



Introduction to EFT for Self-Care

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In this e-book, you will find:

- ★ *A Summary of EFT*
- ★ *Benefits of using EFT*
- ★ *Tapping Points*
- ★ *How to do Tapping Yourself -
The Standard Protocol*
- ★ *Additional Resources*

A Summary of Emotional Freedom Techniques (EFT)

What is EFT?

EFT is more commonly referred to as Tapping because we tap on acupressure points.

It is a powerful self-help tool that can be used anywhere and anytime once you know how to do it.

It is widely recognized around the world and is scientifically supported.

It is a process that helps you overcome unwanted thoughts, feelings, and behaviors over time.

EFT works with the body's nervous system to bring balance and activates the parasympathetic nervous system .

Benefits of using EFT

- ★ *A set of self-help strategies*
- ★ *Allows you to feel how you are feeling and can gently reduce emotional intensity and negative thoughts and feelings*
- ★ *Can reduce physical pain*
- ★ *Can enhance mindset, clarity and performance*
- ★ *Can clear out beliefs that hold you back*
- ★ *Can reduce food cravings*
- ★ *Can reduce cortisol levels, which is a hormone secreted when in fight or flight and causes inflammation in the body.*
- ★ *Can help calm the nervous system when you can't seem to "talk yourself out of it"*

Tapping Points

- ★ *Side of the Hand - The fleshy part on the side of the hand under the pinky*
- ★ *Top of the Head - Center of the top of the head, not the crown*
- ★ *Eyebrow point - The inside of the eyebrow toward the nose*
- ★ *Side of the eye - The bone on the side of the eye*
- ★ *Under the eye - The bone under the eye*
- ★ *Under the nose*
- ★ *Chin Point - The crease in the chin, not the tip*
- ★ *Collarbone - Find the start of your collarbones toward the center of your torso, then go down and out about 1" diagonally*
- ★ *Under the arm - About 4 inches under the armpit on the side of the body*

For more information on where the Tapping Points are, click [here](#) for my video.



How to do Tapping yourself - The Standard Protocol

The Standard Protocol is a simple and effective technique to help you feel better in the moment...to take the edge off of your stress, to reduce the intensity of an uncomfortable emotion, and to promote a feeling of calmness.

We use this protocol with one specific event at a time. If you can imagine a photo of the event you are tapping on, then you have what you need to get started.

Note: Please do NOT work on life-threatening issues on your own! Tapping on events involving actual harm or threat of physical harm should be done with a skilled, trauma-informed, Certified EFT Practitioner.

The Steps ...

1. Identify the details below of an emotionally intense or triggering event ... "the time when ..." (e.g. yesterday at work when my boss yelled at me in front of my colleagues)

Who was with you? _____

What happened? _____

When did this happen? _____

Where did it happen? _____

Identify the most prevalent emotion you are feeling about it NOW: _____

Rate intensity 0-10 of the emotion now (0 is no intensity; 10 is the most) _____

Body location, if present (Where in your body do you feel the physical sensation of the emotion?) _____

2. Tap gently on the "side of hand" point, while stating out loud:

Even though I feel this _____ (emotion) and I can feel it in my (body location, if present), thinking about the time when _____ (State the specific details you listed above...who, where, when, what happened), I deeply and completely accept myself.
(Repeat 3 times.)

NOTE: For the last part of the statement, you can substitute "I deeply and completely accept myself" with other phrases such as, "That's just how I feel right now" or "It's ok that I feel this way".

3. State the Reminder Phrase each time you move to the other tapping points.

Reminder phrase: This _____ (emotion) in my _____ (body location, if present).

Top of head, inner edge of the eyebrow, side of eye, under eye, under nose, chin, collarbone, under arm (refer to the video, if needed).

e.g. This guilt in my throat (stating this out loud while tapping on each of the points)

4. Take a sip or two of water and re-rate the intensity 0-10 on how the emotion feels now: _____

If there's a physical sensation, is it located in the same area of your body? Or, has it disappeared or moved to another area of your body? _____

5. Repeat Step 6 below until the emotional intensity is down to a zero. (Note: If you can't get to a zero, then 2 or less is okay.)

6. State this modified verbiage out loud (the change is shown in green):

Setup Phrase:

Even though I *have this remaining* _____ (emotion) and I can feel it in my (current/new body location, if present), thinking about the time when _____,

*I deeply and completely accept myself (or e.g. I accept that's how I feel now).
(Repeat 3 times.)*

Reminder Phrase – Use once for each tapping point, beginning with top of head point:

This remaining _____ (emotion) in my _____ (current/new body location, if present)

7. Repeat Steps 4-6 as needed.

It is possible for a new emotion to show up. If that happens, then move on to that emotion and use the same process.

Additional Resources

- ★ www.kathleenwebereft.com
- ★ Join me on Facebook, [Kathleen Weber EFT / Facebook](#)
- ★ Join me on LinkedIn, [Kathleen Weber EFT: Company Page Admin / LinkedIn](#)
- ★ Dr Craig Weiner and Alina Frank, master Trainers of Trainers in EFT and produced the documentary film “The Science of Tapping”. www.efttappingtraining.com/ (a great source of useful information on EFT/Tapping)
- ★ Dr Peta Stapleton, Australia’s leading EFT Researcher and Academic. Peta trains Evidence Based EFT (EBEFT) and leads teams bringing EFT into schools, corporate settings, and the community. She received the 2020 Australian Psychologist of the Year Award. www.petastapleton.com
www.evidencebasedeft.com
- ★ EFT International – a voluntary, not-for-profit association committed to advancing and upholding the highest standards for education, training, professional development, and promotion of the skilful, creative and ethical application of EFT.
<https://eftinternational.org/>

If you’d like to explore additional support with me, visit www.kathleenwebereft.com to schedule a free 15-minute Chaos to Calm Consultation