

# **An Introduction to Emotional Freedom Techniques (EFT)**



The information in this workbook is based on the concepts by Gary Craig, founder of Emotional Freedom Techniques, and was created and published by Daniel R. Fortney, EFT-ADV.

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# **Introduction to Emotional Freedom Techniques (EFT)**

## **What is EFT?**

Emotional Freedom Techniques (EFT) is one of the many branches of Energy Therapy.

Energy Therapy refers to a class of techniques used as a therapeutic treatment modality for a variety of emotional and physiological issues. Energy Therapy techniques (also referred to as Energy Medicine), produce change by gaining access to the energy system of the body through the complex network of meridians or channels that move our life force or qi through our bodies. The Discovery Statement of Energy Therapy is:

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

The theory states that once there is a build-up of emotional or physiological distress, one of these pathways, or meridians, becomes blocked and must be cleared, cleaned out, strengthened, or aligned, in order for healing to occur.

This system of meridians accessed in Energy Therapy was mapped out by the Chinese over four thousand years ago and is the basis of all acupuncture treatment. Imbalances in our energy system can be cleared up and healed by stimulating points along these meridians, unblocking congestion and aligning the energy flow. It does not matter whether emotional or physiological stress impairs the perfect functioning of these meridians; it only matters that these circuits of energy be realigned.

Thus, pioneers in the Energy Medicine field consider Energy Therapy to be a form of **"psychological acupuncture."** While acupuncturists use needles to facilitate movement of the life force through the body, energy therapists use the fingers to tap or simply hold the endpoints of these meridians. The tapping movements stimulate the designated meridians. This stimulation, combined with a particular mental and emotional focusing, restores balance to the energy system, and frees the body and mind to resume their potent, natural healing functions.

EFT is the missing piece in traditional psychotherapy. Traditional therapy does not focus on the energy system.

It is important to note that the trauma does not cause the negative emotion, it is a disruption in the energy system.

## **Who Can Use EFT and What is Used For?**

Anyone can use EFT, including: individuals, couples, groups, adolescents, and children.

EFT is used for any negative emotion, such as: anxiety, depression, trauma, fears and phobias, weight loss, cravings, and school or work performance. You can use EFT for every issue imaginable. "Try it on EVERYTHING!"

## **Advantages of Using EFT**

The advantages of using EFT for psychological conflicts and physical issues are enormously appealing.

- **EFT is safe.** No known negative side effects have been reported from practitioners or patients after using EFT. Occasionally, people report feeling deeply fatigued after using EFT for an extended period of time. This may be the result of moving enormous amounts of previously blocked energy through one's system. Since this fatigue can actually signify that the treatment is working, it may be taken as a good sign. In addition, the fatigue is temporary, and therefore not a lasting adverse effect.
- **EFT is remarkably simple** and can be used in the privacy of one's own home.
- **EFT does NOT require needles, pills, or surgery.** This fact obviously adds to EFT's popularity. Without the use of any invasive, intrusive medical procedure, EFT works alone to produce remarkable results.
- **EFT is time efficient.** EFT speeds up recovery from emotional challenges and, as a result, saves time and money.
- **EFT has lasting effects.**

## Things to Remember When Using EFT

When using EFT, keep in mind the following points:

- **Take Responsibility For Your Own Well-Being** - Do only what feels right or good to you. Do not enter into emotional or physical waters that seem too deep or scary. It is your responsibility to take care of yourself.
- **Privacy/Confidentiality Issues** – If you have a privacy issue, humming the words describing the problem or designating a code word to symbolize the issue will maintain privacy.
- **Be Specific** - Be extremely specific when using EFT. What exact foods do you crave at 5 pm? What specific feelings are you having; anxious, annoyed, unimportant, scared about when you were mugged in the garage?
- **Stay Tuned In** – You need to be totally tuned in to the issue of concern when using the EFT treatment. Sometimes, when the material is emotionally painful, you will want to disconnect from your feelings. Continue to repeat the Reminder Phrase as you tap.
- **Symptoms** – If you experience symptoms, such as not sleeping, cravings, or anxiety, it is a sure sign that your energy system is out of balance.
- **Signs of Moving Energy** - In order to assess the effectiveness and course of a treatment session, you need to be aware of signs of energy moving. Common visible signs of energy shifts include yawns, sighs, cracking of joints, facial movements, warmth and tingling sensations.
- **Cognitive, Emotional, and Physiological Shifts** - A cognitive shift has occurred when you reframe the presenting problem. Seeing the problem from a new angle, you will often express a sense of surprise and insight. Following a cognitive shift, you may then find you

feel less guilt and self-blame, more hope, or a simple sense of relief in an area where there has never been relief before. Notice that your back or head doesn't hurt or your neck and shoulders are more relaxed, or your chest isn't tight; that your breathing is easier.

- **Energy and Intention** - Many people report that they do not have the same success when using EFT by themselves on themselves. It is thought that this has to do, in part, with the advantage of combining the energy and intention of two people sharing a single purpose during a session. When doing EFT alone, try imagining a clinician you trust being with you, in order to bring the "energy" of this feeling to your self-administered tapping sessions.
- **Keep Well Hydrated** - Water conducts electricity, and EFT accesses the electrical energy that flows through our bodies and minds.
- **The APEX Effect** - The APEX Effect is a refusal to acknowledge that something so foreign as tapping on the body with the fingertips could have made a significant difference in the resolution of your problems. Being aware of the APEX Effect will reduce your difficulty attributing change to EFT. Accept the results and don't quit.
- **Options/ Preferences** – There are a few other options:
  - Touch each treatment point and take one full respiration in and out. This is the Touch and Breathe (TAB) method.
  - Touch and Rub each treatment point. Some clients report this feels more soothing to them.
  - Tap bilaterally using both hands on the face and body.
  - Use pure and simple imagination combined with visualization techniques for the procedure. Imagine touching or tapping the spots while saying the words and phrases, feeling the sensations, and experiencing the relaxation in your mind.

## Using EFT Worksheet

1. Identify Problem: \_\_\_\_\_

2. Measure Intensity Level (0 – 10): \_\_\_\_\_.

Notice where you feel it in your body: tightness in chest, constricted breathing, ache in the stomach?

\_\_\_\_\_

3. Do EFT on Problem using tapping chart:

- Setup Phrase: “Even though I have this (Problem) \_\_\_\_\_, I deeply and completely accept myself.”
- Reminder Phrase: “This (Problem) \_\_\_\_\_.”

4. Take 2 deep breaths and notice any changes in your body, thoughts, emotions.

\_\_\_\_\_

5. Measure Intensity Level (0 – 10): \_\_\_\_\_.

6. If your Intensity Level is 0, you are done with this problem, otherwise, continue with Step 7.

7. Do EFT on Remaining part of Problem:

- Setup Phrase: “Even though I **STILL** have **SOME** of this (Problem) \_\_\_\_\_, I deeply and completely accept myself.”
- Reminder Phrase: “This Remaining (Problem) \_\_\_\_\_.”

8. Take 2 breaths and notice any changes in your body, thoughts, emotions.

\_\_\_\_\_

9. Measure Intensity Level (0 – 10): \_\_\_\_\_.

10. If your Intensity Level is 0, you are done with this issue, otherwise, repeat Steps 7 through 9.

# EFT Treatment Guidelines and Points

Step 1: Choose a specific ISSUE for treatment.

Step 2: Determine a distress level on a scale of 0 to 10  
(0 = No Distress and 10 = Highest Distress)

Step 3: While tapping the Karate Chop (KC) Point, repeat the following Setup Phrase three times:  
**"Even though I have this ISSUE, I deeply and completely accept myself."**

Step 4: Tap the EFT treatment points while repeating the reminder phrase:  
**"This ISSUE."**

Step 5: Reassess distress level.

Step 6: Repeat steps 3 - 5 until the distress level is 0 using the Setup and Reminder phrases:  
**"Even though I have STILL have SOME of this ISSUE, I deeply and completely accept myself."** and  
**"This REMAINING ISSUE."**

Step 7: Change to other ASPECTS of the same PROBLEM and repeat steps 1 - 6.

