



What To Do if You're Triggered

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EFT Tapping Technique

Video Links

Big-Picture Explanation of the Method and How it Works:

<https://youtu.be/fStXnCuVB3Y>

Step-by-Step Explanation of Each Part: <https://youtu.be/o5DYZsToEMM>

Traditional Tapping Method Demonstrated: <https://youtu.be/mOFkZDrlqss>

Modified Tapping Method Demonstrated: <https://youtu.be/8l2UUyDuUiw>

What

Emotional Freedom Technique (EFT) is often called “tapping” for short. It’s a treatment for emotional distress and has been used to treat a wide range of symptoms--from anxiety to sexual abuse to PTSD (post-traumatic stress disorder).

By tapping on key points in the body’s energy system, we can send signals to the part of the brain that controls stress.

How

1. Identify an area of distress.
 - Focus on one issue at a time. The issue may be an emotion, a thought, a physical symptom, a behavioral or relational pattern, etc. It can be any area of your life that you want changed.
2. Create a phrase that:
 - Acknowledges the issue. Be real and authentic with how you feel.



- Accepts yourself despite the problem. You're not bad or wrong for having this issue. If you aren't able to accept yourself that might be a great issue to start tapping on (see Variations--Making it Your Own below).
 - Relates to you. Think of it as a conversation between your spirit and your flesh. In the safe, loving presence of your spirit, your flesh can acknowledge the struggles you're having. Allow the flesh-you to fully express all that you're struggling with without the fear of judgment or condemnation. This is about creating integrity and wholeness within yourself.
 - Common phrase: "Even though I [have this issue or problem], I love and accept myself."
 - Example: "Even though I feel ashamed that others can connect with God more easily than I can, I love and accept myself."
 - NOT: "Even though others can connect with God more easily than I can, I love and accept myself."
3. Tap.
- Tap each of the following points several times:
 - The inner edge of the eyebrows
 - Side of both eyes
 - Under both eyes
 - Under the nose
 - Above the chin (under the mouth)
 - Beginning of the collarbone on both sides
 - Under the arm on both sides (crossing arms to tap on the opposite side)
 - Top of the head
 - While tapping, recite the phrase you created in step 2.
 - Repeat this sequence several times.
 - Assess how you're feeling. You may repeat the entire sequence as many times as you feel you need.



- You can tap for a few minutes to an hour or more.

Variations - Making it Your Own

- 1) Some people integrate what is called the “karate chop” point at the beginning of each session. To do this, using either hand, tap on the fleshy part of the outside (lateral side) of your hand between your pinky and wrist (where you’d karate chop) while saying the entire phrase you created in step 2 above. Say the phrase several times before moving to the tapping points.
- 2) While tapping and thinking about the issue, say anything that comes to mind even if it’s different from your original phrase. Other thoughts and emotions may surface that may seem unrelated to the original issue you were addressing. Trust that this is your body’s way of showing you that the original issue is connected to others areas that need addressing too. Keep tapping in sequence until you sense you’ve addressed all related issues.

What You Might Experience

- 1) It is common for emotions to temporarily increase during tapping. It means the emotion that has been in your body is surfacing so it can be released. As you’re able, allow yourself to express it. It will subside as it runs its course. Remember that you are creating a loving, safe space for emotions that have previously been hidden--and consequently stuck in your body--to come out. If you find the emotion being released is too intense, feel free to slow down or stop the tapping session and revisit it again later.
- 2) For some people, expressing self-love can be difficult. First, please know that this is okay. The main thing is to be honest that you’re feeling that way without judgment. If you are not able to use a phrase expressing self-love feel free to use any phrase that would move you closer to healing, wholeness and integration. For example, you may replace “I love and accept myself” with “I am willing to consider loving and accepting myself” or simply “I am willing to consider accepting myself.” For some it may be an issue of establishing self-trust. A phrase like “I am willing to trust myself” may be a good place to start. Find a phrase that



works for you. As you're comfortable, continue to change the phrase to bring you closer and closer to a place of self-love. This may happen over multiple tapping sessions.

Does it Work?

Some studies report successful treatment of issues such as PTSD, anxiety, and many others using this method. In one study, veterans diagnosed with PTSD were treated with 6 sessions of EFT and compared to a group who did not receive EFT treatment. The EFT group had significantly reduced psychological distress and PTSD symptom levels. In addition, 90% of the EFT group no longer met the criteria for a PTSD diagnosis, compared with 4% in the group who didn't do EFT.

Reference: Dawson Church, et al. "Psychological trauma symptom improvement in veterans using emotional freedom techniques: a randomized controlled trial," *J. Ner. Ment. Dis.*, 2013 Feb. 201(2): 153-60, <https://pubmed.ncbi.nlm.nih.gov/23364126/>

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