

What is EFT tapping?

Emotional freedom technique (EFT) is an alternative treatment for physical pain and emotional distress. It's also referred to as EFT tapping or psychological acupressure.

People who use this technique believe tapping the body can create a balance in your energy system and treat pain. According to its developer, [Gary Craig](#), a disruption in energy is the cause of all negative emotions and pain.

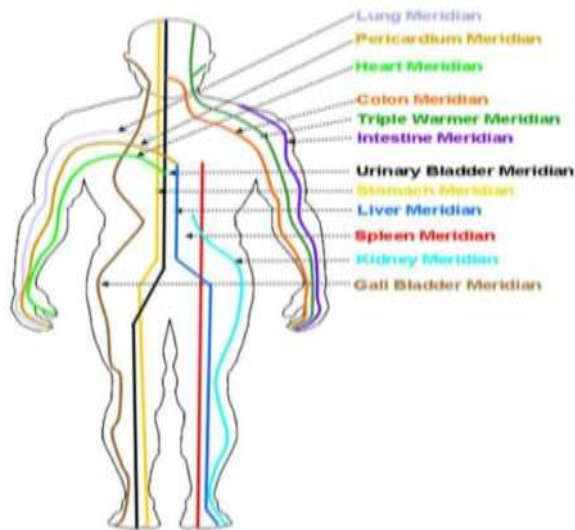
How does EFT Tapping work?

Based on Chinese medicine, meridian points are thought of as areas of the body energy flows through. These pathways help balance energy flow to maintain your health. Pain is thought to be linked with an excess of stuck energy or blockages.

Along the same lines as acupuncture EFT focuses on the meridian points — or energy hot spots — to restore balance to your body's energy. It's believed that restoring this energy balance can relieve symptoms a negative experience or emotion may have caused.

Acupuncture uses needles to apply pressure to these energy points. EFT uses heavy or feather light fingertip tapping to apply pressure.

It is used to reduce stress and release negative thought patterns around money or fears as well as pain relief. By stimulating the meridian points through EFT tapping can reduce the stress or negative emotion you feel from your issue, ultimately restoring balance to your disrupted energy.



“TCM theory also holds that each meridian pathway is connected to a specific organ. It’s this interconnection of specific points that allows acupuncture to work.”

https://www.a-gentle-touch.co.uk/?attachment_id=1631

EFT tapping in 5 steps

EFT tapping can be divided into five steps. If you have more than one issue or fear, you can repeat this sequence to address it and reduce or eliminate the intensity of your negative feeling.

1. Identify the issue

For this technique to be effective, you must first identify the issue or fear you have. This will be your focal point while you’re tapping. Focusing on only one problem at a time is best to enhance the outcome.

2. Test the initial intensity

After you identify your problem area, you need to set a benchmark level of intensity. The intensity level is rated on a scale from 0 to 10, with 10 being the worst or most difficult. The scale assesses the emotional or physical pain and discomfort you feel from your focal issue.

Establishing a benchmark helps you monitor your progress after performing a complete EFT sequence. If your initial intensity was 10 prior to tapping and ended at 5, you’d have accomplished a 50 percent improvement level.

3. The setup

Prior to tapping, you need to establish a phrase that explains what you're trying to address. It must focus on two main goals:

- acknowledging the issues
- accepting yourself despite the problem

The common setup phrase is: "Even though I have this [fear or problem], I deeply and completely accept myself."

You can alter this phrase so that it fits your problem,

4. EFT tapping sequence

The EFT tapping sequence is the methodic gentle tapping on the ends of nine meridian points.

There are 12 major meridians that mirror each side of the body and correspond to an internal organ. However, EFT mainly focuses on nine:

- karate chop (KC): small intestine meridian
- top of head (TH): governing vessel
- eyebrow (EB): bladder meridian
- side of the eye (SE): gallbladder meridian
- under the eye (UE): stomach meridian
- under the nose (UN): governing vessel
- chin (Ch): central vessel
- beginning of the collarbone (CB): kidney meridian
- under the arm (UA): spleen meridian

Firstly by placing the hands on the heart and taking 3 deep breaths to calm
Next Rate the intention and not the number attached to the feeling

Begin by tapping the top of the head gently while simultaneously reciting your setup phrase three times. Then, tap each following point 2 or 3 times, moving down the body in this ascending order:

- forehead
- inner eyebrow
- side of the eye
- under the eye
- under the nose
- chin
- beginning of the collarbone
- under the arm
- karate chop point

While tapping the ascending points, recite a reminder phrase to maintain focus on your problem area. If your setup phrase is, “Even though I’m sad about my pain, I deeply and completely accept myself,” your reminder phrase can be, “The sadness I feel about my pain.” Recite this phrase at each tapping point. Repeat this sequence two or three times.

After tapping the karate point, finish the sequence with a positive statement of release. This sequence is shorter as it omits the finger tapping and adds under the arm. Either option is effective.

5. Test the final intensity

At the end of your sequence, rate your intensity level on a scale from 0 to 10. Compare your results with your initial intensity level. The process can be repeated. Please stop if you find the pain too much. The touch should be very light and gentle.

<https://www.healthline.com/health/eft-tapping#technique>
<https://youtu.be/6RMzg1wDm-o>