

# EFT

EFT tapping focuses on tapping the 12 meridian points of the body to relieve symptoms of a negative experience or emotion.



**THIS**  
BIRTH





EFT tapping can be divided into five steps. If you have more than one issue or fear, you can repeat this sequence to address it and reduce or eliminate the intensity of your negative feeling.

01

Identify the issue

02

Test the initial intensity  
0-10







**EFT tapping can be divided into five steps. If you have more than one issue or fear, you can repeat this sequence to address it and reduce or eliminate the intensity of your negative feeling.**

**03**

The setup:  
Even though I have this [fear or problem], I deeply and completely accept myself.

**04**

EFT tapping sequence



**The EFT tapping sequence is the methodic tapping on the ends of nine meridian points.**

There are 12 major meridians that mirror each side of the body and correspond to an internal organ. However, EFT mainly focuses on these nine:

- karate chop (KC): small intestine meridian
- top of head (TH): governing vessel
- eyebrow (EB): bladder meridian
- side of the eye (SE): gallbladder meridian
- under the eye (UE): stomach meridian
- under the nose (UN): governing vessel
- chin (Ch): central vessel
- beginning of the collarbone (CB): kidney meridian
- under the arm (UA): spleen meridian

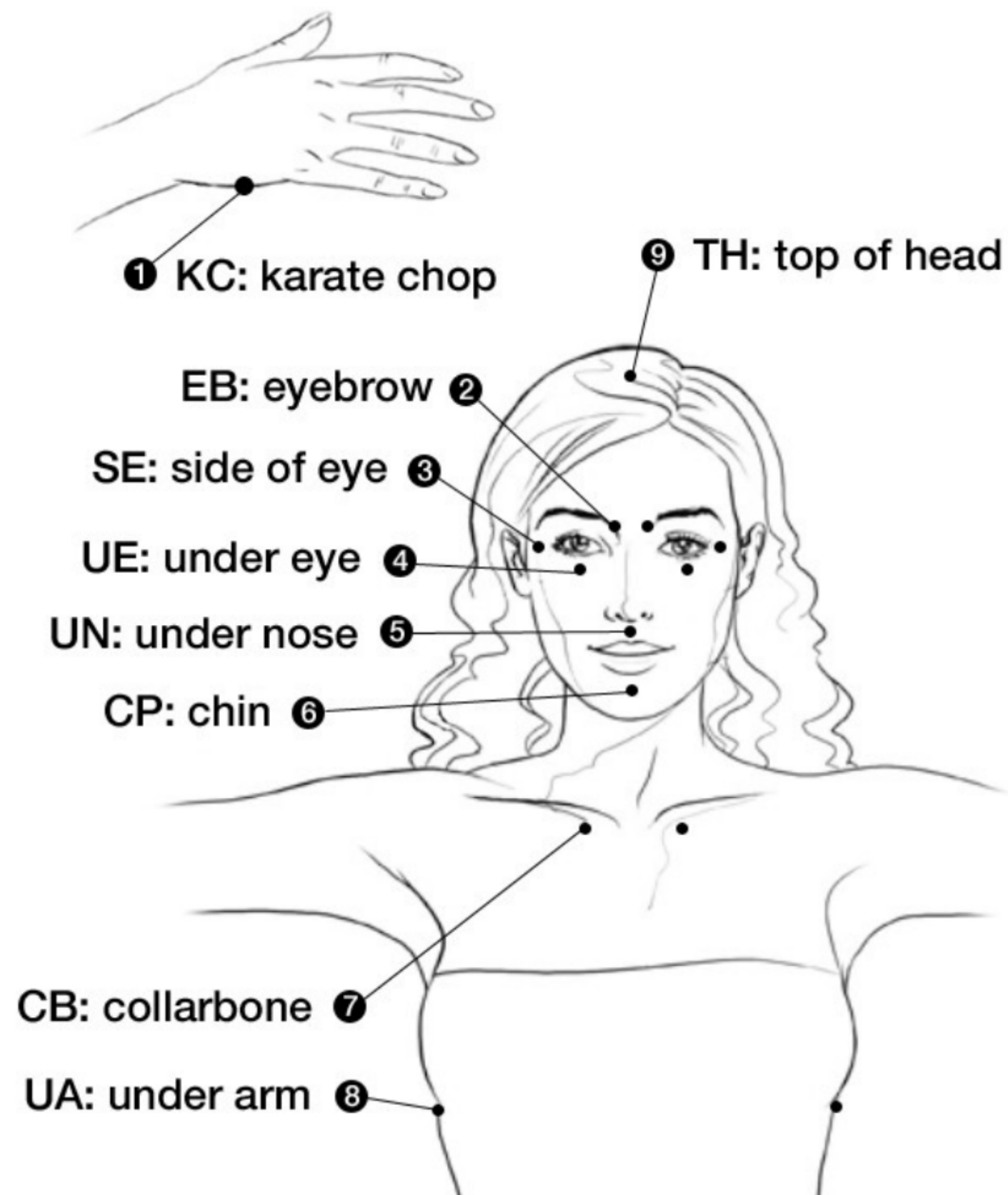


Begin by tapping the karate chop point while simultaneously reciting your setup phrase three times. Then, tap each following point seven times, moving down the body in this ascending order





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# 05

Test the final intensity  
At the end of your sequence,  
rate your intensity level on a  
scale from 0 to 10. Compare  
your results with your initial  
intensity level.







# Does it Work?

EFT has been used to effectively treat war veterans and active military with PTSD.

In a 2013 study, researchers studied the impact of EFT tapping on veterans with PTSD against those receiving standard care.

Within a month, participants receiving EFT coaching sessions had significantly reduced their psychological stress. In addition, more than half of the EFT test group no longer fit the criteria for PTSD.

There are also some success stories from people with anxiety using EFT tapping as an alternative treatment.

<https://pubmed.ncbi.nlm.nih.gov/23364126/>







2016 study compared the effectiveness of using EFT tapping over standard care options for anxiety symptoms. The study concluded there was a significant decrease in anxiety scores compared to participants receiving other care. However, further research is needed to compare EFT treatment with other cognitive therapy techniques.

<https://pubmed.ncbi.nlm.nih.gov/26894319/>



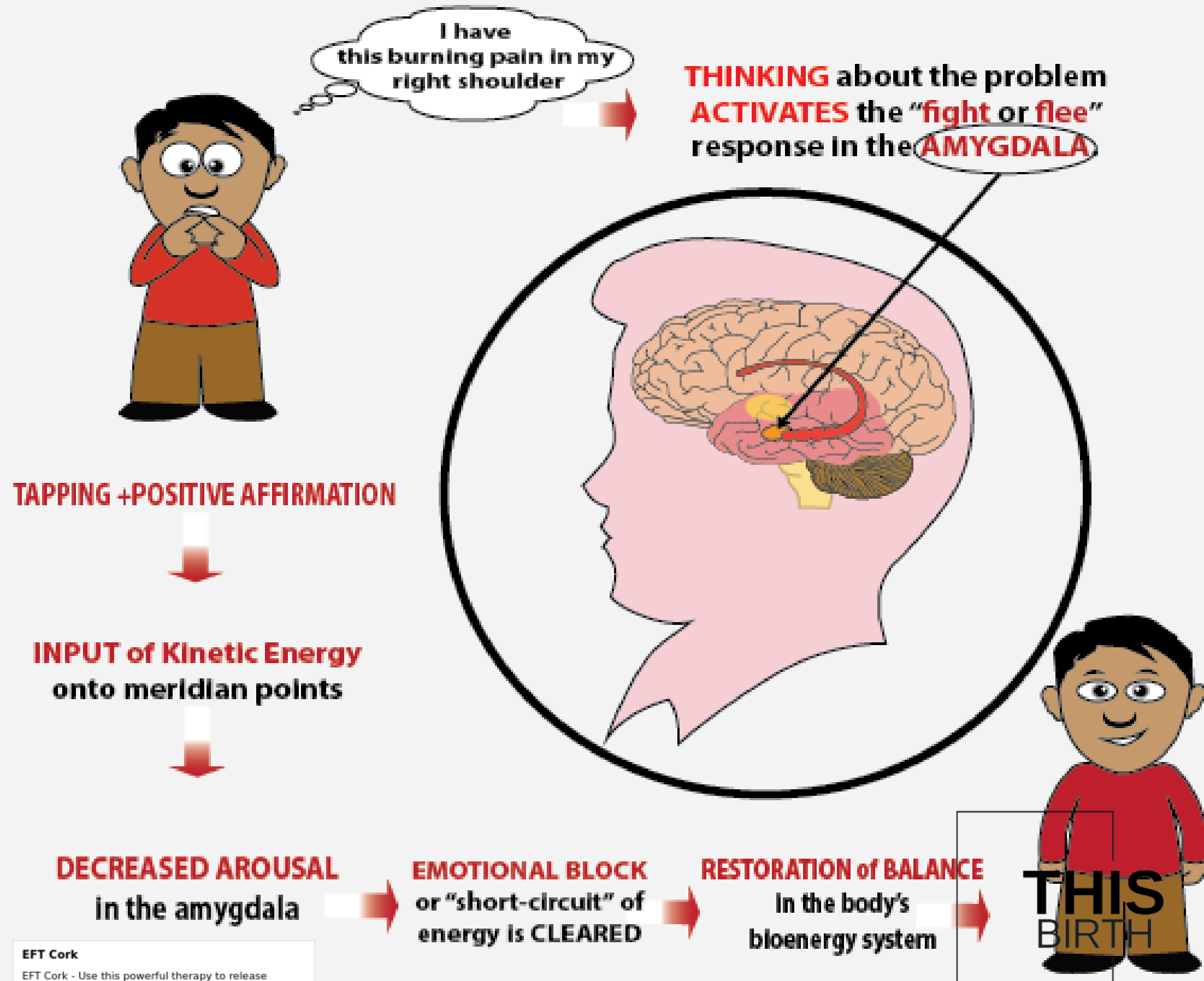


# The bottom line

EFT tapping is an alternative acupressure therapy treatment used to restore balance to your disrupted energy. It's been an authorized treatment for war veterans with PTSD, and it's demonstrated some benefits as a treatment for anxiety, depression, physical pain, and insomnia.

While there are some success stories, researchers are still investigating its effectiveness on other disorders and illnesses. Continue to seek traditional treatment options. However, if you decide to pursue this alternative therapy, consult with your doctor first to reduce the likelihood of injury or worsening symptoms.

# How EFT Tapping Works



**EFT Cork**  
EFT Cork - Use this powerful therapy to release trapped emotions, reduce pain and overcome emotional blockages. CALL CORK'S EFT MASTER NO...



# The Steps

- 1.** Name the issue/discomfort and rate it out of /10 if you wish.
- 2.** Tap on the Karate Chop point whilst acknowledging the problem:  
"Even though I have have this ..... (the problem), I choose to accept my self and how I feel."
- 3.** Tap around all of the points or tap on the points that are convenient, focussing on the problem. Do a few rounds repeating 'the issue'.
- 4.** When you feel a shift, (the intensity dropping) you can tap saying, "I choose to let this go now", "letting it go. letting it pass". Re-rate /10 if you wish.

## Other Options

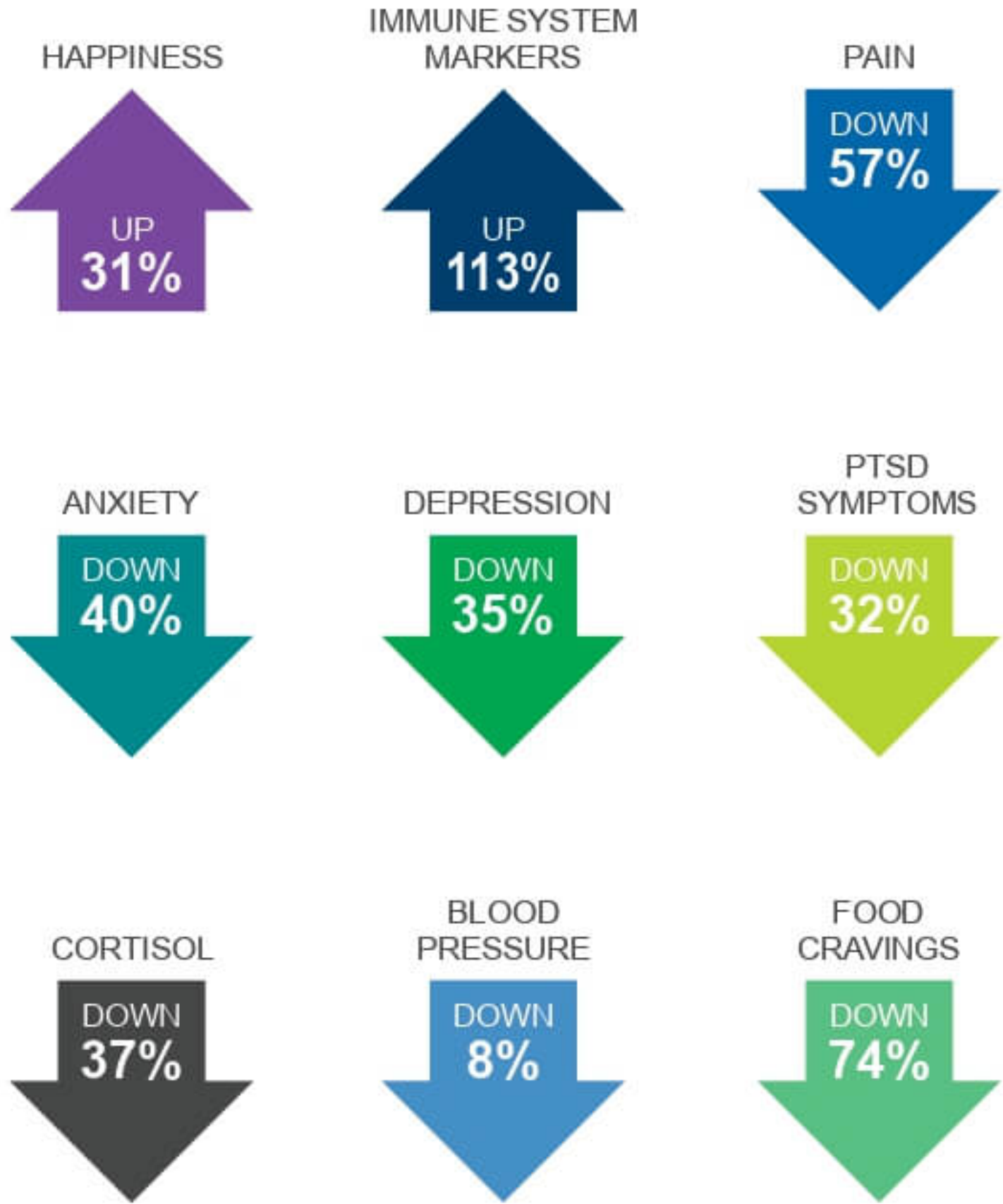

### TAP & BREATHE:

Simply Tap around the points and take slow, gentle breaths, taking a few deep breaths to re regulate the breathing.

### FEEL & TAP

Simply FEEL any discomfort or emotion etc and TAP on which ever points are convenient.



**EMOTIONAL FREEDOM TECHNIQUES**

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[Time To Thrive](#)



# Let's try!

