

The Complete Emotional Freedom Techniques Protocol

The EFT Treatment Points



- 0 **The Sore Spot** – The area on your chest where you pin a brooch or medal. Gently feel around with you fingers and locate a spot that feels tender or slightly sore.
- 1 **The Start of the Eyebrow (EB)** – Where the bone of your eyebrow meets the bridge of your nose.
- 2 **The Side of the Eye (SE)** - On the bone at the corner of your eye.
- 3 **Under the Eye (UE)** – On the bone just under your eye, in line with your pupil when you are looking forward.
- 4 **Under the Nose (UN)** – Between your nose and your upper lip.
- 5 **Under the Mouth (CH)** – On your chin just below your lower lip.
- 6 **Collarbone (CB)** – In the angle formed by your collarbone and breastbone.
- 7 **Under Arm (UA)** – In line with a man’s nipple under the arm.
- 8 **Thumb (Th)** – All finger points are on the side of the finger in line with the nail bed.
- 9 **Index Finger (IF)**
- 10 **Middle Finger (MF)**
- 11 **Little Finger (LF)**
- KP **Karate Chop Point (KP)** – On the side of your hand.
- G **Gamut Point (GP)** – Just behind the knuckles of your ring and little finger.

Getting Started

Familiarise yourself with the points, some may feel tender and easy to find, a lot of women find the point under the arm especially tender and higher than they think. While you are tapping on different statements you may feel some points are particularly sore to the touch or that you feel different instantly with a certain point. Some people find a specific point always helps and this can be a valuable emergency stop point to remember and use on its own.

In EFT these points are stimulated by gently tapping with your middle finger or middle and index finger combined. Tap quite rapidly; a good guide is about 7 to 9 taps while breathing in and out normally. Do not tap too hard, if you were tapping on a table the sound would be barely discernible but you do need to feel the tap so do what feels right for you. However you do not want to end up bruised! And if any of the points feel to tender to tap simply hold them and massage gently instead.

For practice now tap all the points starting from the Eyebrow point right down to the Karate Chop point, breathing gently all the time setting up a rhythm as you follow the sequence down your body. The order you tap in is not set in stone but is a nice way of remembering all the points.

Contacting the Problem

In EFT we use tapping the meridian points to release the interference and distortions that negative emotions cause and we do this by creating a statement spoken out loud to focus the mind as we tap each point.

So to begin with it is important to state the problem clearly and as you feel it, in your own words and how it applies to you personally.

Think of a problem, a fear, a pain, something that makes you feel sad or indeed any negative emotion that you would like to clear, the more honest you can be about how it makes you feel, the more profound the change will be.

The Set Up

Now that you have stated your problem you can start the Set Up

You create an Opening Statement by enclosing your problem in the following statement:

Even though (insert problem statement) I deeply and profoundly accept myself.

So if your problem is ‘**I feel so bad about letting my friend down**’ this would translate into:

Even though I feel bad about letting my friend down I deeply and profoundly accept myself.

Taking a SUDs Reading

Before commencing a round of tapping it is useful to ascertain what level of discomfort you are feeling so that you can instantly see what effect one round has had and whether you need to do more work on it, create a new statement, or if it has been completely cleared in one round. We call this taking a SUDS reading, which stands for Subjective Units of Disturbance or Distress.

Now you have the problem in mind, taking 0 as completely pain free, calm and happy and 10 being the highest amount of pain and distress imaginable, think of a number that would rate your feelings now. Just let the first number that comes into your head be your guide, do not struggle or argue with it.

Testing is a very important part of EFT and is what allows us to see just how quickly changes can be made which gives us enormous confidence in the process as well as ourselves.

Now you have your Set Up Statement, and also a guide as to the level of discomfort you are experiencing, it is time to start a round of EFT.

The Round

Now find the Sore Spot and while rubbing it gently say your Opening Statement three times while really concentrating on what you are saying and even if you do not feel totally comfortable with ‘I deeply and profoundly accept myself’ do try and sound meaningful, I promise you in time this will change but if you find it too difficult initially you can create an Opening Statement and deal with that first using

Even though I find it difficult to say I deeply and profoundly accept myself I deeply and profoundly accept myself.

Now it is time to tap each of the points, starting with the Eyebrow point and working all the way down to the Karate Chop point while repeating a shortened version of your Opening Statement which is called the Reminder Phrase.

For example a Reminder Phrase for the Opening Statement

Even though the kids' screaming is driving me crazy I deeply and profoundly accept myself.

would be **'kids' screaming is driving me crazy'** which you say as you tap each point.

The 9 Gamut

After the Karate Chop point gently tap the Gamut Point on the back of the hand while doing the following:

- move your eyes from the floor to the ceiling without moving your head and back again.
- move your eyes from left to right and back again
- move your eyes in a big circle and back again
- hum a bar of a tune, like Happy Birthday or a few notes of a scale
- count - one two three four five
- hum again

Take a deep breath in and out.

These may seem slightly strange things to do but they have an effect on the brain by making it switch from side to side quickly in order to wake up your neurology and let the tapping work on the problem.

Make sure you try and keep the Reminder Phrase in mind as much as possible to keep you focused, it may seem tricky at first but doesn't take long to get used to the routine.

Now repeat the Round one more time, tapping all the points from the Eyebrow to the Karate Chop Point finishing with a deep breath and just give yourself time to think about how you are now feeling.

Now you have done what is often referred to as the Complete EFT Sandwich, two Rounds of tapping with the 9 Gamut in the middle.

Feedback

This is now the time to take another SUDs reading and see by how much your level of discomfort or distress has dropped.

Don't be disheartened if it started at, say, 8 and is not down to 0 completely but is now at a 4, this is progress indeed and you have already reduced your bad feelings by half!

Do another complete round using the statement

Even though there is still some of the problem left.....

Or

Even though I still have some of this problem.....

If there is just a tiny amount left, say you have reduced your SUDs to a 2 or lower, you can use

I want to completely overcome this problem and I deeply and profoundly accept myself.

And that really is all there is to it!

It is very difficult to get anything wrong. You may find it necessary to refine your Opening Statement or create a new one if you find the original problem has not been shifted but all tapping stimulates the meridians and has a calming effect on the entire system so don't be afraid to try different statements until you find the one that works for each problem you are working on.

With best wishes on your journey of discovery,

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