

# 6 Tips to Overcome Blocks Using EFT

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### **Important Note**

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EFT is a very flexible improvement tool that can be used for just about everything. In this guide I refer to my own version of it, with which I have had extraordinary results. If you'd like to know more please contact me directly. However, you can learn more about Gary Craig's original version at <http://www.emofree.com/>

While EFT has produced remarkable clinical results, it's still considered to be in the experimental stage and so practitioners and the public must take complete responsibility for their use of it.

Louise Tremayne is not a licensed health professional and offers EFT as a complementary therapist. The techniques described in this book are not intended to diagnose, prescribe or treat any disease nor are they intended as a substitute for medical care from a qualified professional.

This guide does not advocate the discontinuance of any prescribed medication or medical or psychological care.

Ok, let's get started...

### **Emotional Freedom Techniques**

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EFT is a revolutionary technique that is easy to learn and extremely flexible. It can eliminate negative emotions, get rid of fears and phobias, relieve stress and anxiety, reduce physical pain and improve your sports performance.

This guide will introduce you to the wonderful world of EFT and I hope it inspires you to use EFT to help yourself feel better.

Over the years I have gained so much from EFT which is why I love using it and teaching people how to use it to help themselves.

How can one technique help so many different problems, I hear you ask? It's because it removes the blockages in your body's energy system.

## Your body's energy system

Your body contains a number of energy channels also called meridians which were first mapped by the Chinese thousands of years ago. Think of them as internal plumbing, feeding energy to the different organs in your body.

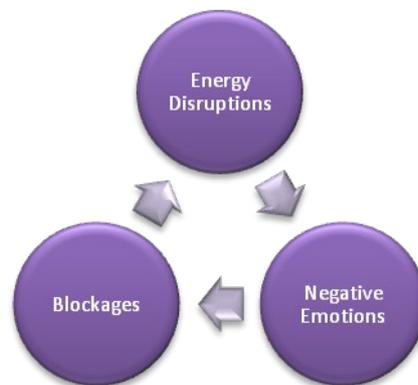
***For us to be healthy, energy must flow freely through these channels so if one of them gets 'blocked' then, over time, physical illnesses can result.***

It's exactly the same as if the water pipes in your house were furred up with limescale, water won't flow freely around your house any more.

### What causes blockages?

EFT is based on the following discovery statement:

**"The cause of all negative emotions is a disruption in the body's energy system"**



So you could say that Energy Disruptions lead to Negative Emotions which in turn lead to Blockages

- Energy disruptions happen to us all the time but often we don't notice and the energy stays stuck and we end up feeling yuck!
- Negative emotions are caused by distressing memories which create a disruption in your energy system just like an electrical "short"

When you experience something that reminds you of a distressing memory, your energy system triggers a "short" which leads to the negative emotions you feel.

Let's say you have a phobia about spiders. At some point you probably had a distressing experience that created the original disruption to your energy system. So from then on every time you see a spider, your body's energy system "shorts" and you feel scared or anxious etc.

Distressing experiences like these are a form of trauma, which can happen in a matter of seconds but affect us for years. Each time you remember the trauma your body "replays" the energy disruption. Over time this disruption can intensify which, as you now know leads to blockages.

EFT neutralises the initial trauma by removing the blockage in your energy system. You'll still have the memory but it's disruption on your energy system is effectively removed by tuning into your feelings about the trauma or event whilst tapping on specific energy channel points on your body. It's a bit like "earthing" a short circuit.

Tapping on specific points on your body helps calm and balance your energy system, neutralising your feelings until they finally don't affect you anymore.

Because EFT doesn't require the traditional therapeutic approach of re-living each part of the trauma until it "loses its effect on you" it's usually quick to treat such traumas.

## **The EFT Procedure**

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Please note - these are basic instructions and do not represent the full extent of the technique. If you work with me, I will guide you through the technique and teach you much more than I can show you here.

Whatever your problem is, the procedure to treat it with EFT is the same:

1. Describe / define the problem as specifically as possible then score it problem on a scale of 0 to 10.
2. Figure out a 'setup' phrase which acknowledges your problem and creates self-acceptance even though you've got it.
3. Start tapping on your body whilst repeating a reminder phrase.
4. Figure out your score again and repeat the tapping again if necessary. Sometimes one round will be enough, other times you may need to tap many rounds.

## **Where to Tap**

Tapping points are located on the head, face, upper body and hands. Tapping on these points sends energy down the channels and clears any blockages. EFT is known as a mind/body technique because you are physically tapping on your body whilst you are focussing on your issue at the same time. It is this unique approach that makes EFT so effective.

## **Which Hand to Use/Side of Body to Tap**

Most people use their dominant hand to do the tapping, as this feels more natural. You can tap either side of the body or both at the same time. Experiment and see which feels more comfortable for you.

## **Intensity of Tapping**

Using one or two fingers, tap as if you were intending to make a noise on a table top and gently enough not to cause yourself any pain or discomfort. Practise on the back of your hand for a while until you feel you have the right pressure.

Then try tapping on each of the points, without saying anything, just to get used to tapping them. If you try this a few times, it'll be easier and more familiar when you actually start working on a real issue.

## Detailed EFT Procedure

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The basic steps can be broken down as follows:

- |   |   |              |
|---|---|--------------|
| <ol style="list-style-type: none"> <li>1. <b>A</b>ssess the problem</li> <li>2. <b>C</b>reate the statements</li> <li>3. <b>T</b>ap on the problem</li> </ol> | } | <b>A.C.T</b> |
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### 1. Assessing the Problem

Take a deep breath, relax and try to describe / define the problem as specifically as possible. This will help you really tune in to the right energy disruption.

Score the problem on a scale of 0 to 10, with 10 being the worst. For example if you had a headache 0 would mean you felt absolutely fine and 10 would be the maximum pain it could be. Take your best guess as to what this value is.

If you can't give it a number or if you are working with a child then use your hands, like a fisherman would show you the size of his catch. Far apart means it's the maximum intensity/problem and hands touching means no intensity/problem.

**Handy Hint: the more specific you can be the better results you're likely to get.**

Example: A headache with a score of 8.

### 2. Creating the Statements

Now you need to create **setup** and **reminder** phrases which also need to be as specific as possible.

**The setup phrase** has the following format:

- "Even though **{name problem}** I deeply and completely accept myself"
- or
- "Even though **{name emotion}** I deeply and completely accept myself"
- or
- "Even though **{name physical pain}** I deeply and completely accept myself"

### Examples

- Even though **I have this banging headache behind my right eye**, I deeply and completely accept myself.
- Even though **I'm terrified of spiders**, I deeply and completely accept myself.
- Even though **I'm so stressed out because of my job**, I deeply and completely accept myself.
- Even though **I'm worried I'll never get pregnant**, I deeply and completely accept myself.
- Even though **I'm scared of speaking to people**, I deeply and completely accept myself.
- Even though **I really crave this cigarette**, I deeply and completely accept myself.

- Even though **I really want to eat this chocolate cake**, I deeply and completely accept myself.
- Even though **I'm angry at my mother for lying to me**, I deeply and completely accept myself.

Repeat your set-up phrase three times whilst tapping on the karate chop point or rubbing your sore spot (see diagram). This gets over any internal resistance you have to overcoming the problem and instils a sense of acceptance of yourself even though you have the problem.

**The reminder phrase** is a summary of the problem and has the following format:

"{this problem}", "{this emotion}" or "{this physical pain}"

### Example

- "This banging headache behind my right eye"
- "I really want to eat this chocolate cake"
- "I'll never get pregnant"
- "I'm scared of talking to people"

### 3. Tapping Points

#### Karate Chop point



Karate Chop point

The Karate chop point lies on the side of either hand, between the base of the little finger and the crease of the wrist. It is the fleshy part where you would do a karate chop.

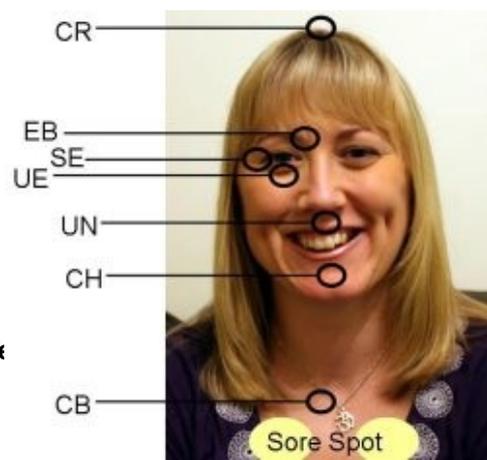
#### Sore Spot



The sore spots are located on the upper left or upper right chest, about 3 inches down and 3 inches left or right below your 'u' shaped notch in your breastbone. Rub around this area of your chest and it should feel slightly sore. Ensure when you rub that it doesn't hurt, though it might be a bit tender. This area is an area where lymphatic congestion occurs and rubbing it disperses it.

Tap about *7 times* on each of the following meridian points whilst saying *out loud* your Reminder phrase and focussing on the problem fully.

- EB - Beginning of the eyebrow
- SE - Side of the eye (on the socket bone)
- UE - Under the eye (mid eye on the socket bone)
- UN - Under the nose
- CH - Under the lower lip (on the chin)



## Free Flowing Energy

- CB - Collarbone (just below where collarbone joins breastbone)
  - UA - Under the arm (about 4" under the armpit, on the side of the body. Mid bra-strap for women. In line with the nipple for men)
  - TH - Outside edge of Thumb\*
  - IF - Outside edge of Index finger\*
  - MF - Outside edge of Middle finger\*
  - LF - Outside edge of Little finger\*
  - CR - Crown of head, towards the back
- \* = At the point in line with the base of the nail.



**Example**

- Eyebrow (EB) - this banging headache behind my right eye
- Side of the eye (SE) - this banging headache behind my right eye
- Under the eye (UE) - this banging headache behind my right eye
- Under the nose (UN) - this banging headache behind my right eye
- Chin (CH) - this banging headache behind my right eye
- Collarbone (CB) - this banging headache behind my right eye
- Under armpit (UA) - this banging headache behind my right eye
- Thumb (TH) - this banging headache behind my right eye
- Index Finger (IF) - this banging headache behind my right eye
- Middle Finger (MF) - this banging headache behind my right eye
- Little Finger (LF) - this banging headache behind my right eye
- Crown of head (CR) - this banging headache behind my right eye

Congratulations, you've just completed a round of EFT! Rest your hands and take a deep breath.

How does your problem, emotion or pain score now?

If it's zero then you are complete. If not then do some subsequent rounds until your score is zero. Don't worry if you need to do this, it's very normal. Most people need to tap for several rounds until they reach zero. If you are not getting results, try tuning in to the problem and make your statements even more specific. For complex and long standing issues, you will probably require many, many rounds of tapping, working on lots of different aspects (see page 11).

## Subsequent Rounds

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For subsequent rounds you'll need to change your setup & reminder phrases to reflect the progress you have made, however small it may seem.

Do this by inserting the words **still** and **remaining** in your set-up phrase for example;

- “Even though I **still** have **some** of this banging headache behind my right eye, I deeply and completely accept myself”
- “Even though I’m **still** terrified of spiders, I deeply and completely accept myself”
- “Even though I’m **still** worried I’ll never get pregnant, I deeply and completely accept myself”

Subsequent reminder phrases *also* use the words like **remaining / still / some of** etc to reflect that there is a portion of it left for example;

- “**Remaining** banging headache behind my right eye”
- “**Still** terrified of spiders”
- “**Remaining** worry I’ll never get pregnant”

## Testing

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There are a few ways to test that your score is really down to zero.

With something like a headache, just feel how much your head hurts after the rounds.

With a physical pain in your body try gently moving in a way that would normally cause discomfort but please don't injure yourself - *you are responsible for your own welfare here!*

With emotions like fear then you could try to evoking a reaction by closing your eyes and visualising the cause of your fear but again please ensure you keep yourself safe and do not attempt anything dangerous.

If you can't evoke an emotional response to the problem, you can attempt to test 'in real life situation' e.g. look at a spider if you had a fear of them, take a ride in a lift, go to the top of a tower block etc. **Please use common sense and avoid any dangerous situations!**

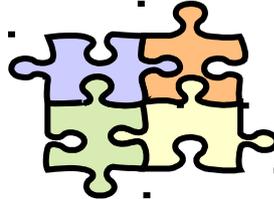
If after thoroughly testing with either visualisation or 'real life' tests you cannot evoke any reaction in yourself, then you are finished with that issue. If you feel some other emotions or pain, then adjust your statements and do more tapping.

## Aspects

Problems are often made up of different pieces just like a jigsaw puzzle so a great way to resolve issues more effectively is to break your problem into pieces or aspects then tap on each one.

For example if you thought about all the different aspects that made you afraid of spiders you might come up with a list like this:

- Don't like the look of them
- Hate the way they move
- Yucky sticky webs
- Too many legs



These might come easily to you, or you might have to do a little digging to work them out. Getting help from a friend or partner is a great way flesh out all the different aspects of your problem/phobia.

For complex issues, nothing beats working with an EFT practitioner who has been trained to help you get to the root cause of your issue – that could be me or someone else. I offer online EFT sessions worldwide. Simply call or email me to arrange your free confidential chat to see if you would like to work with me.

Checkout this website for a list of worldwide practitioners:

<http://www.aamet.org>

There could be hidden aspects to your issue that might not be obvious when you first start tapping. Unexpected thoughts and memories can pop up when you are tapping so whilst you might be tapping on how you hate the look of spiders, you may suddenly remember your Grandma freaking out and screaming when she saw a spider when you were 3.

This is probably the memory that will get you the results and could well be the trigger that caused your energy disruption. If this happens to you just tap on whatever you felt about that incident for example:

“Even though **Grandma scared me when she screamed because she saw a spider**, I deeply and completely accept myself”.

“Even though **Grandma freaked me out and made me scared of spiders too**, I deeply and completely accept myself and forgive my Grandma as she was just scared.”

Again there may be different aspects to this particular memory that you need to tap on. The key is to keep tapping on each particular aspect until they are all at zero. Quite often you won't need to tap on all of them. Once you have tapped on enough of them or “the main aspect” then usually all the other aspects get resolved. Remember to test after each aspect is down to zero, to ensure it is fully resolved.

## Shortcuts

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Even though an EFT round is very quick, there are even shorter versions available. I highly recommend that you use the full EFT round when you first start to ensure you become familiar and well experienced with it.

Once you feel comfortable with the technique and it is easy to remember, you can try out the shortcuts.

### Shortcut 1 - Missing out the fingers

You can miss out tapping the fingertips so the tapping sequence becomes:

- Eyebrow (EB)
- Side of Eye (SE)
- Under the eye (UE)
- Under the nose (UN)
- Chin (CH)
- Collarbone (CB)
- Under the arm (UA)
- Crown of the head (CR)

Many people find that they get just as good a result this way and it means the sequence is that bit quicker to perform.

### Shortcut 2 - Your point

Over time you may notice that certain EFT tapping points seem to affect you more than others. The key is to be observant during your tapping. You may feel tingling after tapping a certain point, for example. Many people find that there is one particular point which seems to have quite a profound effect on them.

If you notice a point that affects you more than others you can use it to your advantage in certain circumstances like when you feel anxious or stressed. You will still probably need to use the full sequence for most issues but try experimenting! You may even manage to do this in public, without drawing too much attention to yourself.

## 6 Tips to Overcome Blocks to Progress

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Sometimes people feel their progress seems slow so the following hints can be very helpful at these times. They wonder if they are doing it right. They have heard of these “1 minute wonders” and think - why is it taking so long for me? 1 minute wonders do sometimes happen, but more often it takes time and you have to explore your issue to get to the core of it.

Here are my **top 6 tips to overcome your blocks to progress**:

1. **Be more specific.** You could be generalising too much. Try breaking down the problem some more and being as specific as possible. Instead of saying “this anxiety” say “the anxiety I feel when I think about eating in public”
2. **Be persistent, be persistent, be persistent!!!!** - keep tapping on all the different aspects and emotions. Sometimes issues respond quickly and sometimes they need more work. If you don't get results straight away then keep at it. Keep checking your SUDS and re-tuning in to ensure you are staying focussed on the issue.
3. **Shout it out.** If your results are really slow then try speaking louder or even shouting the setup and reminder phrases. You might need to put more energy/focus into it. Ensure you do the full EFT round.
4. **Re-hydrate yourself.** If the problem does not respond try drinking some water and take a few deep breaths before resuming tapping again.
5. **Move it!** Try getting up and moving around and taking a break outside and getting some fresh air. Moving can help your energy move if it stuck. Give yourself some time for things to settle and then try again. Sometimes it takes awhile for us to realise an issue has changed.
6. **Eliminate toxins.** There could be environmental toxins interfering with your results. These could be electrical equipment (e.g. TVs, computers etc) or something you are wearing (e.g. man-made fibres or perfume/deodorants). It could also be you have eaten a food that interferes with your energy system. It can be helpful to keep a note of things that cause reactions in you and avoid them if possible. Try moving to another location, e.g. outdoors in the fresh air.

**If you are still not getting results after trying these then please contact a practitioner to help you. EFT has a very high success rate and sometimes you just need a helping hand. It is quite typical for us not to be able to see our problems clearly. With a little thoughtful questioning and guiding support we are able to see the wood through the trees!**

If you would like that practitioner to be me, please give me a call or drop me an email.

## **Try it on Everything!**

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Gary Craig the founder of EFT is often quoted as saying "Try it on everything". The website (<http://www.emofree.com>) contains many testimonials on a wide variety of issues. The fact is EFT is still relatively new and no-one yet knows the full potential of it. These are therefore exciting times. I encourage you to try tapping on all sorts of issues, emotions, pains etc that you have. Even if you think EFT won't work on that, just try it. At the very least, EFT will probably help you see the issue in a new light, or you might feel differently about it. Please remember to use caution here too - please do not attempt to treat someone else's long standing trauma if you are not qualified to do so. You do need to remember some common sense.

## **Documentary Film**

There is a documentary film called "The Tapping Solution" that introduces EFT wonderfully. It follows the story of 10 people who attend an EFT workshop, in the USA. It follows their progress from pre-workshop, to post-workshop and there are many amazing transformations along the way. It also features many of the world's leading experts in EFT (e.g. Carol Look & Patricia Carrington) and self development (e.g. Jack Canfield, Bob Proctor). This film is a fantastic way to introduce family, friends, neighbours and co-workers to the benefits of EFT. To purchase the film visit: <http://www.thetappingsolution.com>

EFT has been used to help a wide variety of problems including:

- Physical pain/Allergies
- Stress
- Anxiety/panic attacks
- Fears/phobias
- Infertility
- Weight loss
- Stop smoking and other addictions
- Anger/Guilt
- Grief and loss
- Insomnia
- Obsessive Compulsive Disorder
- Post Traumatic Stress Disorder
- Negative memories
- Abuse
- Enhancing peak performance (sports, public speaking)

I hope that you have enjoyed learning EFT and are beginning to start using this amazing tool to positively enhance your life. I also hope that my tips have helped you progress with EFT if you were previously stuck.

I love to hear how EFT has helped people, so please feel free to email me - [louise@freeflowingenergy.com](mailto:louise@freeflowingenergy.com). If you would like an EFT session with me then please contact me. I offer online sessions for your convenience and comfort. Full details are on the website.

Keep on tapping - your health is at your fingertips.

**Louise Tremayne**