

# The EFT Quick Start Guide

Welcome back to your EFT Quick Start Guide!

## In the last module

We learnt about the importance of Aspects and that we need to find and work with all the pieces of the particular puzzle. If we fail to do that, we may end up feeling that the problem returned. It is vital to find all the sights, sounds, smells, feelings and emotions about any specific event and tap for all of these pieces until there is no emotion around them.

Let's jump into today's information.

## Part 4

### Part 4 – How long must I tap? When can I stop?

Let's examine this. There are a couple of pieces to this puzzle.

#### Rating your Problem

Remember our 0-10 scale that we use before every round of tapping? This is a very important piece of the puzzle. If we did not rate our problem before we started, we wouldn't know whether we're making progress or not. Before every round, rate how much your problem still bothers you. If it's not 0 yet, there's a bit more work to do. Keep tapping then!

#### Aspects

Remember all the branches of the tree? The tree is the "problem" and the branches are the pieces that make up the problem. Usually we have to clear most or all of the pieces of the problem, before the whole problem no longer bothers us.

#### Example:

If you were in a car accident, and you rate how much it distresses you to think about "the accident," it might feel like a 10. You will probably have to tap through each piece of the accident, for instance:

- The pictures you see of the oncoming car, and all the other pictures you can call up
- The sounds the cars made as they collided
- Screams or other sounds in the car
- How you felt before, during and after the accident and now (fear, frozen, guilt, shame, embarrassment, anger, sadness, helplessness)



## Tip

**The mantra of EFT is “BE SPECIFIC TO BE TERRIFIC.”**

If we tap for an issue that is too globally stated like “this accident,” it’s very likely that you won’t make much headway. Break the problem down into the smallest pieces and tap for those little bite-size pieces. THEN your global problem (this accident) will start to collapse when you think about it.

### **Example:**



If you’re working on the memory of a car accident, when you describe the scene to yourself – use words to describe what you *saw*, what you *heard*, what you *felt*, some *thoughts* you had. Those are the smallest bite size pieces to help you be as specific as possible.

Remember to “test” your work continuously. Rate each piece of the problem on the 0-10 scale before and after each round. If it’s not a 0 yet, there’s a bit more work to do.

### **Long Standing Issues**

We have all heard of “one-minute miracles.” This definitely happens with EFT – one round and the problem can be gone. In my experience, this is mostly not the case. Most of our challenges require a bit of persistence. Are you willing to have a 2-hour miracle instead of a 2-minute one?

We often have had a problem for quite a while before we seek help. And this problem is most likely made up of many different Aspects. Maybe a whole lot of events led you to believe a certain thing, like “I’m terrible with money.” This is a complex issue and will need patience, persistence, persistence, persistence.

### **Other Issues that can Block our Progress**

Remember that this is an introductory course to get you started as quickly as possible! Many more tips and tricks are taught in a live EFT workshop and in a group coaching session.



## Exercise

Think of the problem you have been working with.

1. Are you rating the severity of your problem every time before you tap – so you know whether you’re making progress?
2. Can you find any Aspects that have been hidden to you until now?
3. Is there another emotion that has been replaced by the original emotion that you have not yet tapped for?
  - a. Write down the new emotion
  - b. Create a Setup Statement
  - c. Tap through a few rounds of EFT for this new emotion, until it is 0 or close to 0
4. Is there another similar event that you were reminded of as you were tapping for the first issue?
  - a. Write it down very briefly
  - b. We’ll cover how to tap for a specific event with “*Tell the Story Technique*” in a later lesson
5. Are you tapping for a more complex long-standing issue? For instance – something that happens over and over, like a streak of perfectionism, or the fear that something bad is about to happen. Write down the answers to at least one of the following powerful questions:
  - a. What does this issue remind you of?
  - b. Where else did the same kind of issue arise for you?
  - c. When was the first time you can remember feeling like this?
  - d. Use every one of these questions to create a new Setup Statement and tap through the events and/or emotions around your answers.

### **Example:**

Say you’ve had the fear that something bad is about to happen and you have had this for a very long time. It may remind you of the fact that your Mom used to say “Don’t get too happy, you may be disappointed” or something similar.

- Use that as your new Setup Statement.
- Rate the emotions you feel now (for instance a feeling of dread, resistance, anger or sadness)
- Create your Setup Statement
- *“Even though my Mom used to say I shouldn’t feel happy because I may be disappointed, I deeply and completely love and accept myself”*
- Tap through as many rounds as you need to, in order to bring down the emotions around this statement your mom used to make

That's it for today – well done! You've come a long way. Can you start seeing how it works to clear away current stress about past or future events? Remember – we're taking baby steps. Celebrate each time you clear even the smallest bit of emotion – it would have continued to hold you back if not for your tapping!

### **In the next module**

We look at some **Frequently Asked Questions** you may have wondered about yourself by now. It's been compiled from the questions of many students, and many hours of teaching EFT.

### **[Remember to connect in your Exclusive Facebook Group](#)**

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.

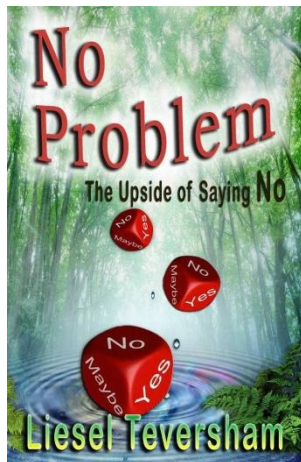
<https://www.facebook.com/groups/QuickstartEFTCircle/>

Keep tapping and let me know via the group if you have questions!

For further support, take a look at the resources on the following page.

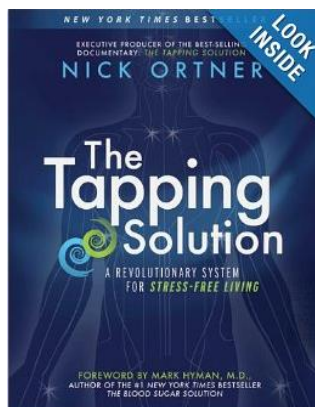
## Valuable resources to support your EFT learning

These valuable resources will aid your EFT journey.



[No Problem. The Upside of Saying No](#) is for those who struggle to say “Sorry, today I can’t help” and therefore have too much on their plate. The book teaches **how to use EFT to overcome this challenge**, and teaches the reader how to start saying “yes” to themselves, while being kind and respectful to others.

More information at [www.no-problem-book.com](http://www.no-problem-book.com)



In [The Tapping Solution](#), you’ll not only learn how to start tapping, you’ll also get the history and cutting-edge science behind it. Featuring step-by-step instructions, exercises, and diagrams, [The Tapping Solution](#) shows you how to tap on a variety of issues and identify practical applications. Plus, throughout the book, you’ll find unbelievable, real-life stories of healing, ranging from easing the pain of fibromyalgia to overcoming a fear of flying.

Happy Tapping!

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