

# « The EFT Quick Start Guide »

## Welcome to your EFT Quick Start Guide!

I'm so excited to introduce you to the wonderful world of EFT, or tapping as it's also known. EFT is a comprehensive tool and this is an introduction course - consider this a great start for a joyful journey towards personal freedom.

### What is EFT?

It's short for Emotional Freedom Techniques and is almost like an *emotional needle-free version of acupuncture*. EFT is a great stress-relief tool that helps you become calm about any problem quickly, so that you can think more clearly about the situation and then get into action!

### What is Tapping?

Tapping is a synonym for EFT that has sprung up in recent years. It has also been called MTT or Meridian Tapping Techniques. We use the term *tapping* to describe the action of tapping lightly with finger points on certain stress relief points on the body. These stress relief points relate to the beginning or end of the meridian energy channels that run invisibly through the body.

These same energy channels are also used by the skilled acupuncturist to correct imbalances in order to stimulate the body's own healing systems. Acupuncture (in China) and Acupressure (in Japan) have been used for thousands of years to support the natural ability of the body to heal itself.

Fortunately for us, we don't need to use needles. Activating the stress relief points with light tapping is enough to correct the imbalance. We'll address the reason for that at a later stage.

### How did EFT start?

EFT was originally developed in the early 1990s by a Stanford Engineer, Gary Craig. He was always exceptionally interested in personal performance and supporting people to move beyond the roadblocks separating them from their potential.

Craig, a highly skilled NLP Master, combined his knowledge of NLP (Neuro Linguistic Programming) with studies he did under Dr Roger Callahan. Dr Callahan, a psychiatrist who passed away in 2013, was a true pioneer in the field of energy medicine. His work combined elements of Western psychiatry with techniques of Eastern energy medicine.

Gary Craig's work went one step further by giving the world a simple recipe that anyone can learn in order to utilise the power of these techniques for self-help and healing.

### What is covered in this Quick Start Guide?

You'll be introduced to the exact "How to" of EFT. You'll receive the precise steps you need to apply EFT to yourself for any issue, problem, or memory that still bothers you when you think about it.

You know enough now about the history and background of EFT to start using it! This is designed to be a practical, hands-on training. No boring theory to wade through—mostly application, and getting comfortable with a technique that is highly effective for stress-relief.

I wish you peace, happiness and joy through the process of learning how to safely release bothersome emotions and stress!



Let's jump in without further ado!

## Part 1

### Part 1: What is your issue or problem?

In order to use EFT effectively, we have to have a target. EFT is short for “Emotional Freedom Techniques”. So ... what issue would you like to be free from?



It's good to remember that you can use EFT for anything. Do you have a physical pain? An emotional issue? A bothersome memory? A goal you'd like to reach but have not been able to? It doesn't matter what your issue is. One of the mantras of EFT is ***“Try it on everything.”***

First you have to define your issue so that we can use it in the EFT process. Write down your problem in a few words in the form of a problem statement, for instance:

- I'm very angry with my mother.
- I have a persistent pain in my left knee.
- I'm petrified of my dentist appointment next Friday.
- I resent my sister for what she said.
- I could strangle my colleague, I'm so cross with him.

**Write down your issue below in a short sentence that you can easily say:**



## Tip

*Be completely honest. Write it like it is! In EFT, the more honest you are, the better this will work. There's no need to be "nice" here. This is just you. No one else will hear. If you feel guilty about admitting the truth, that's our next target for tapping. Remember to write it down as well.*

### **Now we're going to add a bit of meat.**

We're going to discover where you feel this emotion in your body, and then we're going to target that with some EFT rounds.

*Close your eyes for a moment. Take a deep breath. Relax your body. Focus inside. Say your "problem" to yourself. For instance, "I resent my sister for what she said."*

Where in your body do you feel that emotion? Describe it to yourself. What does it feel like? Examples would be "butterflies on the stomach", or "tightness in my chest" or "choking in my throat". There's no right or wrong... describe YOUR experience of this emotion.

Now add where you feel the emotion into your "problem statement". Example:

*"I resent my sister for what she said and it feels like angry bees in my stomach."*

### **Write your problem and where you feel it in your body:**

## Rate the Problem

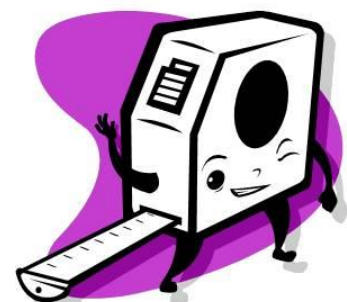
The next important part before we start tapping is to find out how badly this problem is affecting you. We use a scale of 0–10. The worse your problem is, the higher your number will be. If you feel 10 out of 10 and those bees are really buzzing around, your number will be 10. Maybe it only affects you 8 out of 10, or 6 out of 10.

Again, there's no right or wrong. Be honest with yourself. Close your eyes again if you want to and really get in touch with how bad your problem feels to you.



## Tip

*Kids can use outstretched hands to show how much their issue is affecting them.*



**Write down here how much your problem is affecting you right now:**

\_\_\_\_\_ out of 10

We're going to put all the pieces together now by creating a "Setup Statement" for specific use with EFT. A Setup Statement helps us to target and focus on the problem. All we need to do is add a few words in front of your "problem statement" and a few more after the "problem statement."

**This is how to create a Setup Statement:**

Even though ... (\_\_\_\_your problem statement here\_\_\_\_), I deeply and completely love and accept myself.

That's it! Write your own statement in the space below.

Even though ...

I deeply and completely love and accept myself.

***My Example:***

*"Even though I resent my sister and it feels like angry bees in my stomach, I deeply and completely love and accept myself."*



### Thus, the recipe for the Setup–Statement:

*Even though + your problem and where you feel it + a statement of acceptance.*

**Remember!** We cannot change anything unless we accept where we are right now. Denial has never worked to remove a problem.

*“You cannot remedy anything by condemning it.” —Dr Wayne Dyer*

### Summary

You learnt a little about the history and background of EFT, or tapping. You also learnt how to create the Setup Statement. And we spoke about the value of being totally honest with yourself about your feelings. They want to be heard first – and then we’re going to release them with EFT.

Well done! You’ve completed your first lesson in EFT. I acknowledge you for taking a look at one of your problems. It’s not always easy to haul them out and take an honest look. It’s very worthwhile to do so with EFT, though. We *can* very effectively let go of those issues that hold us back. We’re going to build on this foundation step by step.

### In the next module

We’ll start tapping for the issue you have chosen by carefully crafting the Setup Statement, discovering where the tapping points are, and learning how to use them.

### [Questions? Go to your Exclusive Facebook Group to get them answered!](#)

Make sure to hop on over to your Private Facebook Group. Here you can interact, get your questions answered, share your wins and receive wonderful support. It is a peer-lead group and in addition, I will be in the group twice a week for an hour to answer questions and provide guidance and assistance.

<https://www.facebook.com/groups/QuickstartEFTCircle/>

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