



6 TIPS TO OVERCOME BLOCKS WITH EFT

Expert tips to help you get the most out of your tapping and supercharge your success.

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Learn the basics and how to maximise your results.

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1. INTRODUCTION

Congratulations, on downloading my eBook. If you want to get amazing results with EFT, then you need to learn more than just the basics. I share my wealth of experience here to make your tapping successful.

EFT is easy to learn, but if you just learn the basics you may not get great results. This is where I can help you.

Key Subjects

Here are the main benefits of this eBook:

- Easy to read details of the basic EFT technique.
- How to go deeper with testing and aspects.
- My 6 top tips to ensure you get great results.

I hope that you find this eBook helpful. I have helped hundreds of clients over the past 15 years and I am sure these tips will help you too.

Louise Tremayne

*"When you welcome your emotions
as teachers, every emotion brings
good news,
even the ones that are painful."*

Gary Zukav

CHAPTER 1

The Basics

In this section you will learn the basics of EFT.

2. Introducing EFT

EFT (Emotional Freedom Technique) 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 so much more.

EFT is a self-help tool, based on the principles of acupuncture **without** the needles. It involves gentle tapping with the fingertips on specific **natural comfort points** on the body.

When we are stressed, anxious or shocked we have a tendency to touch our face, hold our heads or rub our temples. What we are doing unconsciously, is accessing comforting points on our body that **soothe** us.

With EFT we actually **tune-in** to our stress, anxiety, emotion etc. whilst we **tap** with our fingertips on these specific points. This clears any blockages of energy, soothes our nervous system and has a **calming** effect on the amygdala in the brain (fight/flight/freeze response).

Many people are stuck in the **stress** response because of their jobs, family commitments, travel, technology etc. By tapping, we are sending a message to our body, that we are **safe** and that it is ok to relax. There is no sabre toothed tiger about to attack us!

3. The EFT Procedure

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 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.

Sometimes one round will be enough, but usually you will 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 focusing on your issue at the same time. It is this unique approach that makes EFT so effective.

4. How To Tap

The basic steps can be broken down as follows:

A.C.T.

1. Assess the problem
2. Create the statements
3. Tap on the problem

1. Assessing the Problem

Take a deep breath 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 1 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 banging headache behind my right eye 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”.

4. How To Tap Continued

“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 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 today, I deeply and completely accept myself.

Repeat your set-up phrase three times whilst tapping on the karate chop point (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}”

4. How To Tap Continued

Repeat your set-up phrase **three** times whilst tapping on the karate chop point (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’m craving this cigarette.”
- “I’m scared of talking to people.”

3. Tapping Points

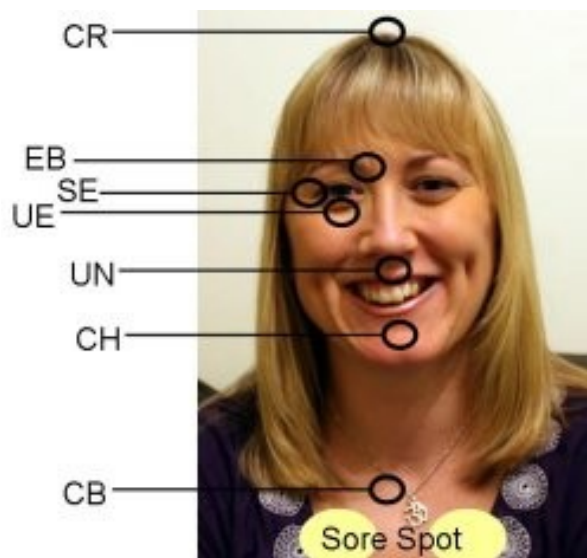
Karate Chop point

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.



Karate Chop point

5. Tapping Points



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 (in the chin crease)

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)

CR – Crown of head, towards the back

Tap about **7 times** on each of the above meridian points whilst saying *out loud* your **reminder phrase** and focusing on the problem fully.

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
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. The majority of people will 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.

6. Subsequent Rounds

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 **still** really want to eat this chocolate cake, 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** desire to eat this chocolate cake”.

7. Testing

Testing is a very important part of tapping. 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 use photos or videos to try to elicit a response, e.g. look at a photo or video of a spider. If there is still no reaction you can try attempt to test 'in real life situation' e.g. find a real spider or 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. In the next chapter you will read about aspects.

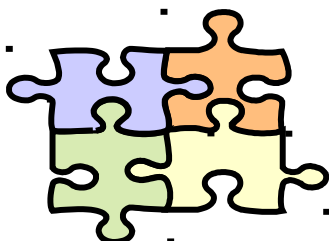
CHAPTER 2

Refining Your Tapping

In this section you will learn
more about the art of EFT

8. 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:

- They move too fast
- Yucky sticky webs
- Too many legs
- Scared of being bitten

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.

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 speed spiders move, you may suddenly remember your Grandma freaking out and screaming when she saw a spider when you were 3.

8. Aspects continued...

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.

9. Shortcuts

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 - 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.

Shortcut 2 – Just Tap Your Fingers

This is a great way to tap in public without anyone noticing. The fingertip points can be tapped discreetly with your hand in your lap or down by your side. Simply tap your thumb to each finger in turn. You can just do one hand or both hands. Again experiment and see what works best for you.

I often use finger tapping when I am walking and have done it in the middle of a meeting.

CHAPTER 3

Improving Your Results

In this section you will learn my top tips to make you even more successful

10. My 6 Top Tips

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 even 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.

10. My 6 Top Tips Continued...

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 need a **helping hand**. Also, there are advanced techniques and ways of working with memories in a gentle way that I am not able to share with you in this short eBook.

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 drop me an email.

11. What Can I Tap On?

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

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

I specialise in helping clients overcome stress and anxiety. I have many years experience working with these issues and have used EFT to overcome my own anxiety and to keep myself calm and grounded.

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**.

Keep on tapping – your stress relief is at your fingertips.

Louise

12. About The Author

I am a caring, empathetic EFT Practitioner and Therapist with over 20 years experience helping people. I specialise in helping clients overcome stress and anxiety. I offer online EFT sessions worldwide and face to face in Devon, UK. I am very experienced at working online and have worked with clients as far afield as Japan and USA.

I also offer Mindfulness Meditation, Reiki, Crystal Therapy and Coaching in addition to EFT. I run retreats and training courses both online and face to face.

Simply email me to arrange your free confidential chat to see if you would like to work with me.

louise@freeflowingenergy.com





Louise Tremayne

Accredited, Certified Advanced EFT Practitioner;
Mindfulness Teacher; Reiki Master Teacher;
Crystal Therapist and Coach.

<https://freeflowingenergy.com>