



FREEDOM FROM ANXIETY WITH EFT

**THE EMOTIONAL FREEDOM
TECHNIQUE / TAPPING**

Margaret Ann Kellogg, LCSW
Psychotherapist and Anxiety Specialist for Women

EFT Beginner's Guide

If you are a woman suffering from *anxiety*, you may experience some or all of these symptoms:

- Stress or worry that impacts your health or peace of mind
- Restlessness
- Insomnia or unsatisfying sleep
- An endless “to do” list
- Confusion, difficulty concentrating or making decisions
- Perfectionism
- Headaches, muscle aches, heart, digestive problems or a number of stress-related illnesses

You may have tried a lot of things in order to feel better. But only experiencing temporary relief, you can begin to lose hope.

The thought of not being able to control your anxiety feels really scary, causing even more anxiety. Sometimes it is so intense that you become afraid of being overwhelmed by your own emotions.

The physical symptoms in your body cause you to worry even more, thus starting an endless cycle of anxiety that continues to get worse and worse. It's an exhausting cycle. You want to feel better, but you don't know how.

The Solution

What if it were possible to relieve anxiety using a safe, physician- approved, self-healing tool without the risks and side effects of medication; a tool you could use in the moment to reduce worry, stress, anxiety or fear; a tool that could help calm both your mind and your body?

New Discovery

You are about to discover an innovative, recently developed technique called EFT: The Emotional Freedom Technique. Also called Tapping, EFT is a simple, mind-body tool with no known side effects. It is, in my opinion, the #1 best self-help tool for relieving anxiety and chronic stress.

What is EFT?

EFT is an innovative, energy technique based on the body's meridian system (neuro-pathways). It is a relatively new mind / body discovery that uses your body's meridian system to create emotional and physical changes. It has had a positive effect in my life, the lives of my clients, and hundreds of thousands of women worldwide. In my 3

decades as a psychotherapist, my clients have experienced more profound and rapid changes by combining EFT with psychotherapy.

EFT is based on the 5000-year-old technology of acupuncture, where needles clear and balance the body's energy, called "chi." (You might say EFT is an emotional version of acupuncture.) However, unlike acupuncture, EFT uses a gentle tapping procedure that you apply to yourself, instead of needles. This tapping balances your body's energy and sends a calming signal to your brain to relieve emotional and physical distress. Thus, EFT is a combination of ancient Asian medicine and modern psychology.

How Does EFT Work?

Research estimates that 85% of physical and psychological difficulties are impacted by daily stress and unresolved emotional issues. Anxiety is often caused by being overly stressed or suppressing painful emotions such as fear, sadness, grief, guilt, etc. These repressed emotions can **silently** impact your emotional and physical health. Therefore, your well-being can improve once these repressed emotions are resolved through psychotherapy and EFT.

EFT can alleviate anxiety by identifying the underlying causative issues i.e. repressed emotions. It then sends a calming signal to the part of your brain where anxiety is stored. In other words, EFT targets the part of your brain responsible for the "fight, flight, freeze" stress response that you experience when having anxiety.

EFT Research

EFT is successfully passing research studies of the American Psychological Association. It has been found to be effective in reducing cortisol, a stress hormone, and also in lowering brain waves associated with fear. In other words, this research shows how EFT turns off the body's fight, flight, freeze, stress response and turns on the body's relaxation /calming responses. And since stress is known to cause physical and emotional illness, EFT *improves* your physical and emotional health by *reducing* stress. This relaxation response has been proven to release your body's natural healing abilities, decreasing inflammation and fortifying your immune system.

EFT has been demonstrated to be an effective approach when combined in the treatment of phobias, anxiety, depression, Post Traumatic Stress Disorder, food cravings, dysfunctional relationship dynamics, physical problems and more.

Even though EFT is relatively new, more than 60 researchers have studied it, with results being published in over 20 distinguished psychology journals. These include:

- *The Journal of Clinical Psychology*
- *Psychotherapy: Theory, Research, Practice, Training*
- *Review of General Psychology*
- *Journal of Nervous and Mental Disease*

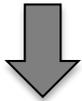
Researchers of EFT in the US are affiliated with many different institutions including:

- Harvard Medical School
- University of California at Berkeley
- City University of New York
- Walter Reed Military Medical Center
- Texas A&M University
- JFK University

Ongoing studies are focusing on the physiological changes that occur using EFT and include:

- DNA testing
- MEGs (magneto encephalograms)
- MRIs
- Neurotransmitter and hormone assays

Getting Started with EFT / Tapping



IMPORTANT: A little tapping goes a long way. One of the ways tapping helps with anxiety is to identify and heal the unresolved emotions of painful past events. Sometimes this means that you may feel a temporary increase in an emotion before it can be lowered. This is because a strong emotion that has been suppressed may come up during tapping.

Therefore, you are advised to seek professional assistance if you have a history of physical or sexual abuse, were raised in an alcoholic home, or have experienced other highly charged emotional events in your past. Also, it is helpful to have individual instruction and **combine EFT with psychotherapy** to achieve the best results.

Read this training guide in its entirety and make sure you fully understand the instructions before using EFT.

How to Tap (Use) EFT

To get started, let's go over the acupoints used in EFT. There are many acupoints all over your body, but when tapping, we focus on only a few. They are:

Karate-Chop (KC)

This lies on the outer edge of your palm, on the opposite side from your thumb. Tap on this point using two fingers of your opposite hand.

Eyeblink (EB)

Use two fingers to tap the inner edges of the eyebrow, close to the bridge of the nose.

Side of eye (SE)

Use two fingers to tap on the hard ridge between the corner of your eye and your temple.

Under eye (UE)

Directly below your pupil, use two fingers to tap on the hard bone under the eye.

Under nose (UN)

Use two fingers to tap on the point directly under your nose.

Chin (CH)

Use two fingers to tap the crease of your chin just below your bottom lip.

Collarbone (CB)

Tap anywhere on the flat part of your collarbone.

Underarm (UA)

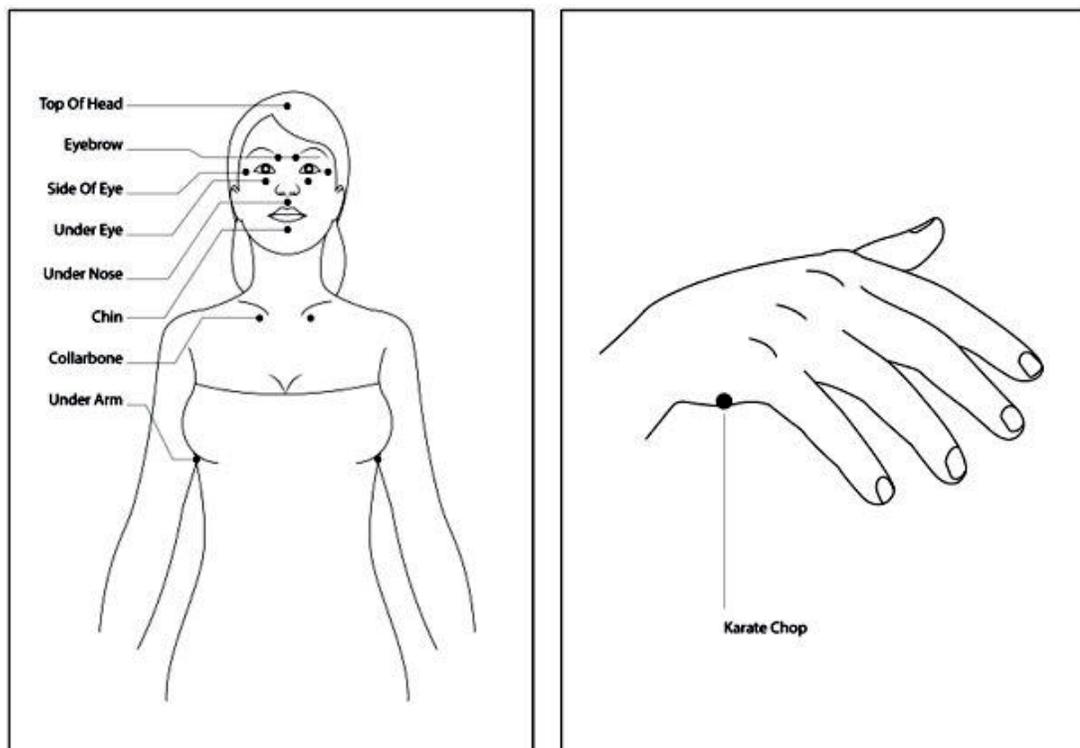
Tap on your side, just about four inches beneath the armpit.

Top of Head (TH)

Use four fingers to tap on the crown of your head.

When tapping on these acupoints, use a gentle pressure and tap a minimum of 7 times.

Memorize the location of the acupoints (as seen in the diagram below), and practice tapping the points before going further. It is important to memorize the procedure because, during tapping, you will want to focus on the emotion of the identified problem, not on how to tap.



Step 1: Developing the *Set Up Phrase*

Identify a problem area and develop a *set-up phrase*. The problem could be anything from being physically tired to a headache, to fear, sadness, stress or other emotions. For the purpose of this guide let's say stress is the problem.

- a. Ask yourself what is causing you the most stress right now. Be as specific as possible. Identifying a specific problem area is better than a more general problem area. For example: stress is a very general problem. A more specific problem would be "an overwhelming to do list." Specificity is the key to results. Also, use the words in the *set up phrase* that evoke the most emotional intensity. For example, "this overwhelming list" may have more emotional intensity than "my to-do list."

Write your problem area here. _____

- b. Using the *set-up phrase* below, fill in the blank with the problem you have identified.

"Even though I have this _____

I deeply and completely love and accept myself."

For Example:

"Even though I have this overwhelming to-do list, I deeply and completely love and accept myself."

"Even though I have this headache, I deeply and completely love and accept myself."

Review:

Always try to find the *set up phrase* that is the most specific and has the most emotional intensity.

When working on an unresolved past event, try to find the worst part of the event. Review the event as if you were watching a movie and freeze frame at the worst scene. For example: the moment when we were hit by a car may have more emotional intensity than this car accident.

If you can't find a specific worst part, it is fine to use a more general phrase. Just continue to be persistent with your tapping.

Step 2: Assign an *SUD* #

Assign the identified problem in your *set up phrase* with a number representing the level of emotional disturbance. This is called the *SUD #* or Subjective Units of Distress #.

- a. On a level of disturbance from 0 to 10, with 10 being highest, rate the problem area.
- b. Always ascribe a number to whatever problem you are working on. Then measure the level of disturbance again at the end of the tapping round.
- c. Continue tapping until the original problem reaches a disturbance level of 0.

Write your *SUD #* here _____

Step 3: Develop a *reminder phrase*.

Identify a *reminder phrase*. This is to keep you focused on the problem and distressing emotions identified in step 1. Example: If your target was “this overwhelming list,” your *reminder phrase* would be just that, “This overwhelming list.”

Write your *reminder phrase* here _____

Step 4: Start Tapping

Repeat the *set up phrase* 3 times as you tap your karate chop. (See diagram)

Example:

“Even though I have this overwhelming list, I love and accept myself.”

“Even though I have this overwhelming list, I love and accept myself. “

“Even though I have this overwhelming list, I love and accept myself. “

Step 5: Tap the reminder phrase

Repeat the reminder phrase at each of the acupoints in the EFT protocol (See diagram, page 4.)

Example:

“This list...” Eyebrow point

“This list...” Side of eye

“This list...” Under eye

Continue tapping all the acupoints, repeating your reminder phrase.

Continue to tap a minimum of 2 rounds before measuring your results.

Step 6: Measure the SUD number again

After applying a few rounds of EFT, again assign an *SUD* # in the original problem on the scale of 0 to 10.

Write your current number here. _____

If the number goes down, that’s great. However, if the number goes up, you may have more emotional intensity tied to the problem than you realized.

Note: If the level of disturbance, the *SUD* #, goes up or down, it means EFT is working! Continue to repeat subsequent rounds of tapping until the original problem reaches an *SUD* # of 0.

If the level of disturbance remains the same, you can revise the *set up phrase* to be more specific. Then continue to tap on the revised *set up phrase*. In the words of Gary Craig, the founder of EFT, “Persistence pays.”

Always continue to apply EFT until the identified problem reaches an *SUD* # of 0, i.e. no distress. Once you reach a 0, if the problem returns, look for another aspect and apply EFT to the aspect. This doesn’t mean that the original tapping didn’t work. It means there are deeper, unresolved aspects of the original problem.

For continuing stress, such as going to work, living with a difficult person, etc., apply 3 rounds of EFT, 3 times a day for 30 days.

Review

- Be as specific with your *set up phrase* as possible.
- Try to feel the emotion as much as possible while tapping. This is how EFT knows what you're working on. Feel the emotion fully and note where you feel it in your body.
- Don't overly focus on what words to use while tapping. The words are only used to evoke the feeling you wish to reduce. You can use the same word over and over if you like.
- The best time to tap is in the moment when you are experiencing emotional or physical distress. Again, this is because fully feeling the emotional or physical distress is how EFT knows what you're working on.
- Tap every day. Pick a daily task as a reminder, i.e., after you brush your teeth, in the shower, etc.
- One problem area can have several aspects (more on aspects below). Be persistent.
- Resolving one problem has generalized benefits to other problem areas without having to tap those.
- Try it on everything.

EFT Worksheet

1. Identify the issue, doubt or belief you wish to work on. If it's stress, identify what specifically is causing the stress. Is it an overwhelming to-do list? Family stress? And if so, what specifically, etc. Remember the more specific the issue, the more effective EFT will be.

Write your event or specific problem area here. _____

2. Give the problem identified above an SUD # between 0 to 10 on the SUD # scale with 0 being no distress and 10 being the highest distress.

Write your SUD # here. _____

3. Develop the set up phrase based on the problem you identified in step 1 above. Fill in the blanks below.

“Even though I have this _____, I deeply & completely love & accept myself.

4. Identify the reminder phrase.

“This _____.”

5. Start by repeating the set up phrase 3 times while tapping the karate chop.

“Even though I have this _____

I deeply and completely love and accept myself.”

(Repeat 3 times at karate chop point.)

6. While repeating the reminder phrase, tap each of the points listed below.

“This _____.”

- | | |
|----------------------|---------------|
| 7. Top of head | “This _____.” |
| 8. Eyebrow | “This _____.” |
| 9. Side of eye | “This _____.” |
| 10. Under eye | “This _____.” |
| 11. Beneath the nose | “This _____.” |
| 12. Chin | “This _____.” |
| 13. Collar bone | “This _____.” |
| 14. Under arm | “This _____.” |

15. Return to the top of head and repeat the reminder phrase at each acupoint, starting with the top of your head and ending with the under arm point.

16. Take another SUD # rating of the original problem.

Write your number here _____

17. If the SUD # is not a 0, continue tapping. Repeat the entire tapping sequence, starting with the modified set up phrase as follows: “Even though I still have some of this _____, I deeply and completely love and accept myself.

Repeat the modified set up phrase three times while tapping the KC karate chop point.

Repeat the full sequence with the reminder phrase at each acupoint, “still some of this _____.”

18. Take an SUD # rating of the original problem and continue to repeat the tapping sequence until the SUD number reaches a 0 rating.

Treating Additional Aspects of a Problem Area

When applying EFT to a problem area, it is common for other aspects of the problem to appear. This means EFT is working to find the deeper or underlying core issues of the problem.

There are 2 types of aspects.

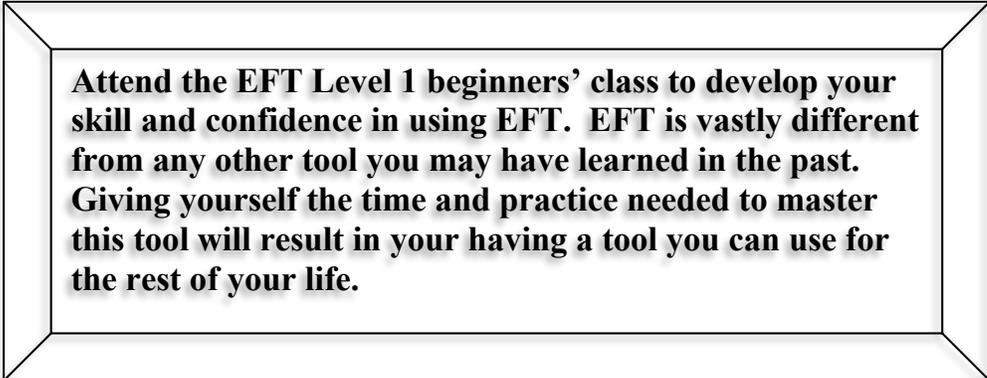
1. A different emotion. For example: You are tapping on a problem that you feel angry about. In the course of tapping, you may begin to feel sad. This means the sadness is an aspect of the original problem.
2. A memory. For example: You may be tapping on your overwhelming to-do list and remember a time when you didn't do something when you were a child and got in trouble for it. This means the childhood memory is an aspect of the emotions you are currently having about your to-do list.

Although EFT is a very simple tool, sometimes aspects can complicate a problem. And some aspects are better dealt with in psychotherapy. This is because you can receive the support and expertise to continue tapping until your mind and body have fully released the distressing emotion.

It is sometimes important to address all the aspects before the entire problem can be reduced to an SUD # of 0. To do this, simply treat the aspect as a new problem and repeat the tapping sequence above starting with Step 1.

Then return to the original problem. Measure it on the SUD scale and apply EFT until you reach an SUD # of 0.

Knowing when to focus on an aspect and when to return to the original problem is an art. As you continue to practice EFT, your intuition will begin to guide you in this area.



Attend the EFT Level 1 beginners' class to develop your skill and confidence in using EFT. EFT is vastly different from any other tool you may have learned in the past. Giving yourself the time and practice needed to master this tool will result in your having a tool you can use for the rest of your life.

Example of an EFT case with aspects

One of my EFT students was afraid to fly. She was on an international flight and had a panic attack. After that time, she never flew again. She was especially upset by this because before this happened, she loved to travel.

Here is how we applied EFT to the problem and the underlying aspects.

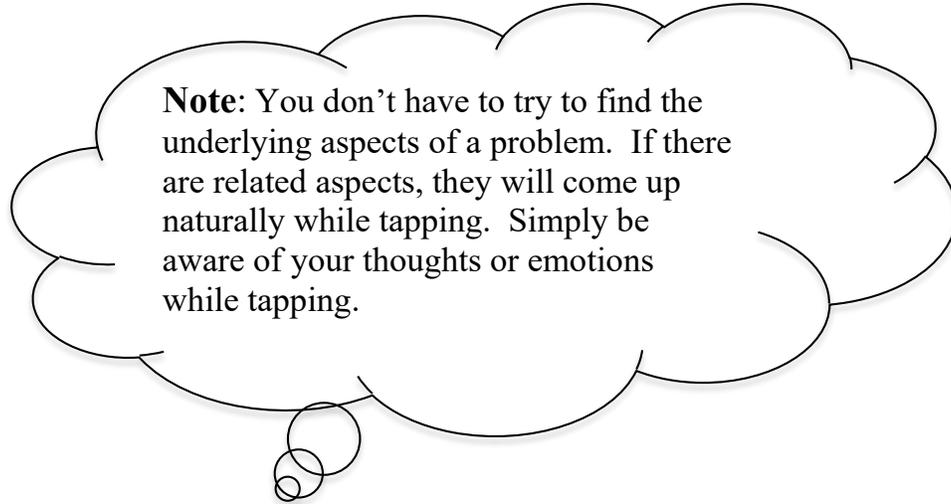
1. EFT was applied to the emotion of terror she experienced during the original panic attack. The beginning SUD # was a 10 but quickly came down to a 5 after a few rounds of EFT. The set up phrase was, “Even though I had a panic attack I deeply and completely love and accept myself.
2. Continued tapping on the acupoints revealed that she was afraid to fly because she felt trapped without any way of escape. We continued to tap.
3. As we were tapping, the feeling of being trapped led to an aspect. It was a memory from her childhood. She remembered playing hide and seek with her cousins. She hid in a toy chest and couldn’t get out. She was trapped and felt panic. **This was the original feeling of being trapped that was triggered during her overseas flight.**
4. We treated this aspect like a separate problem and identified a set up phrase for the memory. “Even though I was trapped, I deeply and completely love and accept myself.” (repeated 3 times while tapping on the karate chop and thinking of the memory) Then we tapped the reminder phrase, “trapped” on all the acupoints.
5. This aspect quickly went to a 0. We then returned to the original problem of the panic attack during the flight.

Once the aspect and original problem were reduced to an SUD # of 0, we tested the results and the SUD # remained a 0. Testing the work is simply returning to the original feeling of, in this case, having a panic attack during her overseas flight; thinking about it to see if any distressing emotions remain.

6. Even with the original problem and the aspects reaching an SUD # of 0, she still had a fear of the panic returning. We continued tapping with the set up phrase, “Even though I fear having another panic attack, I deeply and completely love and accept myself. (repeated 3 times at the karate chop). Then tapping the reminder phrase “this fear” at the other acupoints.

Since then, over 4 years ago now, she has successfully flown several times. The first time she flew she became a little anxious, tapped on her own and was fine by the time she boarded the plane and enjoyed her flight.

This example is relatively clear. Even though aspects appeared they were all related. However, many times several different aspects can appear, making it more difficult to fully resolve the original problem. In these cases, continue to reapply EFT, or seek the guidance of an experienced EFT practitioner.



Call me at 972-768-4795 if you have any questions about EFT tapping... Or join me for my next EFT beginner's class for more in-depth instruction.

All the best and keep tapping,

Margaret Ann Kellogg, LCSW
972-768-4795
margaretannkellogg@mac.com