

# The EFT Quick Start Guide

Welcome back to the last module of your EFT Quick Start Guide!

## In the previous module

We had a look at some of the keys that influence your results with EFT.

Let's jump in to today's Frequently Asked Questions.

## Part 5

### Part 5 – Frequently Asked Questions

#### Why do I have to use a reminder phrase or talk at all while I tap?

EFT works when we're "tuned in" to our problem. If you think of the shopping list while tapping for a sore shoulder, you won't have any success. The words are part of the process to help you to stay tuned in. You can tap with great success *without talking* if you are really, really *tuned in* like when you're terribly sad and can't speak.

#### Do I really HAVE to rate my problem?

It's in your own best interest to rate your problem. A benchmark helps you to know if you're on the right track. If your numbers are not going up or down, there might be a few tips that can help you. (Look at the next questions). If your numbers are going either up or down, that's great! You now know that you're making progress. The problem can often feel worse before it starts to clear – that's normal. Keep tapping!

#### I find it hard to use the numbers and it frustrates me!

If you find it hard to measure your progress in numbers, try "Small, Medium, Large." Kids can use their widespread arms to show you how big the problem feels.

#### I'm not making any progress. What am I doing wrong?

- Are you "tuned in" to the problem while you tap?
- Do you know where in your body you feel the problem/emotion?
- Are you specific enough? ("This accident" is not as specific as "the sound of the clashing metal.")

- Are you rating the problem so that you honestly know if you're making progress?
- Are you jumping around too much, and not finishing with one aspect before starting on another?

### **I can't find the right words. Can you tell me where to find a script for my problem?**

There are many practitioners who provide tapping scripts for specific problems and they can be helpful when you're really stuck. However, there's no script in the world that's going to be as perfect as your own words!

Simply tell the truth while you tap, that's the only requirement. Imagine you're telling a friend how you feel and use those words. Someone else's script is not going to state it in exactly the right words for YOU.



It's not the words that do the work, it's the tapping! Do you know Q20? The substance used to loosen stuck metal like screws or hinges? All you have to do is aim the nozzle of the Q20 bottle at the stuck screw and spray. It's the Q20 that does the loosening up, not the nozzle. EFT is similar. You aim at the stuck issue by tuning into and talking about it. It's the tapping that does the loosening up!

### **My issue is back the next day/a week later/a month later. EFT doesn't work!**

You have most likely not worked with all the pieces of the puzzle. What else is there about the problem that bothers you? Who or what does it remind you of? Aha!

### **Why do I have to focus on the negative? The Law of Attraction says what I focus on, I'll attract more of!**

Correct! The strange thing is that you're already focusing on your problem subconsciously. We mostly push our problems away, out of the conscious mind. They merely brew under the surface, because we have not dealt with them, but only suppressed them.

With EFT, we focus on the problem briefly (a couple of minutes) and properly process it out of our energy system, so that we can let it go gently.

It's like opening the right file on your computer, changing or updating it, and then closing the file. No need to keep the file open in the background all the time!

Another wonderful aspect of EFT is the adding "self-acceptance." Even though the problem is present, you're still a wonderful human being!

## Help! I can't say "I deeply and completely love and accept myself" because I don't!

I completely understand that. Especially in the case of a long-standing problem, we often judge ourselves. We tell ourselves we "should" be over this by now or we "should" be able to do it differently. We blame and berate ourselves, and are our own worst enemies.

No wonder it's hard to say "I deeply and completely ..."!

Don't worry. If that's the case, use one of the following sentences instead. They are still phrases of acceptance (which is essential), and they are softened down to a level where acceptance becomes possible.

- *"I am learning to love and accept myself."*
- *"I would love to love and accept myself."*
- *"One day maybe I will be able to accept myself."*
- *"I accept myself even if I can't."*
- *"I am open to the possibility that I could learn to love and accept myself."*
- Or any variation of acceptance that works for you. (You get the idea from the examples above.)



## Well Done!

You've completed the Quick Start EFT Guide!

If you have questions or would like to learn EFT in-depth, please contact Liesel: [liesel@no-problem-book.com](mailto:liesel@no-problem-book.com)

Take care and keep Tapping!

Liesel

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

## ***Bonus Material***

Before I forget! You'll receive your bonus material emails in the next few days. First, you can look forward to learning about the 7 Biggest Mistakes that Newcomers to EFT often make, and how to remedy them.

After that, another bonus follows with a specific technique to help you clear bothersome memories in detail. It's an amazing and simple technique developed by Gary Craig, originator of EFT.

Enjoy!

### **[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.

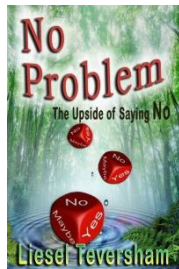
<https://www.facebook.com/groups/QuickstartEFTCircle/>

Keep tapping and let me know via the group if you have questions! See the EFT support materials on the next page.

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## Other EFT products to support your tapping journey

### Books



Liesel's book, "[No Problem. The Upside of Saying No](#)" is available on Amazon Kindle, as well as Amazon Print books. It's an EFT handbook for those who struggle with saying no to too much on their plate. It contains hundreds of tapping phrases, the 15 most common reasons why we find it hard to say no, plus 24 respectful ways to phrase a "no" so you and the other person still feel good.

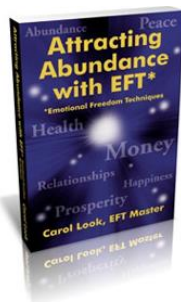
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### Other EFT Products



Carol Look is an EFT Master with an extensive background in The Law of Attraction. I have personally used her program "[Attracting Abundance with EFT](#)" and highly recommend it! In this program she teaches how to combine EFT, Abundance Games and the Law of Attraction to increase abundance on all levels. It's fun!

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