



# CENTER FOR TRUE HEALTH

## Emotional Freedom Technique (EFT)

This is one of the most powerful techniques I teach. EFT involves tapping on powerful acupuncture points while repeating a phrase about whatever you want to change/clear. It's based on the premise that every emotional upset causes an imbalance in the body.

- Start by tuning into the problem (specific emotion, pain, or craving) and assessing the intensity level on a scale of 0 to 10.
- Tapping on the karate chop point on the side of the hand, state the set-up phrase:
- “Even though I have this \_\_\_\_\_, I completely accept myself and I’m willing to let it go.”
- Continue repeating the phrase, replacing the end with, “I choose to let it go,” tapping on:
  - Top of head
  - Inside of eyebrow
  - Side of eye
  - Under the eye
  - Under the nose
  - Chin
  - Collar bone
  - Under the arm on the bottom of the shoulder blade
  - Top of the hand between the pinky and ring finger
  - Inside of wrist
- Tune into the issue and reassess the intensity level.
- If it's not at a zero, do another round stating “Even though I still have some of this \_\_\_\_\_, I completely accept myself and choose to let go of the rest.”

For more information go to [www.eftuniverse.com](http://www.eftuniverse.com) to read about the research, as well as hundreds of articles on different applications for a wide range of issues.

## Faster EFT by Robert Smith (An even faster version of EFT)

- Noticing the feeling, what's inside you that's bothering you, and tap on it
- Say: I release and let it go, it's safe to let it go, it's okay to let it go, whatever it means, whatever it represents, I'm safe to let it go
- Take a deep breath: PEACE (could drift to relaxing place, wherever you find your peace)
- Tap until it's gone
- Mind begins to open up, tap wherever the mind leads you

### Points to tap:

- 3<sup>rd</sup> eye
- Temple
- Under eye
- Collar bone
- Wrist grab