

The EFT Quick Start Guide

Welcome back to your EFT Quick Start Guide!

In the last module

We learnt where the points are for the Short Method, where to tap while saying the Setup Statement, and then how to tap while we say a short reminder phrase.

Today, we're going to discover an essential point that many people miss when they start to use EFT.

Let's jump in with today's lesson!

Part 3

Part 3: Issues are like puzzles and we have to find ALL the pieces

If you have tried EFT, you might have experienced something interesting.

In my example, feeling resentment towards my sister, if I keep tapping and the resentment disappears, I might find that the resentment is replaced with irritation. Or maybe some sadness arises for me. Or maybe another incident when she said something that made me really angry pops into my head.

These are all indicators of something really good happening!

It means that the original problem is now low enough on the problem scale so that other pieces of it can show up.



It's really important to realise that our issues and problems are normally not just one single neatly wrapped isolated morsel. They are more like puzzles, where many different pieces of it make up the whole.

Stated in different words, if the problem is like a tree, every problem has many branches. Often we have to find and work with many of the branches before we will feel like "the problem has disappeared."

In EFT terms, we call these different branches Aspects. There are many different Aspects to each of our problems. If we have a bothersome memory, for instance, some of the Aspects (branches of the tree) might be:

- Different emotions (anger, sadness, grief, irritation, resentment, helplessness)
- Different pictures in the memory (a mother’s raised eyebrow, a “look” on a face, a burning house, a mangled car)
- Different sounds in the memory (a father’s disapproving voice, screeching tyres, breaking glass)
- Different smells in the memory (burning flesh, cinnamon, burning rubber)
- Different memories related to the original memory might arise

Case Study



I worked with a client (let’s call her Alice) whose problem was **a fear of flying**. She was due to immigrate to Australia and the only way for her to get there would be to use an airplane. During the course of 4 sessions, we uncovered many smaller fears within her fear. It was clear after one appointment that this was a classic example of many Aspects that make up the big picture. Over the course of those sessions we cleared the following Aspects:

- The airplane felt like a piece of tin and not strong enough to hold them for so many hours.
- She hated sitting squashed into her seat with no room to move.
- She didn’t like the small bathroom provided in close proximity to so many people.
- She was afraid she would have a panic attack mid-flight and have no way to leave the plane.
- She felt worried about leaving her parents and other family in her country of origin, South Africa.
- She was worried that she would not meet new friends in Australia.
- She was worried about a plane crash and dying.

Sometimes we give our problem a big umbrella name and think “If only I can clear this one problem!” It’s great to keep Alice’s example in mind with your own problems. Make sure to break your issue down into all the Aspects and work with all of them to clear the big picture problem.

Keep a piece of paper and a pen nearby, and if different Aspects show up while you are tapping, make a note of them. Be sure to finish with the Aspect(s) you started with, tapping it down to as close to 0 as you can, before starting with the next Aspect.

How do I work with all these Aspects when I’ve written them down?

Each one can easily be described as a problem, just like your original problem statement. Add some words to describe where in your body you FEEL the problem, add the acceptance part ... and you’re set!

Examples of Setup Statements when more Aspects arise:

Even though I now feel sadness in my heart about my sister treating me that way, I deeply and completely love and accept myself.

Even though I see the cruel look in her eyes and it hits me in my chest, I deeply and completely love and accept myself.

Even though the tone of her voice really gets me in my stomach, I deeply and completely love and accept myself.



Tip

Finish with one memory completely before you attempt to jump to another. If you jump around from memory to memory, without getting your charge down to a 0 on the original, you will not feel that you're making progress. Work with one little part at a time. It's been proven that this approach will give the best results.



Exercise:

Write down all the Aspects of the original problem that you can think of. You can list them one by one. Another really good way is to draw a mind-map. Jot down absolutely everything that bothers you about your problem. Rate each piece on the 0-10 scale. Consider getting a notebook where you can keep all your EFT notes and work on different problems. Now start clearing each one of the pieces by creating a Setup Statement for it, and doing rounds of tapping until that piece does not bother you anymore.

That's it for now!

What you've learnt so far since the first module:

1. How to create a Setup Statement
2. The Short EFT Method and where the points are
3. How to rate your problem before and after each tapping round
4. How to change the words if the problem did not go down to a 0 with the first round
5. How to find different Aspects of your problem and clear them

Well done! We're more than halfway there!

In the next module

We take a look at some keys to know when you're "done" with an issue or problem. People often ask "How long should I tap?" We'll answer that question.

News Flash!

Look out for two special bonus lessons after Module 5!

[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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