

# Fundamentals of Emotional Freedom Technique (EFT)

## A Basic Tutorial

**Emotional Freedom Technique, or EFT** is a modern Energy Psychology technique developed by Gary Craig in the early 1990s and based in the ancient Chinese healing technique of acupuncture. It utilizes the same energy meridians as acupuncture, but instead of using needles to stimulate those meridians, the stimulation is provided by tapping on the meridian endpoints firmly with one's fingers.

EFT's therapeutic benefits are based upon a simple premise, called "**The Discovery Statement**" which states that "**The cause of all negative emotions is a disruption in the body's energy system**". If one accepts this premise, then it follows that all negative emotions can be eliminated by clearing those disruptions and obstructions and restoring balance to the body's energy system. The theoretical basis for EFT's efficacy is the idea that if one correctly stimulates the body's energy system while it is experiencing a state of disruption, that stimulation will clear the disruptions, re-balance the energy system and permanently release the troubling emotions which up to that point were creating distress and resisting release.

One "round" of EFT treatment comprises 4 phases: 1) The **Setup**; 2) the **Sequence**; 3) the **Nine Gamut**; and 4) The **Sequence** (repeated exactly as in Phase 2).

The **Setup** is designed to counter the phenomenon of **Psychological Reversal** (or Resistance, in therapeutic parlance) before actually treating the issue with the tapping procedure. Reversal is the unconscious process of sabotaging any attempts to release the reactions surrounding a particular issue due to a fear of losing any "secondary gain" that holding on to that issue has provided in the past. The **Setup** consists of either rubbing the **Sore Spot** (identified in the chart) with your fingertips while verbalizing aloud the **Setup Phrase**, or alternatively, tapping on the Karate Chop point.

The **Sequence** is the procedure of tapping with the fingertips on the acupuncture meridian endpoints identified in the tapping chart. Tapping should be done firmly but not uncomfortably with the tips of the first two fingers (to maximize surface contact on the meridian point), at a rate of about 2-4 taps per second. The **Reminder Phrase** is verbalized aloud as you tap on each point. Each point should be tapped on for at least 8-10 taps before moving on to the next point. Tapping on these points creates a bio-electric energy impulse that travels through the meridian and helps to clear the blockages that are present while a troublesome issue is being held in mind and the accompanying negative emotion is being experienced. Tapping may be done with either hand, and may be done on either side on points that have both a right and left side.

The **Nine Gamut** procedure consists of tapping with the fingertips on the Gamut point (also identified in the tapping chart) while performing a series of eye movements and vocalizations. These actions performed while tapping help to promote cortical integration and hemispheric balancing in the brain.

The Tapping Points are abbreviated as follows:

1. **EB**- Eyebrow Point. On the inside tip of the eyebrow.
2. **SE**- Side of the Eye. On the edge of the bone on the side of the eye orbit.
3. **UE**- Under the Eye. On the edge of the bone beneath the middle of the eye.
4. **UN**- Under the Nose and above the upper lip
5. **Ch**- Between Chin and lower lip
6. **CB**- Collar Bone. Actually on the spot where the sternum, collarbone and first rib meet.

7. **UA**- Under the Arm. On the side of the torso about 4 inches below the armpit and level with a man's nipple.
8. **Th**- Thumb. On the outer side of the thumb and in line with the beginning of the nailbed.
9. **IF**- Index finger. On the side toward the thumb and in line with the beginning of the nailbed.
10. **MF**- Middle Finger. On the side toward the Index Finger, in line with the beginning of the nailbed.
11. **BF**- Baby Finger (Pinky). On the side toward the Ring Finger, in line with the beginning of the nailbed.
12. **KC**- Karate Chop. On the side of the hand that would do a "karate chop". Midway between the wrist and the base knuckle of the pinky.
13. **TH**- Top of the Head. At the very vertex of the skull where the soft spot is.
14. **Gamut Point** – Between the last two knuckles of the hand and back about half an inch.
15. **Sore Spot**- This is the soft spot below the shoulder and about 3 inches to the left or right of the notch at the top of the sternum. This spot is not tapped on but rather massaged firmly with the fingertips.



**Standard Procedure:**

1. Choose a *specific* issue, emotion or event to work on, rather than a global one.
2. Before starting the procedure, establish a baseline by rating the intensity of the emotion or reaction you are experiencing using the **SUDs** (Subjective Units of Discomfort) Scale (ranging from 0 to 10, where 0 indicates NO discomfort and 10 indicates maximum discomfort).
3. Create a **Setup Phrase** which includes the issue you want to work on and the circumstances surrounding that issue (if appropriate). The Setup Phrase follows roughly the following format: **“Even though I have this (issue, emotion, problem), I deeply and completely love and accept myself.”** An example would be: “Even though I have this embarrassment because my third grade teacher ridiculed me in front of the class, I deeply and completely love and accept myself.”
4. Begin the round of treatment with the Setup procedure, stating the Setup Phrase aloud while either rubbing the sore spot or continuously tapping the Karate Chop point, and then proceed with the Sequence, the Nine Gamut and the Sequence repeated. As you tap at each point and perform the Nine Gamut activities, verbalize the **Reminder Phrase** (whatever emotion or issue was identified in the Setup Phrase). You may use either hand and rub or tap on either side of the body.
5. At the end of the round, check to see if the initial SUDs score has changed- up, down or no change.
6. If the SUDs score has reduced to zero, you’re done. If it has gone down some but not completely, do another round, starting with the Setup and modifying it by adding the word **“remaining”** to the Reminder Phrase, as in “Even though I have this *remaining* (issue), I deeply and completely....
7. Continue with the Sequence, Nine Gamut, and Sequence (repeated) using as the Reminder Phrase the words **“remaining (issue)”**.
8. Continue to perform as many complete rounds as necessary to reduce the SUDs score to zero.

### **Tapping Sequence**

The order in which the points are tapped in the Sequence is not important, but as a matter of convention and to help memorize the points for novice tappers, they are usually tapped on in the following order: **EB; SE; UE; UN; Ch; CB; UA; Th; IF; MF; BF; KC; TH.** Tap about 8 or more times at each point, verbalizing the reminder phrase while tapping.

### **The Nine Gamut Procedure**

While **continuously tapping the Gamut point**, perform the following actions, tapping about 8-10 times or more at the Gamut point during each action. The head should be held upright and steady, looking straight ahead, and should not move when the eyes move, and the Reminder phrase should be verbalized as you tap at each point. 1) Close your eyes; 2) Open your eyes, looking straight ahead; 3) Move your eyes to look hard down toward your right; 4) Move your eyes to look hard down to the left; 5) Circle your eyes as wide as possible clockwise all the way around; 6) Circle your eyes counterclockwise as wide as possible all the way around; 7) Hum about 5 seconds of any tune you choose; 8) Count to 5 over about 5 seconds; 9) Hum again as in Step 7.

**Repeat the Tapping Sequence as above**

You have completed one complete round of EFT treatment. Check your post-tapping SUDs level and repeat as necessary, checking the SUDs level after each round.

**Please see the complete [EFT manual](#) for more detailed instructions and guidance on how to maximize the benefits of EFT**

© 21 May 2010 Jim Giorgi/DoKwang Augenblick  
[www.brightpathway.com](http://www.brightpathway.com)