

EMOTIONAL FREEDOM THERAPY



Tapping Workbook

eZodiacSigns

What is EFT tapping?

EFT (Emotional Freedom Technique), also known as "tapping", is a type of energy psychology that involves tapping on specific points on the body while focusing on a particular issue or problem.

The theory behind EFT is that negative emotions and physical symptoms are caused by disruptions in the body's energy system. By tapping on these points, while focusing on the issue at hand, we can release the blockages and restore the flow of energy, leading to relief from emotional and physical distress.

EFT tapping is a simple and easy-to-learn technique that can be used for a wide range of issues, such as anxiety, stress, pain, trauma, phobias, and limiting beliefs. It can be done alone or with the guidance of a trained practitioner. EFT has been shown to be effective in reducing symptoms of various conditions, and can be used as a complementary therapy alongside other treatments.

Overall, EFT tapping is a self-help technique that can help individuals manage their emotions and improve their well-being by releasing negative energy and promoting positive feelings.

How does it work?

The exact mechanism of how EFT (Emotional Freedom Techniques) works is not fully understood, but there are a few theories based on research and clinical observations. Here are some possible explanations:

Stimulating Acupressure Points: EFT involves tapping on specific acupressure points on the body while focusing on a particular issue or problem. According to Traditional Chinese Medicine (TCM), these points are located on meridians that carry the body's energy, or "qi". By tapping on these points, EFT may stimulate the flow of energy and restore balance to the body's energy system, leading to a reduction in negative emotions and physical symptoms.

Disrupting Neural Pathways: EFT may disrupt the neural pathways that are associated with negative emotions and physical symptoms. When we experience a traumatic event or negative emotion, it can create a strong neural pathway in the brain that becomes activated whenever we encounter similar triggers. By tapping on the acupressure points while focusing on the issue, EFT may disrupt these neural pathways and create a new, more positive association.

Psychological Reappraisal: EFT may help individuals to reframe their thoughts and emotions about a particular issue. By tapping on the issue while acknowledging the negative emotions, EFT may create a sense of acceptance and detachment, allowing individuals to view the issue from a different perspective and reframe it in a more positive way.

Stress Reduction: EFT may help to reduce stress and activate the body's relaxation response. When we are stressed, our body's sympathetic nervous system is activated, leading to a range of physiological changes such as increased heart rate and blood pressure. EFT may help to activate the parasympathetic nervous system, which is responsible for relaxation and rest, leading to a reduction in stress and a sense of calm.



Tapping points

Now we'll move on to the tapping points. For each point, tap firmly with two fingers while saying the relevant statement. Repeat each point three times before moving on to the next one. Here are the tapping points:

- | | | |
|----------------|---------------|-------------------------------------|
| 1. Top of head | 5. Under nose | 9. Karate chop point (side of hand) |
| 2. Eyebrow | 6. Chin | |
| 3. Side of eye | 7. Collarbone | |
| 4. Under eye | 8. Under arm | |

Script example

Now let's start tapping on the top of your head. Say this statement out loud three times, while tapping on the top of your head:

"Even though I have this (insert issue), I deeply and completely love and accept myself."

Now we'll move on to the tapping points. For each point, tap firmly with two fingers while saying the relevant statement. Repeat each point three times before moving on to the next one. Here are the tapping points:

Eyebrow: *"This (insert issue)."*

Side of eye: *"I feel (insert emotion)."*

Under eye: *"It's affecting me in this way (insert description)."*

Under nose: *"I'm ready to release this (insert issue)."*

Chin: *"I choose to let it go now."*

Collarbone: *"I deeply and completely accept myself."*

Under arm: *"I release this (insert issue) from my body and mind."*

Karate chop point: *"I am free from this (insert issue)."*

Take a deep breath and check in with yourself. Notice any changes in your physical sensations, emotions, or thoughts. Give the issue a rating again on a scale of 0 to 10. If it has decreased, you can repeat the tapping with a new statement that reflects any remaining intensity. If it hasn't changed, you can try tapping on a different aspect of the issue, or seek support from a trained EFT practitioner.

Tips for effectivity

- Remember that you can keep it simple when first trying it out: you can follow the script or craft your own with the intention of letting the negative feelings and thoughts go.
- It is recommendable to tap on an issue for at least 5 minutes at a time to ensure its effectivity. For the same reason, it's best to focus only on one issue in one tapping session.
- Remember to take care of yourself after the session. Drink water, rest, and be gentle with yourself. EFT can be a powerful tool for releasing stress and improving well-being, but it's important to listen to your body and respect your boundaries.
- Don't be afraid if you feel difficult emotions rise to the surface. Accept them, allow them to pass through you and they will calm down on their own.
- Remember, EFT tapping is a powerful tool for reducing stress and emotional tension, but it's not a substitute for professional medical or mental health care. If you have a serious or chronic health issue, seek the advice of a qualified healthcare professional.

Reflection & journaling

A series of horizontal dashed lines for writing.

Reflection & journaling

A series of 20 horizontal dashed lines for writing.