

# Emotional Freedom Techniques (EFT)

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## Re-writing our Scripts

- ▶ **Reticular Activating System (RAS)** - a part of the brain that filters out what it considers unimportant incoming sensory data
- ▶ It determines what is important by what you focus on most

**Be aware of your thoughts and focus points**



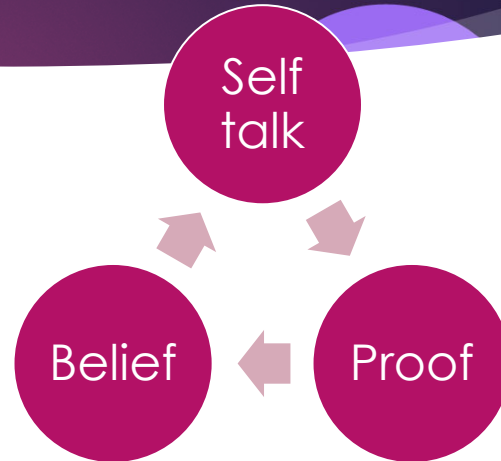
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## Re-writing our Scripts

- ▶ The more proof you see, the more you believe...
- ▶ The stronger your belief, the more you tell yourself it's true, a self fulfilling cycle



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## Re-writing our Scripts

- ▶ Train your RAS to look for the positive
- ▶ It will start to show you things to prove your new beliefs are true for you

**Focus on the good stuff!**



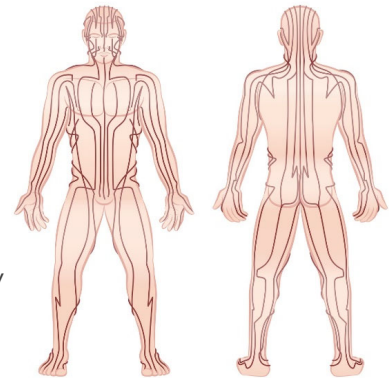
Reference <https://www.youtube.com/watch?v=QCnfAzAlhVw>

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## Emotional Freedom Techniques (EFT)

- ▶ EFT is **based on the ancient Chinese Medicine theory of meridians** (energy pathways in the body), **and combines this with modern psychology** to help clear emotional, mental, physical and spiritual issues
- ▶ The process involves focusing on an issue that is causing you some distress, then tapping on specific acupoints (meridian points) on the body while focusing on that issue



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## EFT and the Stress Response

Stress is an incredibly complex and immediate whole body response to a **perceived or real threat; the body doesn't differentiate between what is real or imagined.**

"Research at Harvard Medical School has shown that stimulation of selected meridian acupoints decreases activity in the amygdala, hippocampus (another part of the limbic system), and other parts of the brain associated with fear."

**(The Tapping Solution)**

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## EFT in a Nutshell

1. Choose your most pressing problem = the tapping target
2. Rate this problem on a scale of 0 – 10
3. Design a setup statement to match the problem:

**“Even though (problem), I deeply and completely love and accept myself.”**



*Name the problem, your truth*

*Your positive affirmation – acceptance  
and I'm okay anyway*

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## EFT in a Nutshell

4. Say 3 rounds of the setup statement while tapping on the karate point
5. Use a **reminder phrase** while you **tap through the EFT points**, approximately 7 times on each point – tune into the problem
6. **Take a deep breath** and **re-evaluate your rating** – measure this in your mind and body
7. Shift your tapping to reflect what is NOW coming up

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## The Rules – no let's call them Guidelines

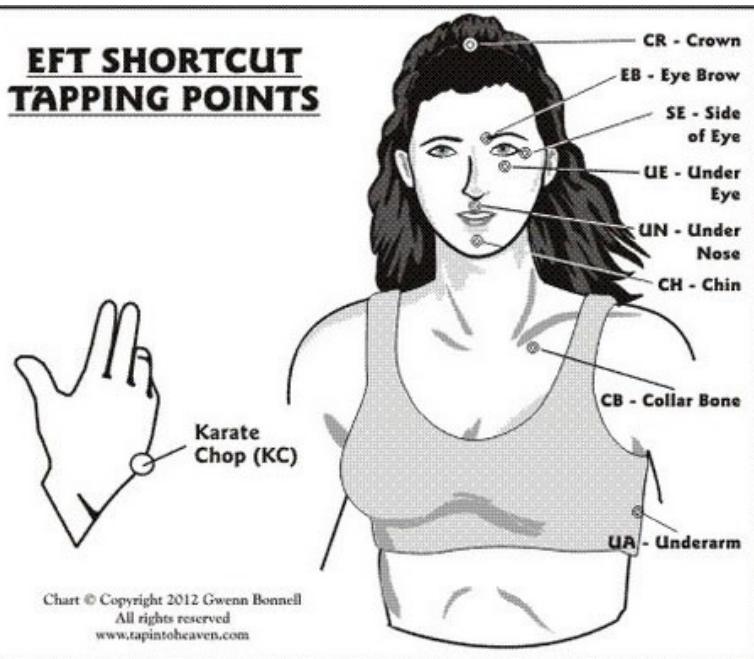
- ▶ **Be Present** (always focus on how you are feeling, experiencing, noticing NOW)
- ▶ **Be Specific**
- ▶ **Be Persistent** (tapping for 1 minute is unlikely to solve a 20 year old issue!)
- ▶ **Test, Test, Test**
- ▶ **Have a playful** "no attachment to the outcome" state of mind

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### EFT SHORTCUT TAPPING POINTS

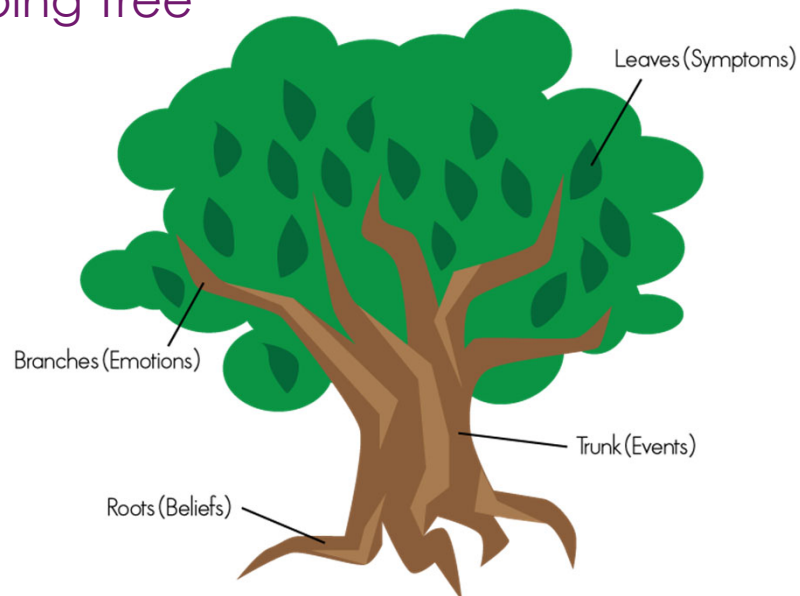


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## The Tapping Tree



Credit: The Tapping Solution

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## Common Limiting Beliefs

- ▶ I can't do anything right
- ▶ I'm not safe
- ▶ I'm not loveable
- ▶ I'm different
- ▶ I'm not worthy
- ▶ I'm not good enough or enough
- ▶ I don't know enough/have the right skills
- ▶ I don't have the right education
- ▶ It never works for me
- ▶ There's not enough time
- ▶ I have to work hard
- ▶ I need to be in control
- ▶ Life is difficult
- ▶ I don't belong

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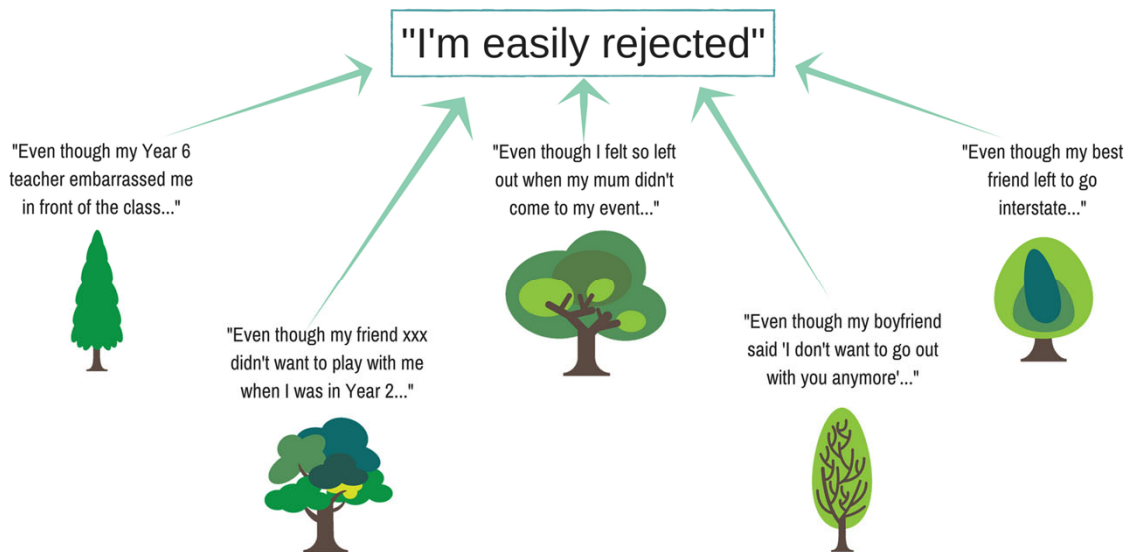


# Your Emotional Forest



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## The Importance of Being Specific in EFT



Each event is a true contributor to the belief "I'm easily rejected".

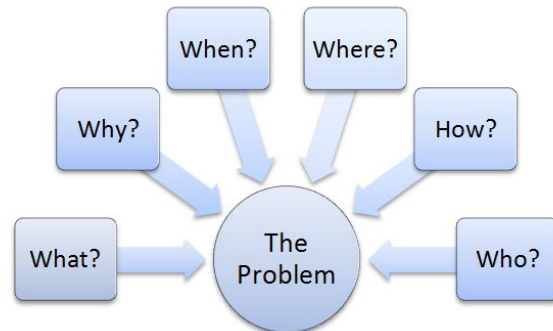
Based on a tutorial by founder Gary Craig

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## Get Specific... Questions, Questions, Questions

**“I keep six honest serving  
men: they taught me all I  
knew: their names are  
What and Why and When  
and How and Where and  
Who”.**

– Rudyard Kipling



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## Secondary Gains

Secondary gains refers to the concept that having your problem may in some way serve you.

- **What's the “downside” to releasing (problem) in your life?**
- **What's the “upside” to (having problem)? - How does it “serve you” to have this problem?**

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## Safety

**Safety concerns are common with anxiety-related conditions**, and those with chronic pain. **Safety and control are closely linked.**

- ▶ “Even though in order to be safe I had to be invisible...”
- ▶ “It is not safe for me to speak my truth...”
- ▶ “It is not safe for me to express my feelings...”
- ▶ “It is not safe for me to get over this fear of (problem)...”
- ▶ “It is not safe for me to get over (problem)...”

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## Afraid to Shine

**“Even though I am afraid to shine...”**



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## Afraid to Succeed

**“Even though I am afraid to succeed...”**



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## Afraid to Have Abundance

**“Even though I am afraid to succeed and have financial abundance...”**



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## Abundance Issues

- ▶ Procrastination
- ▶ Fear of success
- ▶ Sabotage
- ▶ I'd rather feel safe than successful
- ▶ Blocking success
- ▶ If I get what I want, I could lose it
- ▶ I make myself fail

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## Abundance Issues

- ▶ Guilt about having more
- ▶ Guilt about wanting more
- ▶ Guilt about advantages
- ▶ Fear of rejection
- ▶ Rejecting others
- ▶ Afraid to rock the boat
- ▶ I don't know whom to trust

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## Abundance Issues

- ▶ Fear of envy
- ▶ Standing out
- ▶ Humiliation
- ▶ Fitting in
- ▶ What if they think I'm greedy?
- ▶ Jealousy
- ▶ Inadequacy

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## Abundance Issues

- ▶ Negative beliefs
- ▶ Fear of earning more
- ▶ Comfort zone around salary
- ▶ I'm convinced money/wealth is "bad"
- ▶ Deserving abundance
- ▶ Not enough / shortages
- ▶ Money worries

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## Abundance Issues

- ▶ Supply running out
- ▶ There will never be enough
- ▶ I don't believe in prosperity
- ▶ Belief in scarcity
- ▶ Blocks to receiving
- ▶ Conflict about receiving
- ▶ Who will I be if I get what I want?

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## Abundance Issues

- ▶ Money doesn't come easily
- ▶ Can't be happy until...
- ▶ Can't feel good until...
- ▶ Can't be happy if I'm poor
- ▶ Belief in poverty
- ▶ I come from a family of failures
- ▶ Yes, but...

Reference: "Attracting Abundance with EFT" by Carol Look

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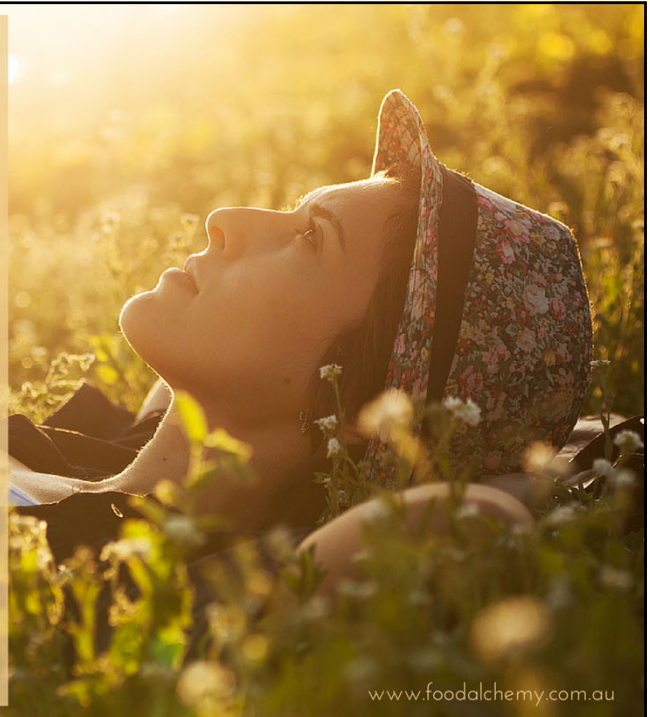
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## Our Deepest Fear

"Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. We ask ourselves, Who am I to be brilliant, gorgeous, talented, and fabulous? Actually, who are you not to be? You are a child of God. Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people will not feel insecure around you. We are all meant to shine, as children do. We were born to make manifest the glory of God that is within us. It is not just in some of us; it is in everyone and as we let our own light shine, we unconsciously give others permission to do the same. As we are liberated from our own fear, our presence automatically liberates others."

**Marianne Williamson**



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## Personal Peace Procedure

- ▶ Creating a list of every specific troublesome event in your life
  - ▶ Troublesome = causes you discomfort
- ▶ Give each specific event a title, like it's a short movie
  - ▶ Dad hit me that time in the car
  - ▶ I hid my sister's favourite toy and got into big trouble
  - ▶ I tripped over a hurdle during sports, in front of everybody
  - ▶ My drama teacher ridiculed me when I gave that speech
  - ▶ Mum gave me that look when I spilt my dinner
- ▶ Systematically using EFT to tap away the emotional impact of these events

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## Personal Peace Procedure

- ▶ Your list should have many events
- ▶ When your list is finished, choose the tallest trees in your emotional forest
  - ▶ Apply EFT to them, one at a time, until your SUD score is zero
  - ▶ Pay attention to any aspects that arise and treat them as separate trees in your emotional forest, by tapping for each aspect separately
- ▶ Systematically use EFT to tap away the emotional impact of these events
- ▶ Make this a daily practice to improve your emotional world!

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## Tapping in the Joy



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