



What it is and
how to use it for
your health and
wellbeing

Jo Tricker Hypnotherapy
EFT
Basics for Clients

I produced this small booklet for my clients who would benefit from using EFT in their lives.

Either I have used EFT in your session or may do in the future and feel it would be of benefit to you.

EFT can help and often eliminate symptoms of both physical and emotional nature.

It is to serve as a basic guide, a reminder on where to tap and how.

I hope you will use it in your life.
Best Wishes, Jo

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EFT ~ Emotional Freedom Technique.

It is a Technique of Meridian tapping, similar to the points used in acupuncture (Meridian points) which releases both emotional and physical blocks within the body system.

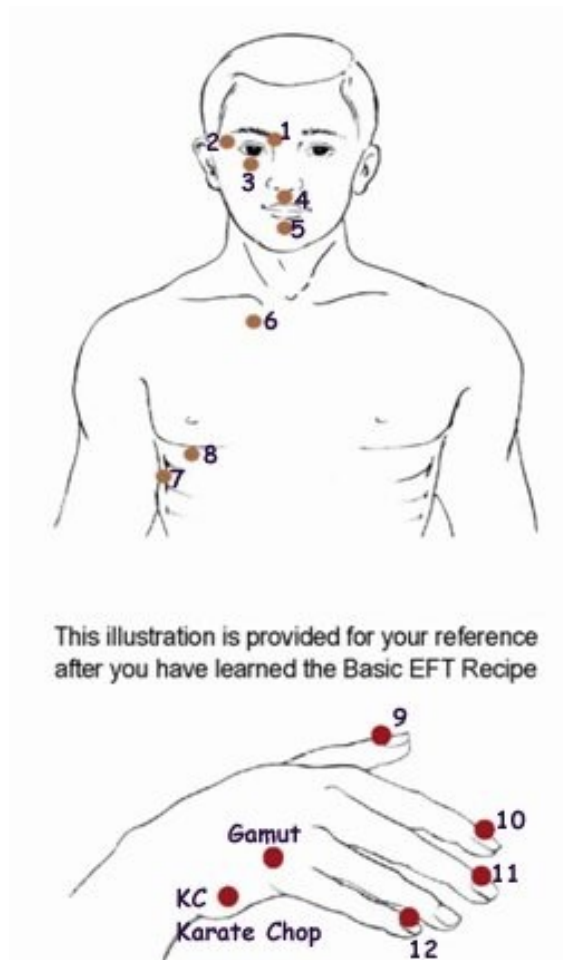
Brief History ~ EFT was originally discovered as TFT (Thought field therapy) By Dr Roger Callahan and it was developed into a "foolproof" system by Gary Craig. It continues to be developed and expanded to this day.

EFT releases blockages both physical and mental by tapping on various meridian points in a sequence whilst concentrating on an issue or physical ailment.

Clients can often experience immediate relief from symptoms.

EFT uses a setup phrase whilst tapping the KC (Karate Chop) point, then the sequence is followed using the rest of the points and then "locked in" by using an eye accessing procedure called the Gamut and then the sequence is repeated again.

Tapping points



Once the setup has been done the sequence is tapped through 1-13 points whilst thinking about the issue/problem or saying a reminder phrase such as "this pain", "overweight", "this fear" etc.

When the whole sequence is complete you should now tap the gamut point whilst doing the following:

Gamut

Eyes shut, eyes wide open, (keep head still) look down to right (hard) look down to left (hard) move eyes in circle clockwise, move eyes in circle anti clockwise hum a tune (for a few seconds), count out loud 5,4,3,2,1 hum a tune again.

Finally to sum up, before the sequence you should assess the level of discomfort, pain, emotional pain that the issue gives you on a scale of 0-10 (0 being nothing and 10 being the worst it could possibly be). After having completed the sequence you should assess again to see if the assessment has dropped at all. If there is NO change you may need to adjust the setup statement to something more relevant.

If it has gone completely (0), you are done. If you have a figure above 0 and below 10 you should run the whole setup, sequence gamut sequence again with a new statement such as Even though I still ... I deeply and completely accept myself. You can continue to do this until the level has dropped to 0 or a satisfactory level for you.

Summary

Assess discomfort 0-10

Setup statement whilst tapping KC

(Even though... (I have this problem) I deeply and completely accept myself)

Sequence with reminder of issue 1-13 (this fear etc)

Gamut

Tap gamut and follow procedure with eyes etc

Sequence again with reminder of issue

Assess discomfort and repeat if not 0

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There is a lot more to EFT but this is just a guide for clients who will find EFT useful between sessions or in their life generally.

Once you start to use EFT regularly you may notice that certain points are more effective for you. This is because each meridian is relevant to particular parts of your body systems. There are certain shortcuts for various ailments, however the full system is the best and most effective way of tackling most issues in one go.

Enjoy this gift, I've found it to have amazing results on both physical and mental issues.

Setup Phrases

The setup phrases can be similar to below, however it is important that it is relevant to YOU so you can choose the words that suit how you FEEL about your problem. The setup is repeated 3 times whilst tapping the Karate Chop point (13)

Example setup phrases:

Weight loss:

Even though I am fed up that I am still overweight I deeply and completely accept myself (or deeply love and accept myself)

Anxiety/ Phobias:

Even though I have this fear of I deeply and completely accept myself

Smoking:

Even though I find it hard to quit smoking I deeply and completely accept myself

Ailments:

Even though I have ME I deeply and completely accept myself

Even though I have this pain in my neck I deeply accept myself

Even though I am always in constant pain I deeply and completely accept myself

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For further information go to www.emofree.com

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