



# **INTRODUCTION to EFT**

**Emotional Freedom Techniques**

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# Introduction

This short guide will allow you to discover the basics of EFT (Emotional Freedom Techniques). The process described here is a deliberately simplified version of EFT in order to allow you to test, today and for yourself, this amazing tool and its positive effects.

## Christine Blanchet

My first encounter with EFT was almost one of love at first sight. I say "almost" because my inner sceptic can be quite prominent, and I usually start off being quite wary when I discover a new "amazing" technique. But it didn't take me long to adopt EFT as a life companion.

I was a singer at the time and I had mentioned to a friend that I suffered greatly from stage fright so he directed me to the founder of EFT's website ([www.emofree.com](http://www.emofree.com)).

Thanks to the material I found on Gary Craig's site I was able to try it out by myself immediately.

I started by using EFT for my stage fright, but seeing its endless uses and possibilities, I began to apply it to other areas in my life and started noticing my life change bit by bit.

I had no wish to be either a practitioner or a trainer when I first started out but after testing it for myself, I wanted to share this wonderful technique with others, so I went on to train with many renowned specialists in EFT and other Meridian Tapping Techniques (or so-called Energy Psychology techniques). I am very grateful to those people I have trained with, including:

Louise Gervais, Gwyneth Moss EFT Master and AAMET trainer (EFT Levels 1, 2 and 3 ), Sasha Allenby (Matrix Reimprinting), David Lake and Steve Wells (Provocative Energy Techniques), Carol Look EFT Master, Andy Bryce EFT Master and Gary Craig (Optimal EFT).

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# What is EFT?

EFT stands for **Emotional Freedom Techniques** and is based on the following theory:

***The cause of all negative emotions is a disruption in the body's energy system.***

It can be described simply as a form of acupuncture without needles, which is used both to treat emotional problems (trauma, stress, phobias, grief, anger, guilt, anxiety) as well as to relieve physical symptoms (various pains, headaches, asthma, etc.).

For many centuries in the Far East, techniques such as acupuncture, Shiatsu, Qi Gong, and Tai Chi Chuan have been practiced for wellbeing and health. These techniques are essentially based on the energy system of the human body, however the emotions are treated on a general basis and specific events are not addressed.

Until recently, in the West, we have treated the body and the mind separately. When the body is sick we repair it like we would a machine, using remedies that act upon the body and when the mind is wrong, as well as medicines, we use other techniques such as psychoanalysis, talk therapy, hypnosis and NLP (Neuro Linguistic Programming), CBT (Cognitive Behaviour Technique) to name but a few. But in all these techniques the energy system of the body is not at all considered.

EFT is a set of techniques that takes into consideration both the emotions and the body's energy system. The great discovery was to combine these two aspects and address them **simultaneously**. To do so, we stimulate specific acupressure points by tapping on them with our fingertips, while focussing on the problem and the reactions it causes.

By combining these separate techniques their efficacy is increased substantially. Indeed, EFT and Tapping Techniques can work extremely well with other therapies, such as NLP, massage etc.

## A bit of History

EFT derived from Dr. Roger Callahan's TFT (Thought Field Therapy).

In 1979, Callahan had been working with a patient "Mary", who had a severe phobia of water. After a year of using all the traditional therapy methods, Mary's phobia problem was no better than before. Sitting outside Callahan's swimming pool one day, she became nauseous from just the thought of the water nearby. Then Roger had an idea. Remembering that the Chinese had used acupuncture for over 5,000 years to stimulate the flow of energy through what they call the body's "meridians" or electrical pathways, he asked Mary to tap a few times under her eye – the location of the end point of the stomach meridian.

After several seconds of tapping, Mary exclaimed, "It's gone!" and made a beeline for the pool bending down to splash water on her face.

After this discovery Callahan developed his method, which he called TFT.

In 1991, Cary Craig, a Stanford engineer and NLP Master practitioner, trained with Callahan. Roger Callahan's training course was very costly and long, and his method was rather complicated as there were many tapping sequences (called algorithms) to learn and memorize. Gary Craig had the idea to simplify the technique by stripping it of most of its technicalities and by adding some innovations, and he thereby created his own technique, which he named EFT. Since then EFT has grown rapidly and has become a universally accepted tool for millions of people.

The key to EFT, compared to TFT, is that rather than matching a problem to a tapping sequence, with EFT only one sequence is used and all the points are tapped for every problem. This is easier to learn and also takes the intuition out of the treatment flow, making results more reliable to replicate.

The result is a method that is so simple that it is even possible to use it as a self-help tool (for simple issues\*) without the help of a practitioner. The cost of training also plummeted which allowed it to be accessible to a very wide audience.

According to Gary Craig, "we are on the ground floor of a healing highrise" and there is still much more to discover in the area of healing.

Since its creation, more and more therapists and physicians worldwide have adopted EFT; many have incorporated EFT and Tapping techniques into their own methodologies. In some countries they have even begun to introduce it in schools and in companies to it has shown to provide many positive results.

*\* For more complex or chronic issues, I advise you to refer to a professional practitioner.*

# What can EFT be used for ?

EFT has proven successful in thousands of clinical cases. It applies to just about every emotional, health and performance issue you can name and it often works where nothing else will. It works for people of all ages, and even for animals! The applications are almost endless and new ones are still being discovered. It isn't possible to name them all but here are some of the main ones:

- ✚ ***Fear of public speaking***
- ✚ ***Physical pain***
- ✚ ***Panic attacks***
- ✚ ***Grief and sadness***
- ✚ ***Trauma***
- ✚ ***Stress***
- ✚ ***Emotional blocks***
- ✚ ***Phobias and anxieties***
- ✚ ***Anger***
- ✚ ***School results and exams***
- ✚ ***Self esteem***
- ✚ ***Blocks to success***
- ✚ ***Peak performance***
- ✚ ***Weight loss***
- ✚ ***Sports***
- ✚ ***Burnout***
- ✚ ***PTSD***
- ✚ ***Addictions***

*"Try it on everything !" - Gary Craig*

## How Does it Work?

In fact, nobody knows yet definitively how EFT works; how by acting on both the emotions and the body's energy system one can eliminate physical pain or the emotional charge related to an event. Theories abound but to date, none is yet conclusive. However, the effectiveness of the technique is well documented among medical, academic journals and elsewhere.

So, rather than explain how EFT works, this chapter will be dedicated instead to explaining briefly the theory upon which EFT is based – *"The cause of all negative emotions is a disruption in the body's energy system."*

As mentioned earlier, the great discovery with EFT was to combine Eastern and Western techniques to address, simultaneously, the brain and the body – the emotions and the body's energy system.

This is accomplished by tapping with our fingertips on specific acupuncture points while tuning into the emotions created by the problem. **The result is that subconscious negative emotional patterns are cleared or removed, so that more rational effective patterns remain instead.**

Gary Craig uses the following example to explain his theory:

If you opened the back of a TV and put a screwdriver amongst the exposed wires, it would cause a short circuit and the TV picture would become fuzzy or distorted.

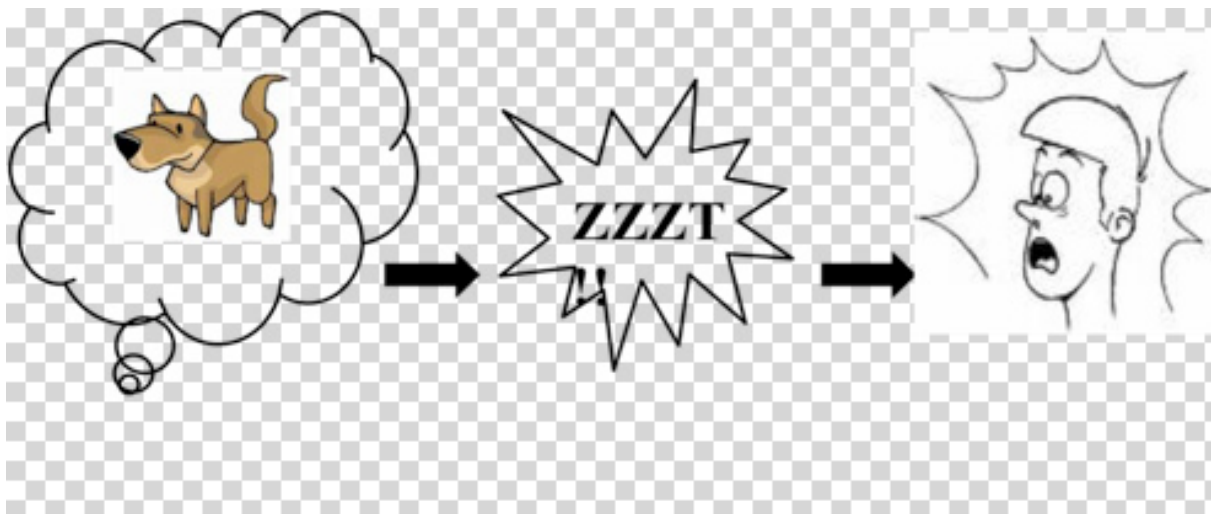
If we want to compare with an emotion we can use the following example: Imagine a little boy who is suddenly frightened by a big, fierce-looking dog. The resulting shock causes a reaction that we can compare to a short circuit in his energy system. EFT aims to "rewire" the emotional patterns.

Energy flows through pathways in our body called meridians. These meridians are also the pathways through which information travels back and forth from the body to the brain.

In the case of the boy and the dog above, if the initial shock is too intense it could result in a life long phobia. Every time the boy perceives a dog, the body and brain exchange a message of "danger" and, as a result, an emotion of fear or panic is generated subconsciously, despite the fact that he may logically know he is safe.

This is because the brain doesn't make the difference between what is real and what is imagined. Another example to illustrate this is people who panic when looking at a simple photo or even drawing of a spider or a snake.

**The boy sees a dog which causes a disruption in his energy system and the result is a negative emotion**



**Sight or thought      ▶      Disruption      ▶      Emotion**

**So why is it possible to use a single process for so many applications?**

If we go back to the main theory behind EFT:

***The cause of all negative emotions is a disruption in the body's energy system.***

whatever the problem, we are treating an imbalance in the energy system of the person.

It can be applied as much for person who has suffered major trauma in his life or for someone who is undergoing a conflict at work, or who has relationship problems. And that's because not only are we all kept alive by energy, we are all made of energy.

*"Everything is energy, and that's all there is to it." - Albert Einstein*



## The EFT tapping points

The tapping sequence I describe below, EFT Basic Recipe, is a simplified version of EFT, so that beginners can start using it right away. I suggest that you start with something very simple, even trivial. I also recommend that you first read the following chapter entitled "A Few Tips" before starting.

For more complex or emotionally laden issues I advise you to contact a qualified EFT practitioner who will have the skills to take you through this in a very gentle way, as in EFT, we don't have to go through all the pain and trauma in order to release it. Within the EFT portfolio there are several other techniques, which provide very gentle approaches in order to avoid re-traumatising the client.

I also ask you to take full responsibility for your emotional health when using EFT for yourself.

KC : Karate Chop point

TOH : Top of Head

EB : Eyebrow Point (beginning of the eyebrows)

SE : Side of the Eye (on the bone)

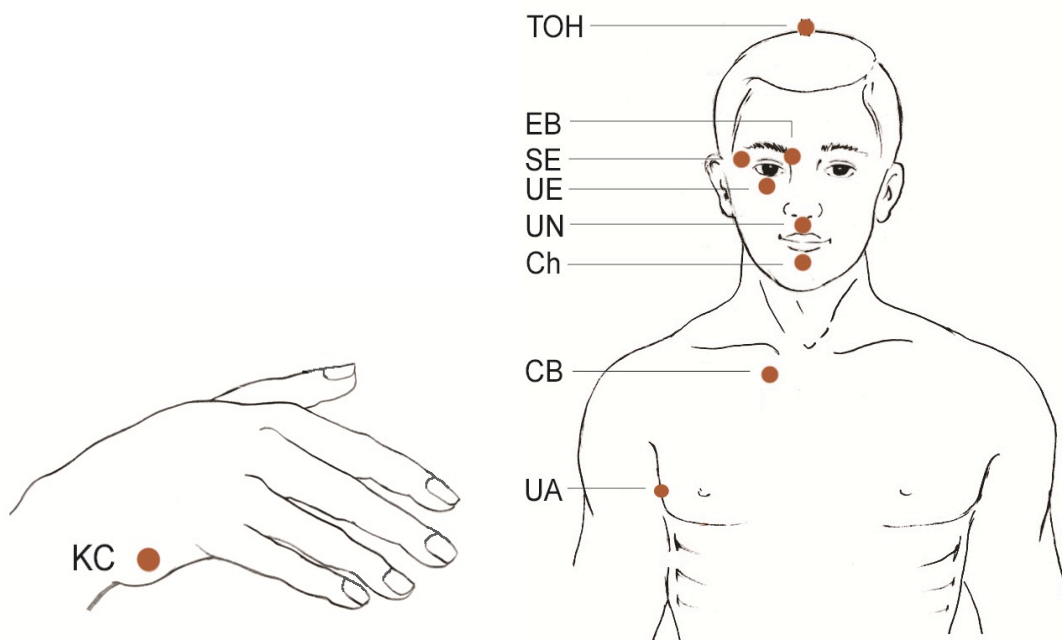
UE : Under the Eye (on the bone)

UN : Under the Nose

Ch : Chin (just under the bottom lip)

CB : Collarbone (just under the collarbone, near the middle)

UA : Under Arm (about a hand's width under the armpit)



# How to Tap

The following sequence is called the **EFT Basic Recipe** which is a simplified version of original EFT sequence.

- 1) **Identify the issue** you want to address. (I suggest that you start with something very simple, even trivial. I also recommend that you first read the following chapter entitled "A Few Tips" before starting.)
- 2) **Test the intensity** (physical and/or emotional) on a 0-10 scale where 10 is the worst the issue has ever been and 0 is no problem whatsoever.

Now you can start tapping. Gently tap (approximately 7 times) on each point with 2 to 4 fingers. You can use either hand.

### 3) **The setup phrase.**

This is a simple phrase that lets your mind-body system know what you're trying to address. It also allows you to 1) acknowledge the problem and 2) accept the situation.

While tapping on the KC point, say: "*Even though (name the problem) I completely accept myself (or, if this is too hard for you to say, "I'm O.K.").*"

#### Examples:

*"Even though I have this pain in my lower back, I completely accept myself."*

*"Even though I'm so angry, I'm O.K."*

or, for kids : *"Even though the teacher yelled at me, I'm a great kid (or, "mummy loves me", etc.)"*

### 4) **The sequence and the reminder phrase:**

Tap on all the points from TH to UA (see diagram) while repeating the reminder phrase at each point.

This reminder phrase allows you to stay focussed on your issue.

#### Examples:

*"This pain in my lower back"*

*"I'm so angry"*

*"The teacher yelled at me"*

5) **Take a deep breath and reassess the intensity.**

This sequence is called a "round".

6) **Repeat the sequence** accordingly, addressing any new aspects that may arise, round after round until the issue is cleared and the intensity is reduced or even eliminated.

## A few Tips

### Be specific !

**Being specific, as well as breaking problems down into little pieces, are some of the key elements in being successful with EFT.**

Tackling a problem that is too general is one of the most common mistakes that people new to EFT can make.

An example of this is: "My father never paid attention to me when I was little". This is a very general problem as it can be broken down into many specific events. "The time Dad forgot to take me to the football match" is a more specific aspect of this problem.

However, it is not always easy to know if we are sufficiently specific, so here are a few tips on being specific and identifying the different aspects and parts of your problem:

If it's an **event** (ex. John made fun of me in front of my colleagues) Break the memory down into snapshots (or stills) and deal with one snapshot at a time. Each snapshot can also be broken down into aspects (emotions, body sensations, the look on John's face, colleagues laughter etc.)

If it's an **emotion** : (ex. fear) Where and how do you feel it in your body? Tap on the different body sensations. Tap on the name of the emotion ("Top of head - this fear, side of the eye - this fear etc.) "Then tap on any new emotions or thoughts that may come up.

If it's a **physical pain**: (ex. sciatic pain) What is this pain like in my body? (location, size, movement, temperature or even colour). It's like.... It feels like... Also, what emotions does it bring up?

Each one of these feelings, body sensations and emotions are different aspects of a larger problem, and each aspect must be treated separately.

This may seem a bit lengthy or tedious at first, but most of the time you won't have to deal with all of the aspects because in EFT there is what is called a "generalization effect". When related issues or aspects are neutralized with EFT, they often take with them issues that are related in the person's mind. In this way, several issues can be resolved even though only one is directly treated.

## Use your imagination

As Gary Craig says, we are only at the ground floor of a healing highrise, and we still have plenty of floors to discover, so try it on everything!

EFT also combines beautifully with many other techniques ranging from massage to hypnosis and could give rise to completely new techniques.

## Be persistent

Do not be discouraged if ever a problem does not seem to be improving.

**Persistence** is another key element in EFT for getting positive results.

Our bodies and minds sometimes need time to adapt to change and oftentimes the results can appear days, or even weeks or months later.

## Frequently Asked Questions:

### **If the intensity doesn't change, or comes back after a few hours or days, does that mean it didn't work?**

This can mean that other aspects have popped up or you are addressing a problem that is too general. Also, check to see if you haven't switched to another problem (or "snapshot").

If you are dealing with physical pain, check to see if it has changed location or aspect (For example., it's less strong but more spread out, it's moved to the other side of your back etc.). If this is the case, you *are* making progress! Continue the tapping rounds on these new aspects and in turn, any ones that may follow.

Being specific may take some practice, as we tend to want to deal with the whole problem all at once. If you are finding this confusing or difficult, or if you have any questions, please feel free to contact me (christine@eft-liberation.com).

As mentioned before, being specific as well as breaking problems down into little pieces is one of the key elements in being successful with EFT.

### **Are the results permanent?**

When EFT is properly applied for specific events or aspects, the results are almost always permanent.

### **Why use EFT rather than a different form of therapy?**

EFT often works where all else has failed.

EFT can get to the root of the problem very quickly.

EFT is simple to use and can be used as a self help tool, which people find useful to assist them in times of need or to speed up the process when working with a therapist, by doing "homework" between sessions.

EFT is safe.

EFT can be done via the telephone or Skype, which means geographic location ceases to be a problem.

### **Are the tapping order or the location important?**

You can tap in any order you wish, it's just that it's easier to memorise from top to bottom.

You can tap on either side of you face and body, or even on both sides at the same time.

I suggest that you tap with several fingers so you won't have to worry about attaining the point.

### **How hard should I tap?**

Gentle taps are enough. Be kind to yourself!

### **I've always heard that it's so important to focus on the positive so why all this focus on the negative?**

The language that we use in the EFT sequence always aims at the negative. This is essential because it is the negative that creates the energy disruptions that the EFT tapping clears (and thus brings peace to the system). EFT needs to aim at the negative so it can be neutralized. This allows our natural positives to bubble up to the top.

We can also do positive tapping in EFT, but only once the issue has been fully acknowledged and cleared, if not we may be once more covering up the issue with pleasant sounding words.

### **Does one have to believe in EFT in order for it to work?**

EFT works whether you believe in it or not.

### **Is EFT simply a placebo or distraction from the problem?**

No. Placebo effects require some belief in the process and this is rarely the case for newcomers to EFT. Also, although EFT may appear to be distracting, it is quite the opposite and will not work if the client is, in fact, distracted. That is why the client continually repeats a reminder phrase, which "tunes in" to the problem.

### **Should I stop tapping if a strong emotion arises?**

On the contrary! This is a great clearing opportunity. Despite the urge to stop, keep on tapping on all the points until it dies down again. There is no need to repeat any words but you can choose to say things like "I'm safe, it's just an emotion, it's not happening to me right now" etc.

However, "emotional hijacks" are rare when working on our own, as we tend to instinctively know how to keep ourselves safe.

### **Are there any negative side effects to EFT?**

By comparison to almost any other process, EFT is gentle and rarely has any serious side effects. For this reason it is often used instead of other procedures. In 1997, an informal questionnaire was put out to 250 therapists asking for descriptions of significant abreactions with EFT or TFT. Out of an estimated 10,000 applications of these energy tapping procedures only 20 such cases were reported. This approximates 2/10 of 1%. This informal questionnaire is not put forward as an official study and therefore does not suggest that there is minimal risk involved. Anyone using EFT must assume full responsibility for their results and seek appropriate advice if needed.

## What Others are Saying About EFT

*"EFT is easy, effective, and produces amazing results. I think it should be taught in elementary school."*

- Donna Eden

*"EFT is destined to be a top healing tool for the 21st Century"*

- Cheryl Richardson

*"EFT is a simple, powerful process that can profoundly influence gene activity, health and behavior."*

- Bruce Lipton, PhD

*"EFT is at the forefront of the new healing movement."*

- Candace Pert, PhD

*EFT offers great healing benefits."*

- Deepak Chopra, MD

*"I frequently use EFT for my patients with great results."*

- Eric Robins, MD

*"I have been using MTT (Meridian Tapping Techniques) for years and have found it a pivotal tool in creating the life of my dreams."*

- Jack Canfield



## Disclaimer

*EFT does not replace health care from medical and psychological professionals. Never discontinue or reduce prescription medications without first consulting your medical practitioner.*

*It's important to bear in mind that, though EFT works incredibly fast for most issues, some problems may need more time.*

*Christine Blanchet is a Complimentary Therapist and not a licensed Mental Health Professional or a Medical Doctor. EFT is still experimental and everyone is individual, so I cannot guarantee how anyone will react to it. No claims are made about 'curing' any medical condition with EFT. Some people's mental or physical health may be very fragile and they should NOT participate without the agreement of their health care professional. I am not responsible for your own personal health and well-being*

# Contact Details

Please feel free to contact me if you have any questions regarding EFT, or this eBook.

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