric Hayman, an EFT practitioner and coach, uses “I am cool with myself” when doing this with his daughter!

The emotion or issue you are dealing with should be as specific as possible, it can not be understated the difference this will make to being able to the success of the technique.

As you run through the technique you will sometimes find that the original issue is diminished but some emotion or feeling remains and that you may identify a different phrase you want to use. Very often the initial barriers we identify are merely the “front-guard” of our inner-defence mechanisms. You can use EFT repetitively, refining your affirmations with each pass through until you are entirely clear of your unwanted feelings or emotions.

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1) Setup

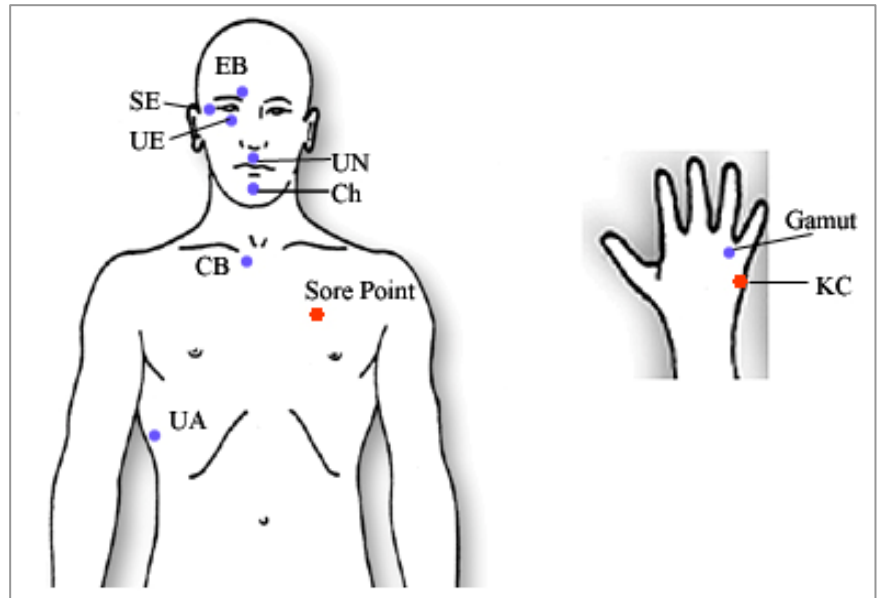
- Identify the problem you wish to work on and calibrate it on a scale of 1 (least worrying) to 10 (most worrying)
- Repeat your specially designed affirmation 3 times whilst rubbing the “Sore Point”

2) The Sequence

Tap each point in the sequence whilst repeating a phrase that reminds you of the issue identified in your affirmation.

E.g. “grief”, “public speaking”

1. EB – Eye Brow
2. SE – Side of the Eye
3. UE – Under the Eye
4. UN – Under the Nose
5. Ch - Chin
6. CB – Beginning of the Collar Bone
7. UA – Under the Arm



3) The 9 Gamut Procedure

Tap your Gamut point whilst performing actions 1 to 9

1. Close your eyes
2. Open your eyes

Whilst keeping your head absolutely still perform 3 to 6

3. Look down and to the right
4. Look down and to the left
5. Rotate your eyes clockwise
6. Rotate your eyes counter clockwise
7. Hum two seconds of any song
8. Count from 1 to 5 quickly
9. Hum two seconds of the song again

4) Repeat The Sequence

5) Test for Results on a scale of 1..10 and repeat steps 1-4 as necessary.

At this point you can adjust your affirmations if necessary, be more specific if there is something else you have noticed causing blockage, or simply acknowledge you still have some of the remaining issue and focus on the “some” that remains.



Further Links and Information

What you have been given in this worksheet today is merely an introduction to the field of EFT. The techniques are very simple but there is more depth to them and a full understanding of the background and detail behind EFT is essential to be able to call yourself a practitioner of EFT.

It is also worth understanding the depth, even as a lay person, so that you can confidently understand the results that you will achieve with this technique and explain it to others.

Gary Craig Emotional Freedom – <http://www.emofree.com/>

Whether you are a lay person wanting to explore the powerful benefits of EFT for yourself or someone involved in helping others through therapy/coaching/counselling then Gary Craig's Emotional Freedom web-site will provide all the background and detail you could possibly wish for.

Clients of My Life Coach can call/email for free copies of EFT in practice videos and the detailed instruction manual that Gary has written (although the manual IS freely available on the website)

Ric Hayman - <http://www.haymancoaching.com/>

Ric is an excellent coach who also practices EFT and first introduced me to the concept. Although there is no EFT information on his site, he is worth getting in contact with as he has been known to run Tele-Classes on the subject. I'd also like to credit Ric with the examples of affirmations. He can be found at

Association of Meridian Therapies (AMT) – <http://www.theamt.com/>

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Martin Dowson

Thank you so much for picking up this worksheet. I hope you have found it useful.

I have one passion in life and that is improving the experience of life for other people.



Coaching individuals to enable them to create outstanding and fundamental change across all aspects of their lives, my work is a daily voyage of discovery. Working with someone to help them realise their dreams is a very empowering experience.

This is true for my clients because they see fundamental change in their lives on a regular basis and for me because I also learn from each of their individual life stories! Coaching, when done with honesty, passion and dedication, is one of the most positive experiences you can go through. Hence my passion for it!

I have created this worksheet following demand from my coaching newsletter subscribers for more information on EFT. My web-site www.mylifecoach-online.com contains this worksheet and many more resources for you to peruse.

If you have found this useful I would encourage you to sign-up to my monthly newsletter in which I present a useful collection of articles from the world of coaching, NLP and other areas of personal development.

Of course if you are interested in coaching, or being coached, the web-site will also help you with that... ;-)

Namaste,

Martin

PS – Please feel free to distribute this worksheet, but please do not alter it in any way nor represent it as your own, nor attempt to sell the information here-in contained. Gary Craig put a lot of effort into creating EFT and has been remarkably generous in sharing it so freely with the world. He deserves full credit for this amazing technique hence the acknowledgements to him throughout this worksheet.