

Consciously Conquer

EFT-Tapping

Quick Start Guide

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Introduction to EFT

Feeling stressed and overwhelmed? The truth is, most people do and It's not your fault. The modern world bombards us with a nearly constant stream of real and *perceived* dangers. This constant stimulus, holds your body in a state of alarm and causes the nasty physical and emotional feelings that come with stress. It's the world we live in, but there's hope!

Today you'll be introduced to a self-help technique called EFT for powerful stress reduction. This technique is a highly effective way to retrain the mind and body all the way down to the nervous system level, to feel more peace, calm, relaxation, confidence and ease in life.

EFT or “emotional freedom technique” is often described as "modern psychology meets eastern traditional medicine" or emotional acupuncture. EFT combines gentle tapping on key acupuncture points while the client is asked to discuss or think about uncomfortable emotions, past traumas, food cravings, pain or any other problem. While recalling these thoughts and emotions, the client is encouraged to tap on nine different acupuncture points and in doing so, sends a calming signal to the amygdala of the brain (a stress response center). In the process, the "stress" is neutralized and the calming signal takes over in the brain, where a new neural pathway is created when recalling these emotions or events. We strive to eliminate the negative physical response that is tied to an emotion and release the emotional “charge”.

Negative emotions	Self doubt	Trauma
Low confidence	Anger/Rage	Sadness
Fears	Addictions	Weight loss
Phobias	Gastro-intestinal upset	Peak Performance
Chronic Pain	Grief	Fear of public speaking

Ground breaking research over the last 2 decades has consistently shown that EFT is both effective, efficient and scientifically sound.

Here's a quick look at recent findings:

Ongoing research at Harvard continues to show that **stimulating acupoints decreases limbic activity in the brain as seen on fMRI and PET scans**. Acupuncture is able to produce “extensive deactivation of the limbic-paralimbic-neocortical system”. The limbic system includes the amygdala, hippocampus, hypothalamus, thalamus and is known for regulating mood, emotions and behavior.

EFT has been shown to quickly and oftentimes permanently **deactivates the fear response in severe phobias**.

86% of Veterans with clinical PTSD are rehabilitated(**permanently sub-clinical**) after 6 sessions of EFT.

90% of Veterans did not relapse and were completely free of clinical symptoms related to PTSD.

6 genes associated with PTSD were downregulated after 10 weekly/1 hour sessions. The effect continued when looked at 6 months post treatment.

Just one hour of EFT has been shown to positively shift the gene expression of 72 genes.

Pain diminishes by an average of 68% with EFT

Studies have shown that EFT affects the human body as an **epigenetic intervention**, changing the hormonal, nervous, immune and neurotransmitter systems.

It's estimated that Energy Psychology(including EFT) can **save the US economy \$65 billion/year**

In a study designed to measure cortisol levels immediately after the completion of a **session**, **The average cortisol reduction of those who experienced an EFT Tapping session was 24%**, and even hit as high as **50% in some subjects**.

On the other hand, people who experienced traditional talk therapy or no treatment at all didn't experience any significant cortisol reduction

A 2009 study of institutionalized adolescent boys with histories of physical or psychological abuse showed substantially **decreased intensity of traumatic memories after just ONE session of EFT**.

Kaiser Permanente(treating 10 million patients a year) recently published PTSD treatment guidelines in their peer reviewed journal *The Permanente Journal*. The current recommendation is for 5 EFT sessions for someone at risk for PTSD and 10- hour long sessions for someone with full blown PTSD symptoms.

EFT Quick Start(method 1)

The following instructions are for a very basic introduction to EFT or “emotional freedom technique”. This is designed to get you started and give you a quick experience with the technique but there is SO much more to deepen, broaden and make this a powerful healing and stress reduction process. Enjoy sampling the “tapping” process but please keep in mind that sometimes we need to go deeper to get relief or need to reach out to a trained professional to get the healing our mind and bodies are asking for. Happy tapping:)

Begin by allowing your mind to focus on something that is causing you stress or a specific bothersome memory. The more specific and focused the better. Choosing a “person” is too broad but choosing one thing that person does that causes stress is a more specific target and will get you better results with tapping.

Notice how much stress you feel and where you feel it in your physical body(focusing on the one specific thing). Attempt to identify what emotion or feeling is the biggest. Give the stress a rating from 0-10. Write both the number and physical sensation down to track progress.

For self help purposes, pick something with a stress rating of 5 or less. Save the “big stuff” for working with a professional.

I feel my stress around/in my _____ (name the part/parts of my body and the sensation) and my energy feels _____.

I rate my stress as _____ on a scale of 0-10(10 being the highest).

The biggest emotion I'm feeling is _____.

While continuing to focus on the memory(freeze a snap-shot of it in your mind) try to identify the biggest feeling or emotion that goes with looking at this memory.

Next, gently tap with your fingertips 4-7 time on each of the following locations while you think or name the emotion out-loud and focus on the snap-shot memory(find a diagram of the tapping points on the last page of the guide):

Pinky side of the hand(where you would "karate chop something") say "this frustration"

Center/top of the head.....say out loud "this frustration" (or whatever emotion is coming up)

inside of the eyebrow...continue voicing the same emotion for each point

side of the eye... "this frustration"

under the eye... "this frustration"

under the nose... "this frustration"

on the chin... "this frustration"

hollow under the collarbone... "this frustration"

under the arm(4-5 inches below the armpit)... "this frustration"

Tap again through all of the points while continuing to focus on the emotion related to the thought or memory. There may be several different emotions all woven together but *pick the biggest first* and focus on that.

If you can't identify what the emotion is but can feel it *physically*, just focus on naming the physical sensation as you tap through the points.

For example... "tightness in my chest" or "heaviness in my arms" or "sinking in my stomach".

Now take a breath and evaluate how your *physical body* is responding and check your stress level. If you notice the intensity dropping and the physical sensation releasing, great!

Notice where your mind is focusing now and repeat the process.

What is the biggest emotion now(it may be the same or it may have changed)?

My biggest emotion is _____

I physically feel _____ when I connect with this thought and/or emotion/memory.

I rate it as _____ on a scale of 0-10.

As you tap, the emotion is likely to change from one emotion into another. For example fear rated an 8 may now be rated a 0 or 1 but now you feel sadness rated at an 8/10.

Continue to focus on the first emotion and where you feel activation in your physical body and continue to tap until it is below a 2.

Repeat the process and continue to check back in with the memory and feelings that go with it and move onto the next biggest emotion that comes up. The emotional

feelings and physical sensations will change and lessen as you tap. Continue the process until the stress dissipates and you rate it less than 2 out of 10 or below.

EFT Quick Start (Method 2) "Flash Tapping"

STEP 1. Zero in on something that is stressing you out and really bring it to mind. Be specific about your focus. For example, rather than picking an entire person that is distressing you, find one specific thing about them that bothers you and lock in on that for the process.

Notice how your physical body activates when you let yourself tune into the issue and really FEEL what emotions come up.

I feel _____ in my physical body thinking about this. Specifically I feel it _____ (name location and sensation).

The emotions that come up are _____.

STEP. 2. Ask yourself:

What about this really bothers me?

Finish the sentence... "and the worst part is...." Write down anything that comes to you.

STEP 3. Pretend that you embody a 2 year old and you could throw a little **tantrum** over this. Close your eyes and think about what's causing stress and tune into the tantrum and/or poor me voice that is playing in the back of your mind and start to write down what it is saying. I know this feels counterintuitive but give it a try. What is that "poor me" inner voice saying?

Write it all down and start tapping using the words and phrases you captured above..

STEP 4. Start to "rant" and tap. Tell the story and voice all of the things that you just captured. The more exaggerated the better. Continue tapping through all of the points and voicing(out loud if possible) all the things that are stressing you out.

This is like letting the steam out of a boiling kettle. The more you do it the better it feels but stay focused on the original target. Capture old memories that come up or other issues that may present as you start tapping but continue to tap and focus on the original target until the emotional "charge" and physical sensation release.

When something has been fully processed, you will be able to think and talk about it without any negative emotional response of physical activation.

Check in with your body after a few rounds of tapping and see if the physical activation has gone down.

Continue the process focusing on one aspect of your stress until you feel the emotional and physical intensity go down to a zero or a 1.

It is likely that as you use EFT your mind will begin to throw forward more memories and more situations that are distressing. These are things to write down as later work and for the “deeper dive” into the emotional healing. As you tap, gently and lovingly put the new things to the side and know that you can come back and do more work. Continue tapping on the original target until the “charge” and stress has gone down significantly. Sometimes this works in one round of tapping and other times it takes a few, but keep working through the process and focusing on one thing at a time and you’ll start to feel relief. If you do not, it’s time to do a deeper dive into the process of EFT.

Taking a deeper dive-

What I've given you today is just the tip of the iceberg for this technique. I call this “over the counter tapping”. You can think about it this way...

If you have a nasty infection or cancerous mass that is causing pain and dysfunction, and you take some over the counter medications, it's likely that your symptoms will improve to some degree but it will not get to the root cause of the issue.

Pain relievers and anti inflammatories may reduce the pain and swelling but the infection and/or mass will remain. If it's a long standing problem “over the counter” measures may not help at all. At this point what is needed is deeper investigation of the root cause of the issue as well as professional assistance with the healing process and possibly surgical intervention to remove the diseased tissue.

Your tapping journey will be no different. Most of us have issues that are very old and deeply embedded in our inner operating system and while the simple techniques above can be profoundly impactful for some issues, for others you'll need to go deeper with more advanced techniques.

If you find yourself tapping on your own and you don't experience a shift, it doesn't necessarily mean that the tapping itself isn't going to be effective for you. It's likely just an indication that there is a deeper issue at play (like the metaphor of an infection or tumor) that will require a trained professional and/or more advanced techniques to clear. Perhaps try the methods above another time with a smaller issue. Something more on the irritating or annoying spectrum.

IMPORTANT: Be sure to check in with your body as you tap. I often have clients report that the physical discomfort with the thought is gone but that it's still stressful. The mind can be stubborn and want to hold onto things so follow the body and as it feels better and trust that as your body relaxes you are making progress!

If you do not feel anything happening in the physical body, be sure to pay close attention to how your head is feeling. Sometimes we will contain emotion in our heads and start to get a headache as an indication of intensity.

As a reminder, tapping can be used to:

- Decrease stress/worry
- Eliminate cravings
- Reduce or remove chronic pain
- Neutralize emotional pain

- Release sadness and grief
- Improve sports performance
- Increase confidence in all areas
- Shift to a positive body image
- Break through procrastination
- Manage/treat PTSD
- Rewire the nervous system to feel safe after accidents
- Eliminate phobias and fears(fear of flying etc...)

How and why it works

Although the mechanisms are not completely understood at this point in time, we are quickly learning how EFT tapping calms the nervous system, regulates brain-waves and soothes the mind and body. Studies have shown that acupoints used in Chinese medicine directly affect the nervous system and brain.

Tapping gently on these acupoints, sends a calming signal to the amygdala of the brain and dials down the fear response. Brain waves regulate, the body relaxes and bodily systems responsible for “rest and digest” are upregulated while the “fight or flight” response is quickly turned off.

Tapping is a full sensory, somatic experience which means we are working with the body while tuning into thoughts and rewiring the response to stress and helping the body to feel safe again. By desensitizing old memories with tapping, we put painful emotional content in the past and release it from the body so that we can live freely and be more present.

For more information follow Kelly Howe Coaching on Facebook, Instagram and Youtube or visit www.kellyhowe.co

To learn more about the science of EFT and how & why it works, listen to my podcast interview with Dr. Peta Stapleton on The manifestation Lab podcast. [Click here to access the episode.](#)

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