

# EFT Emotional Freedom Technique

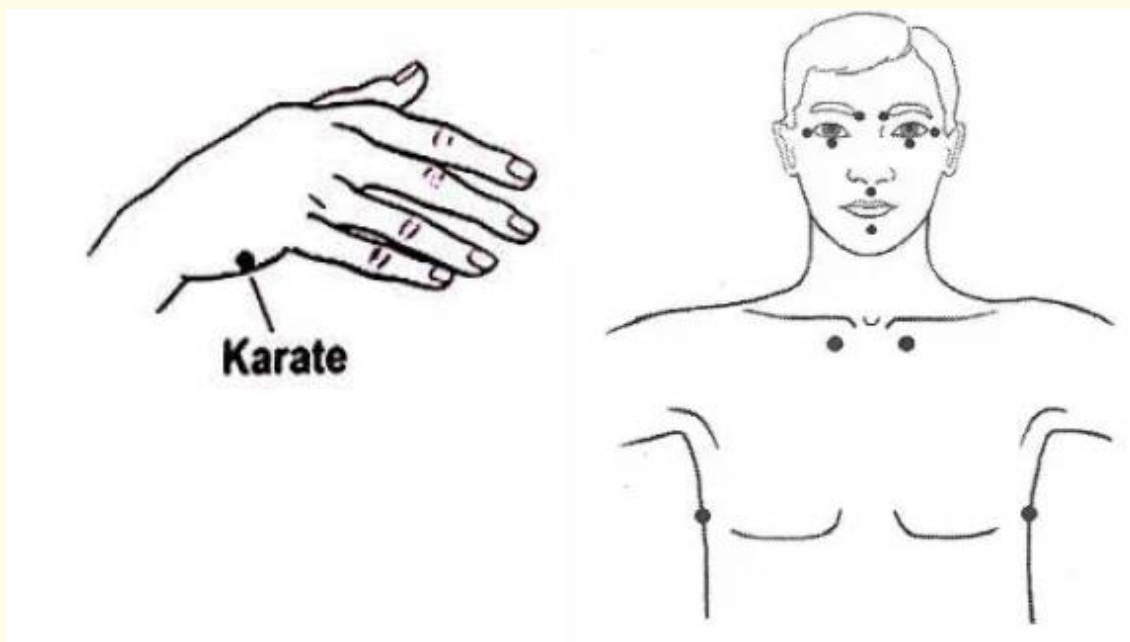
EFT, Emotional Freedom Techniques, was developed by Gary Craig and it is a remarkably simple yet profoundly effective method for emotional release. It combines principles of exposure therapy, cognitive therapy, and acupressure to help individuals process and let go of painful emotions. At its core, exposure therapy involves safely revisiting traumatic or distressing memories to confront and release the emotions tied to them. EFT enhances this process through gentle tapping on specific acupressure points (acupoints) on the body. This is based on the understanding that energy flows through our bodies along pathways called meridians. When these pathways are blocked—often due to unresolved emotional experiences—it can lead to both emotional and physical discomfort. By tapping on these acupoints while focusing on a painful memory or emotion, we stimulate the body's energy system and help clear those blockages. This allows energy to flow freely once again, promoting emotional balance and healing. When practiced with an attitude of acceptance, this process can lead to deep and lasting shifts in well-being.

When done correctly, EFT can significantly reduce—or even eliminate—the emotional pain associated with past trauma or distressing events. A growing body of research supports its effectiveness in treating conditions such as PTSD, phobias, panic attacks, anxiety, depression, and general stress. Beyond psychological healing, EFT has also been found helpful in addressing physical issues like chronic fatigue syndrome, fibromyalgia, and migraines. People also use it for everyday challenges such as procrastination, weight management, improving meditation, and boosting performance in various areas of life. Essentially, EFT can be applied to any situation involving emotional intensity. Studies have shown that it not only lowers stress levels but also changes how the brain processes emotional memories, making it a valuable tool for holistic healing.

Brief introduction from Gary Craig [Watch here.](#)

EFT Documentary by Tapping Solution [Watch here.](#)

## EFT TAPPING POINTS



## EFT BASIC RECIPE

- First, acknowledge the emotional distress you feel and rate it on a scale from 0 to 10. Where 0 is no distress at all and 10 is the maximum intensity of the distress.
- Tune in to the feeling and notice the emotional, physical and mental component of that feeling. What is the emotion? Where in the body you feel it? Why do you feel this way?
- The Setup Statement, this is a particular statement where you state the current emotional pain you experience in the form of:

**Even though I have/feel \_\_\_\_\_ (name the problem/feeling), I deeply and completely love and accept myself.**

*e.g. Even though I am angry because my friend disrespected me, I deeply and completely love and accept myself.*

You acknowledge the emotion you feel and whatever the reason you think that you feel this emotion and you say in the form where you accept yourself. Repeat this statement three times, while you tap the Karate Chop point on the side of your hand.

- The tapping sequence. Tap the standard energy points while stating the reminder phrases. The energy points are: the beginning of the eyebrows, the sides of the eyes, under the eyes, under the nose, under the lower lip, K-27 point which is just below the collarbone and under the arm. Don't worry about not hitting the right spot. These acupoints are very small so if you use two or three fingers to tap you will definitely tap on them. Tap approximately 7 times on each point while you say the reminding phrases. The reminding phrases are words or sentences that remind you of the problem. You have to be present emotionally and mentally while you tap in order for this to work and reminder phrases are meant to help you to stay in that state.
- Use words to express how you feel, what you think, what you sense in your body, be descriptive, be honest, just be honest about everything that is inside of you that relates to your emotional distress at that moment and say it at loud. And while you do it, observe yourself. It is very important. Pay attention to the intensity of your distress, what words you are saying that make you feel more pain? If you notice that some statement makes you feel worse, stay with it, repeat the same thing, and tap until it dissipates.
- Do a few rounds of tapping and then again assess the intensity of the problem on a 0 to 10 scale. If your rating is 0 or 1 you are done but if you still feel some of this emotional distress repeat the process until your distress level is as close to 0 as possible.

## EFT Personal Peace Procedure

The Personal Peace Procedure is a self-guided emotional healing method. It's a structured way to use EFT regularly to clear out old emotional baggage and bring calmer, clarity, and peace into your life.

- Make a list of past events start by making a list of every emotionally charged memory or event you can recall—especially those that still cause discomfort when you think about them. These can be small (like being embarrassed in class) or big (such as a painful breakup or trauma). The goal is to be thorough and honest.
- Rate the Intensity For each memory, rate how emotionally intense it feels on a scale from 0 to 10 (with 10 being the most painful). This helps you track your progress.
- Tap on each event Individually using EFT, tap on one event at a time. Focus on the emotions that come up as you recall the memory, and gently tap through the EFT sequence. Use Movie Technique describe below for this process.
- Repeat and recheck after a round or two of tapping, re-rate the emotional intensity of the memory. Keep tapping until the intensity drops to a low number—ideally close to zero. If other emotions or memories come up in the process, add them to your list and address them too.

- Work through the entire list over time, you don't need to do it all at once. The idea is to work consistently—maybe a few memories per week—until you've cleared the emotional charge from a wide range of past experiences.

## EFT MOVIE TECHNIQUE

- First identify a particular event from your past that has a strong emotional charge. Focus on the event, not a general situation. Hold this event in your mind and run it in your imagination scene by scene in the way you would watch a movie. Once you have that, come up with the title of this movie. And rate the intensity of your emotional distress related to that title on a scale from 0 to 10, where 0 is no distress at all and 10 is maximum intensity.
- Then use this title for the EFT setup. *"Even though I have this movie [Your Movie Title] I deeply and completely love and accept myself."* And repeat it three times while you tap on the karate chop point. Then tap on the rest of the acupoint, repeating the title of the movie until you reach an emotional distress level close to 0.
- Next, picture the event in your mind starting with the moment just before the painful situation happened and run moment after moment until you reach a point when you feel emotional discomfort. Stop and rate your feelings and do the tapping in the form *"Even though [something happened] I deeply and completely love and accept myself"*. Do it until the distress level is close to 0. You can do it silently, just holding an image in your mind and observing your feelings or you could state statements related to that situation out loud while you tap on the acupoints.
- Continue running the movie scene by scene and whenever you reach a moment where you feel a strong emotional charge, stop and perform the EFT tapping. Do it until you reach the end of the movie which is the moment when the painful event was no longer happening.
- Once you reach the end, do it again from the beginning paying attention to any residual emotional discomfort you might feel, do the tapping if you still feel something.

Look at your past, choose the painful event that happened in your early childhood, as far as you can remember, and work through it. Tap until you no longer feel distressed by that memory. You will still remember it but there won't be an emotional charge. Once you processed one painful event from your past move to the next one. You don't have to do them all at once. Releasing long-stored painful emotions can be tiring, especially if you are processing something big. If there is something that feels extremely heavy, painful, and difficult and you don't feel you are ready to deal with it, that's okay. Just move on to the event that feels like you can handle at that moment. It is common to have a bodily reaction during this process in the form of crying, yawning, burping, or shaking as a form of emotional release. When it happens, know it is normal. Let it happen.

Some challenges may feel too overwhelming to work through on your own. Often, when we begin tapping on one issue, it can lead to deeper emotions or unexpected memories. Sometimes, the root of the problem is buried so deeply in the unconscious mind that we don't even have a clear memory of the original event—yet we still experience emotional distress in the present. In those moments, you may simply need guidance—someone to walk with you through the process, help you feel more confident with the technique, and offer support as deeper layers unfold. If you're looking for personalized support, I invite you to visit [Quiet Mind Living](https://quietmindliving.com/), where I offer guidance in emotional release and mental training. Together, we can work toward greater inner peace and a deeper connection to your intuition.