

# How to do EFT

(Emotional Freedom Technique)

Adapted from "The Manual", by Gary Craig, at [www.emofree.com](http://www.emofree.com)

**1. Identify** the feeling you want to focus on. Be as specific as you can. Tune in to yourself and **rate the intensity** of that feeling on a 10 point scale. (10=highest possible intensity, 0=none of that feeling present at all.) Notice any body sensations you might be having along with the feeling.

**2. The Setup.** Find the "tender spot" on your upper chest. Start from the bottom of the u-shaped hollow below your adam's apple and at the top of your breast bone, and measure down about 3 inches, and then to the side 3 inches (either right or left). Press your finger firmly around in this area until you find the spot where it feels a bit tender. If you get confused as you are searching, measure again. This spot may feel tricky to find the first couple of times, but once you've clearly identified it, it will be easy to find in the future.

To do the Setup, **rub the tender spot** with your finger in a clockwise direction (imagine a clock on your chest, facing outward). When you rub, keep your finger in one place, as if you were trying to massage that spot.

As you rub, repeat this Setup Phrase 3 times: "Even though I feel this \_\_\_\_\_, I deeply and completely accept myself." Fill in the blank with the feeling you identified. (Go ahead and say this even if you don't fully believe it. Put strong emphasis on "deeply" and "completely".) (Alternative: Instead of rubbing the tender spot, tap continuously on the "karate chop" point, the fleshy area on the side of your hand.)

**3. The Sequence.** With the tips of two fingers, tap about 7 times on each of the following energy points on your head, body and hand. While you tap, say the Reminder Phrase, referring to the feeling you're focusing on, "This \_\_\_\_\_", e.g. "This anxiety".

Work through the following energy points from "b" through "n" ("a" is optional).

a. OPTIONAL – Top of head (straight up from tops of the ears)

## Face

b. Inner end of eyebrow.

c. Edge of the bone at side of eye.

d. Edge of bone under eye (directly below pupil when looking straight ahead).

e. Under nose.

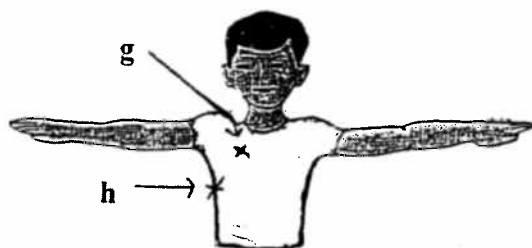
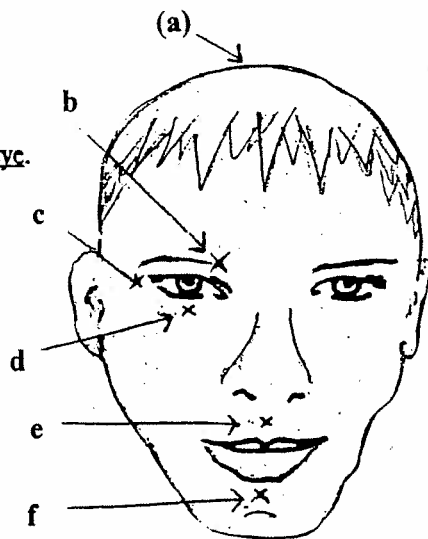
f. Between lower lip and chin.

## Body

g. Just below inner end of collarbone, in soft, muscled area.

h. Under arm on the side, about 4" down from armpit.

n. Inside of bent knee. With knee bent, tap just beyond the end of the crease between the thigh and calf, with the flat of three fingers.



## Hand

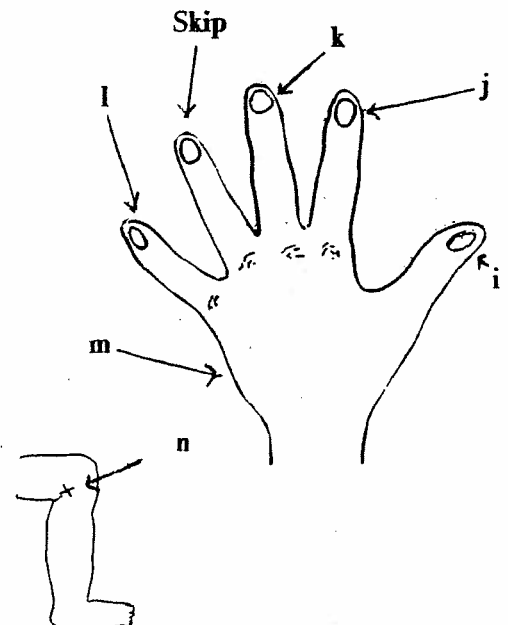
i. Side of thumb, next to the thumbnail.

j. Side of index finger, next to fingernail.

k. Side of middle finger, next to fingernail.

l. Side of little finger, next to fingernail.

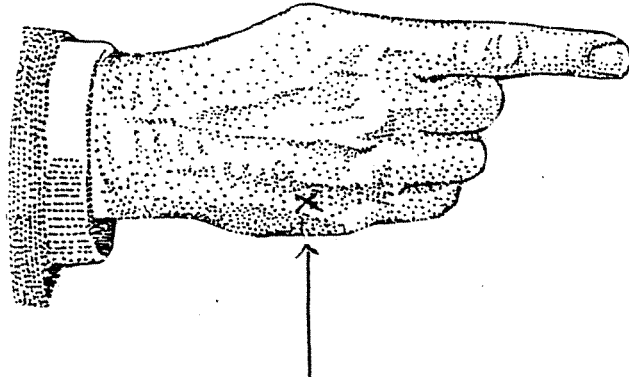
m. Karate chop point, on fleshy edge of hand mid-way between knuckle & wrist.



#### 4. The 9 Gamut Procedure.

Continuously tap on the Gamut point while performing each of these 9 actions:

- (1) Eyes closed
- (2) Eyes open
- (3) Eyes hard down right  
*With head straight, look down and to the right as far as you can*
- (4) Eyes hard down left
- (5) Roll eyes in circle  
*(Imagine your nose is in the center of a clock and you're looking at all the numbers on it.)*
- (6) Roll eyes in other direction
- (7) Hum 2 seconds of a song  
*(You can use the first few notes of "Happy Birthday".)*
- (8) Count to 5
- (9) Hum 2 seconds of a song.  
*("Happy Birthday" again.)*



To locate the Gamut point, use either hand and find the two knuckles at the base of the finger, on the hand, for the ring finger and baby finger. Put the index finger of the other hand between those two knuckles and then move it 1/2" toward your wrist. This is the gamut point.

Tap it continuously as you do the 9 Gamut steps.

**5. Repeat The Sequence.** Step 3 above. Remember to say the reminder phrase.

**6. Tune in** to yourself again and rate the intensity of the feeling you focused on. One round of EFT *may* make the intensity go down all the way to zero. If it doesn't you can do another round. This time, in the Setup Phrase say "Even though I still have some of this \_\_\_\_\_", and in the Reminder Phrase, say "This remaining \_\_\_\_\_", e.g. "This remaining anxiety."

**If the intensity doesn't go down as low as you want it to . . .**

**7a. Be more specific.** For instance instead of the general target "anxiety", if you're anxious about a meeting with your boss, say that specifically: "this anxiety about meeting with my boss".

**If you've been as specific as you can and you still haven't gotten as much of a reduction as you want . . .**

**7b. Check to see if there are other aspects of the issue.** For instance, maybe in addition to being anxious about meeting with your boss, you may also be angry at something your boss did ("this anger about what s/he did"), or you may be embarrassed about something you did ("this embarrassment about what I did"). With these new aspects be as specific as you can.

**8. Shortcut.** Once you have done EFT enough to know what it feels like when it works for you, you can try using the short cut. Do the Setup (#2 on the front of this sheet) and one round of tapping on all of the points. Skip the 9 Gamut Procedure and the second round of tapping on the points. If you get the shift you want, stop or go on to the next tapping target. If you don't get that shift, go ahead and do the full procedure. *This is different from the short cut on the EFT website. If you want to know why, call me.*