Emotional Freedom Technique (E.F.T.)

What is it?

This has sometimes been called a psychological version of acupuncture, in that it involves making contact (in a systematic way) with a number of acupuncture points. Usually this is by tapping on these points, while you focus on a specific feeling, thought or image. The specific points to tap are the end-points of the major meridians (meridians are believed to be channels of subtle energy which flow through our body).

What can it do?

This technique has been found to be helpful with variety of unpleasant, uncomfortable or distressing feelings. Many people have found that it has helped them to relieve strong emotions, such as anxiety, anger, sadness or guilt. It can be helpful both with feelings that would be expected to ease naturally over time and also with long established feelings (such as phobias or post traumatic stress). In addition, some people have found it helpful with troublesome physical sensations, such as pain, dizziness or cravings.

Who can use it?

With some instruction, it is possible for anybody to make use of this technique. Although most people choose to tap on themselves, it is also possible to allow someone else to tap on you. Similarly, you might choose to tap on someone else (with their permission!) in order to help them. One common example of this is to tap on young children who are in distress.

What can help it work?

It has been said that being well hydrated can make E.F.T. more effective, so consider topping up with a glass or two of water, if you think you are dehydrated. Also, it has been found to help sometimes to "correct for neurological disorganisation" prior to tapping. The Health Psychology Service provides other information sheets that can give you more details about how to do this.

What should I be aiming for?

For many strong feelings, with persistence, it can be possible to clear out the feeling completely. Certainly, it is worthwhile to persevere (perhaps by using several rounds of E.F.T.) in order to ensure you achieve the maximum effect.
Although, you are most likely to either find that things proceed smoothly, occasionally your feelings temporarily become even stronger or other distressing feelings may temporarily come to the surface. The important thing here is to keep tapping rather than to give up. Continue to focus on whatever the strongest feeling is at that moment, while using further rounds of E.F.T. In the unusual event that you continue to feel distressed, use your other coping strategies and seek professional help if your feelings persist.

**How do I do it?**

1. **Contacting the Problem**

   The first thing to do is to allow yourself to really connect to the problem that you want to work on. Focussing or “tuning in” to the feeling or problem is an essential part of EFT. Putting the problem into words can help you to focus. Be as honest with yourself as you can be. And be as specific as you can be. So, for example, rather than saying “feeling guilty”, say “feeling guilty about not saying goodbye to my grandmother before she died”. Sometimes, you only need to use one or two words. For example, if you want to use EFT for a pain that you are experiencing, you might say something like “this pain”.

2. **Rate the Strength of the Problem**

   Before you begin, it is worth estimating how strongly you are experiencing the feeling or problem that you want to work on. Try rating the feeling or problem on a scale between 0 and 10 (sometimes called a SUDS score). This can be useful in evaluating whether you have achieved any change in the strength of the feeling by the end of the procedure. Having done this, then proceed to the set-up

3. **The Set-up**

   The set-up corrects any ‘psychological reversals’ which may be present. This refers to the situation where a part of you may be reluctant or afraid to get over the problem you are treating. Essentially, this involves making a strong positive statement about yourself in relation to the feeling that you want to change, while making contact with a particular area of your body. This is either the **Sore Spot** – (which is on your chest roughly where you would pin a medal or a brooch) or the **Karate Chop Point** (on the side of your hand, roughly where you make contact with an object if you were doing a karate chop). While rubbing your Sore Spot or tapping on your Karate Chop Point, say something like the following; “**Even though I feel** (whatever the feeling or problem is), **I deeply and completely accept myself**”. Repeat this in total three times. The important thing here is that you should say this with strength and conviction, as if you really believe it to be true. Having chosen your problem, rated the strength of the problem and used your “set up”, you can then proceed to the main part of EFT, the sequence itself.
The Sequence

This involves making contact with various acupuncture points while focussing on your problem. In order to stay focussed, consider using a “reminder phrase”. This involves, at each acupuncture point, saying a few words, such as “this pain” or “this guilt” or “this fear of spiders”, or you might want to be a bit more specific, such as “this fear of seeing spiders scuttling towards me”.

Having chosen your reminder phrase, begin to tap on the following points:

1. **Top of the Head** (tap the apex of your head and line connecting the top of your ears)
2. **Third Eye** (middle of the forehead about an inch above the eyes)
3. **Start of the Eyebrow** (where the bone behind your eyebrow turns into the bridge of your nose)
4. **Corner of the Eye** (on the bone in the outside corner of your eye)
5. **Under the Eye** (on the bone just below your eye, in line with your pupil if you look straight ahead)
6. **Under the Nose** (between your nose and your upper lip)
7. **Under the Mouth** (in the indentation between your chin and your lower lip)
8. **Collarbone Point** (in the hollow between your collarbone and your top rib towards the centre of your chest)
9. **Under the Arm** (about 3 inches under your armpit, for women, it is at the level of the bra strap)
10. **Rib Cage** (in vertical line with nipples; for men, one inch below the nipple; for women, at the level of the bra strap)
11. **Thumb** (all finger points are on the side of the finger, in line with the nail bed)
12. **Index Finger**
13. **Middle Finger**
14. **Little Finger**
15. **Karate Chop Point**
16. **Gamut Point** (just behind the knuckles of your ring and little finger)

At this point, it can be helpful to activate different parts of your brain. So tap continuously whilst you:

- Close your eyes and then open your eyes
- Glance down to the left and then down to the right
- Roll your eyes around in a complete circle and then in the opposite direction
- Hum a few bars of a tune
- Count from 1 to 7
- Hum a few bars of a tune again

Then,重复步骤1到10。
Having completed one round, re-rate yourself on that scale of 0 to 10. If the score is down to 0 and no other uncomfortable feelings have emerged, then the problem has been cleared. If the score has gone down, then consider doing a further round of EFT (see Subsequent Rounds). If another uncomfortable or distressing feeling has emerged, consider switching the focus of your attention to the new feeling and use EFT on this. If there has been no change, check that you are well hydrated and consider correcting for neurological disorganisation (see relevant information sheet produced by the Health Psychology Service).

4. Subsequent Rounds

Before doing a further round of EFT, consider doing the set-up once more. If you decide to focus on a new feeling or part of the problem, you will need to use different words in your set up phrase and use a different reminder phrase. If you decide to focus on a feeling or problem that is still present but reduced in intensity, consider saying something like “Even though I still feel some (of this feeling/problem), I deeply and completely accept myself”.

Continue to do rounds of EFT until all aspects of the problem feel clear or are at a comfortable level.

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