

Emotional Freedom Technique (EFT): Tapping to Manage Negative Thoughts and Feelings

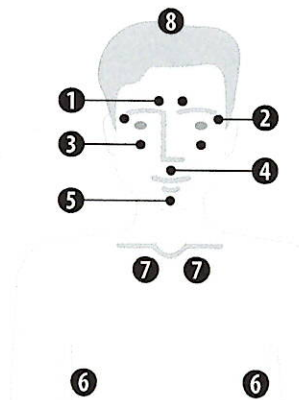
This EFT protocol developed by Garry A. Flint, Ph.D., is very useful for unblocking and healing strong emotions, phobias, anxiety, emotional pain, anger, traumatic memories, and fears, as well as alleviating physical symptoms and pain such as headaches and overall body pain. The technique is based on the theory of the energy field of body-mind-spirit. Problems, traumas, anxiety, and pain can cause a block of the energy flow of the body. Tapping or pressing acupuncture points connected with channels or meridians of energy can help to move blocked energy in congested areas and promote the healthy flow of energy in the body. This practice has gained great popularity as we realize the ways our emotions are held in the body. At first, it can seem strange and often evokes disbelief in its effectiveness. Try it and you will like the results in spite of doubting if it works. (Adapted from *Emotional Freedom: Techniques for dealing with emotional and physical distress* by Garry A. Flint, Ph.D.)

Rating the Problem

Think of a problem, worry, phobia, anxiety, traumatic memory, or negative self-concept. Using a scale of 0-10, measure the level of anxiety that you feel about the problem. (0=no anxiety, 10=extremely high level), or use a simple scale such as none—a little—medium—a lot.

Acupressure Tapping Sequence

Breathe deeply and tap 7 to 9 times each of the following points. An affirmation may be repeated during the tapping of the points or only when tapping the polarity reversal point on the side of the hand: "In spite of the fact I have this problem, I'm OK, I accept myself."



1. Points above where eyebrows begin
2. Points at the sides of the eyebrows
3. Points below the pupils of eyes on bone
4. Point below the nose
5. Point below the lips on the chin
6. Points below the clavicles on the sides of the sternum
7. Points below the armpits (about 4 inches down)
8. Point on top of the head

Tap the Polarity Reversal Point

Tap at the side of the hand (A) while saying 3 times: "In spite of the fact I have this problem, I'm OK, I accept myself."

If you wish, finish by rubbing what is called the SORE SPOT (B), an acupuncture meridian connected to the lymphatic system, located several inches below the left clavicle and to the left of the sternum. Rubbing the sore spot disperses congestion and stimulates healing. Rub the spot gently but firmly, and it will feel slightly sore; do not rub so hard that you hurt or bruise yourself.

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