

## Emotional Freedom Technique—EFT—or “Tapping”

The Emotional Freedom Technique (EFT) developed by Gary Craig, PhD, is very useful for unblocking and healing strong emotions, fears, anxiety, emotional pain, traumatic memories, phobias and addictions, as well as for alleviating body symptoms and pain, such as headaches and overall body pain. The technique is based on the theory of the energy field of the body, mind and emotions, along with meridian theory of Eastern medicine. Problems, traumas, anxiety and pain can cause a block in the energy flow of the body. Tapping or pressing acupuncture points connected with channels or meridians of energy can help move blocked energy in congested areas and promote the healthy flow of energy in the body and in mental and emotional fields.

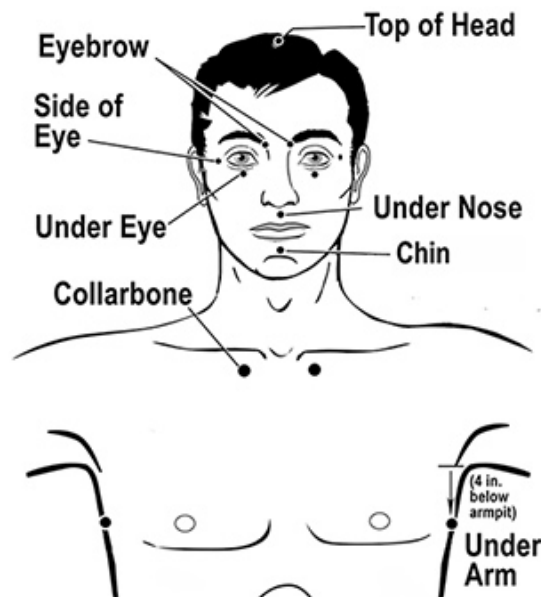
1. Focus on one issue, and rate its intensity of a 0-10 scale.
2. Tap continuously on the “Karate Chop” point, and repeat three times: “Even though I have [this problem], I deeply and completely accept myself.”



3. Tap about 5-9 times on each point while saying [This Problem].

### Tapping Order:

1. Eyebrow
2. Side of eye
3. Under nose
4. Chin point
5. Collarbone (with hand)
6. Under arm
7. Top of head



4. Rate the original problem again from 0-10. If not at a 0 (or low), repeat steps 3 & 4.