

# Dr. Phil Good's *Fu\*\*able at Fifty* Resources

## Emotional Freedom Technique

Emotional Freedom Technique (EFT) is a method that combines tapping on acupressure points (in fact, some people will simply use the term “tapping” instead of the official name, Emotional Freedom Technique) while repeating affirmations to reduce the impact of negative emotions, habits, and other unwanted mental/emotional states. For in-depth information and training in EFT techniques that go beyond the basics that follow, visit <https://www.eftuniverse.com>.

As you go through the procedures that follow, it may seem a little hokey and you may have doubts that EFT will accomplish anything other than making you look and/or feel silly. It doesn't work for everyone, so such an outcome is entirely possible, but based on the results I've seen with it for both myself and patients (including numerous military veterans with severe PTSD), I encourage you to at least give it a try.

EFT as a do it yourself technique works best when you have at least a basic idea of what is bothering you. If you're just “in a mood” and don't really know why, it may be helpful to see a mental health professional (who may or may not use EFT as part of their therapeutic approach) to help you sort things out and discover what to work on.

As I said, Emotional Freedom Technique uses acupressure stimulation along with verbal affirmations to reduce the “charge” or intensity of a negative emotion, craving, habit, phobia, or traumatic event. It is sometimes even effective at reducing physical pain. The

starting point of the procedure is to identify whatever it is you want to change, and then verbalize it in the form of a self-accepting affirmation while tapping a series of points.

For example, let's say you are chronically angry. For the purposes of doing Emotional Freedom Technique, you will always use the structure of "Even though I [insert undesirable emotion, behavior, or symptom here], I deeply and completely accept myself." So, using the example of anger, you would say, "Even though I am angry, I deeply and completely accept myself."

You may be able to associate a certain emotional event or stressful situation to the onset of the emotion or other symptoms. If so, it is often helpful to phrase your affirmation with more specific information. In that case, going back to the anger example, the affirmation would be, "Even though I am angry because [insert specific reason for your anger here], I deeply and completely accept myself."

Although other techniques for using affirmations may recommend phrasing your affirmations in terms of the way you want things to be (such as, "I feel happy and confident!"), this is not how they are typically used with Emotional Freedom Technique. You generally want to acknowledge the negative or unwanted emotion in your affirmation for EFT. But, as with pretty much anything else when it comes to health, each person is different, so don't be afraid to try using a positive affirmation instead.

Whatever the affirmation for your specific issue, you repeat it out loud as you tap a series of acupressure points. The sequence and location of the points is shown below. For each point, you'll tap it 7 or 8 times with a finger tip as you repeat the affirmation out loud. Tap the points in the number sequence shown, starting at point 1 above the eye and working through to point 13 (if you download the full manual from the Emotional Freedom Technique

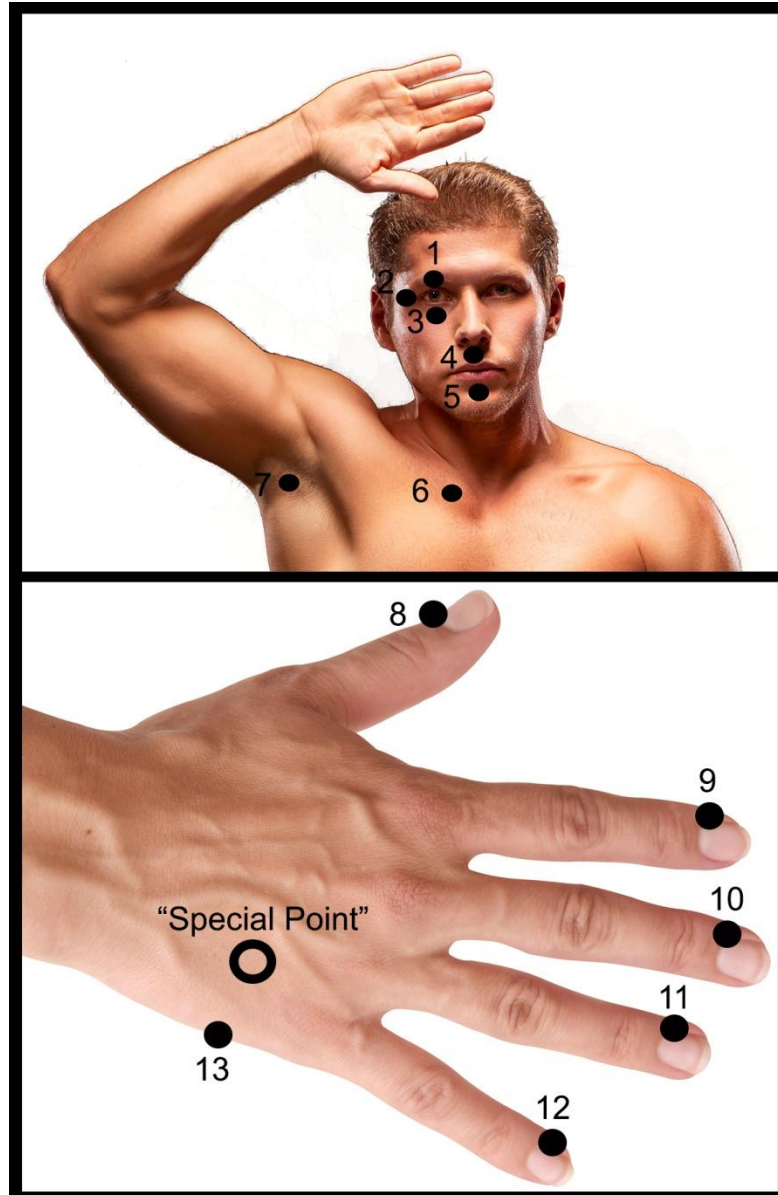
website – <https://www.eftuniverse.com> - you'll see that I have added one finger point – this point is optional).

It usually does not matter whether you do points on the left or right side of the body, but I find it usually works better to stick to one side, rather than doing some points on the left and some on the right.

### **Points For Emotional Freedom Technique:**

The points are illustrated on the next page, indicated by the small dots.

1. Over Eye
2. Outside Corner Of Eye
3. Under Eye
4. Between Nose And Upper Lip
5. Between Lower Lip And Chin
6. Just Below Where Collar Bone Joins Breastbone
7. Center Of Arm Pit
8. Outer Edge Of Base Of Thumb Nail
9. Outer Edge (Thumb Side) Of Base Of Index Finger Nail
10. Outer Edge (Thumb Side) Of Base Of Middle Finger Nail
11. Outer Edge (Thumb Side) Of Base Of Ring Finger Nail
12. Outer Edge (Thumb Side) Of Base Of Little ("Pinky") Finger Nail
13. "Karate Chop" Point On Outer Edge Of Hand Midway Between Little Finger and Wrist



After you have tapped on the series of points while repeating the affirmation, the next step is to activate various brain centers while tapping on what I'll call the "special point" point on the back of the hand, on a line directly between the ring finger and little finger, midway between the base of the fingers and the wrist (as shown by the larger circle in the picture above).

As you tap on the “special point”, you’ll go through a series of steps as follows:

1. Open your eyes.
2. Close your eyes.
3. Open your eyes and, without moving your head, look down and left with your eyes.
4. Open your eyes and, without moving your head, look down and right with your eyes.
5. Circle (“roll”) your eyes clockwise.
6. Circle (“roll”) your eyes counter-clockwise.
7. Hum a tune for a few seconds (any familiar tune will work, such as the “Happy Birthday” song).
8. Count out loud from one to five (“one, two, three, four, five”).
9. Hum a tune again for a few seconds.

Once you have completed these procedures while tapping the “special point”, there’s  
one more step:

Once again, you will tap 7 or 8 times on each of the 13 points done in the initial step, this time while repeating just the word or phrase that describes the undesirable emotion, behavior, or habit. For example, if your affirmation in the first step of the procedure was, “Even though I am angry, I deeply and completely accept myself.”, this time through you will repeat just the word, “angry” while you tap the points.

After one time through the entire procedure, most people will have significant improvement in the emotion, behavior, or habit they wish to change. If there is no improvement, as mentioned before, you may want to think about more specific underlying

issues that are related to the problem you wish to address. For example, if your anger started shortly after a major fight with your wife about your finances, you might change your affirmation to something like, “Even though I’m angry about the fight with my wife about our finances...”.

If there is some, but not 100% improvement, the procedure can be repeated with a variation in the affirmation used in the initial step and the phrase used in the final step. For repeats of the procedure, there is an acknowledgment of the prior issue being somewhat improved. For example, if the first time through the procedure your affirmation was, “Even though I am angry, I deeply and completely accept myself.”, your affirmation for the first step each time you repeat the procedure will be something like, “Even though I am still somewhat angry, I deeply and completely accept myself.” And for the final step of the procedure for the repeats, the phrase would change from “angry” to “still somewhat angry”. Otherwise, the procedure for repeats is the same as when you do it the first time for a given issue.