

Renew Your Life

How To Use Emotional Freedom Technique Yourself for Everyday Stresses

This guide is intended to help you deal more easily with the stresses of everyday life such as worry, annoyance, irritation, frustration, sadness, tension, discomfort, a busy mind, and so on. Generally, the more specific you are, the better EFT works.

The Tapping Points



KC = Karate Chop spot is located on the fleshy part of the outside of your hand (either hand) between the top of the wrist and the base of the little finger. It's the part of your hand you would use to deliver a karate chop. If you tap the whole side of the hand with all four fingers of your other hand, you'll cover it.

TH = Top of Head

EB = Beginning of the Eye Brow

SE = Side of the Eye - On the bone bordering the outside corner of the eye

UE = Under the Eye - On

the bone under the eye, directly below your pupil

UN = Under the Nose - On the small area between the bottom of your nose and the top of your upper lip

CH = Chin - Between the point of your chin and the bottom of your lower lip, on the crease

CB = Collar Bone - Find the little U-shaped notch at base of throat just above where collar bones meet and move down and out about an inch

UA = Under the Arm - On the side of the body about 4 inches below the armpit. (Middle of bra strap for ladies)

For EFT on yourself, you can leave out the points on the fingers.

1 Rate the Intensity of the Feeling or Problem

Identify the feeling or problem specifically and think about it. Rate the intensity of the feeling, issue, thought or belief relating to the problem from 0 to 10 where 0 is no discomfort and 10 is the maximum intensity / discomfort / distress.

Go with whatever number comes up – it's completely subjective! This helps us to chart progress. If you find it easier, you can rate it as high, medium or low.

2 Choose A Setup Statement with Affirmation

The setup starts 'Even though I have this [problem]' – think about wording to acknowledge how you feel about the problem. Then choose an affirmation that you relate to, eg I deeply and completely accept myself, I accept myself with these feelings, I'm a good person, I'm OK with this / myself, I accept who I am and how I feel, I choose to feel calm and peaceful.

While tapping on the Karate Chop spot, repeat your setup statement 3 times, eg 'Even though I have this [*problem, eg swirling anxiety in my stomach about ...*], I fully and deeply love and accept myself.'

3 Tapping Sequence

Starting at the top of the head, tap gently about 7 – 10 times on each point working down the head and ending with the point under the arm (as listed on the first page) while stating the problem and staying focused on it. Don't worry about counting, just tap for as long as it takes to say your problem.

Use your index and second fingers or all four fingers to tap.

Focusing on your feelings and thoughts around the problem, allows EFT to release them relieving the stress and calming and balancing your energy system.

Tap through the points, saying a phrase out loud that reminds you of the problem so that you really tune into it (or in your mind if you're in a situation where you can't speak out loud) at each tapping point. Eg 'this [*problem, eg swirling anxiety in my stomach*]'

If there is a lot of emotion and it's difficult to speak, tap through the points continuously, breathing in and out evenly and deeply until you notice that the intensity is lessening.

4 Take 3 Deep Breaths

Take 3 slow deep breaths breathing out the problem / feeling. Imagine that you are releasing it through your body and out through your feet. Alternatively, you can do heart breathing.

Heart Breathing: Place one hand over your heart and hold the gamut point ('fight or flight' point) with your other hand. Focus on your heart centre, breathing out the problem through your heart and body and breathing new energy into your heart through your hands. Breathe in for a count of 5 and breathe out for a count of 5. Repeat three times.



The gamut point is on the hand on a line between the little finger and the fourth finger. Hold the point with four fingers in a line on the back of your hand or tap it.

You may notice a physical release of tension or an easing of the emotions about the problem.

5 Rate The Intensity Again

Check in with the level of feeling again. Repeat the sequence if the intensity is still above 3 around the same issue adding 'still have some of' to the setup wording, eg 'Even though I *still have some of* this [problem], I fully and deeply accept myself.' At the tapping points, you can say "This remaining [problem]"

If the issue has shifted, the setup and reminder phrase may not still be accurate. You can adjust the setup and the phrases you use to match what you are now tuning into.

If The Intensity Isn't Going Down

- Say everything with more feeling and how you would have said it in the situation
- Get more specific, eg instead of 'this headache' say 'this stabbing pain at the top of my right temple near my eyebrow'
- If you're working on an emotion, try tapping on the physical sensations in your body instead
- Check whether you're still looking at the same 'aspect' of the problem as it may have shifted
- Drink some water, you may be dehydrated

The guidance and support of an EFT Practitioner may be helpful for issues which are complex, emotional and difficult to deal with on your own.

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