

Hypnotherapy Choice

EFT Methodology

The basic recipe for EFT is to tap on the points (indicated on the diagram below) Starting with the Karate chop point, moving to the face, then collar bone, then under arm, then the fingers starting with the index finger, working through to the little finger. Before you start assess your feelings/pain on a scale of 1-10, (10 being the worst)

Whilst you are tapping say statements related to your negative feelings or pain. The first statement should include the following:-

"Even though I (*Insert negative feeling e.g., feel miserable*) I deeply and completely accept myself".

Continue tapping on the points whilst saying out loud some statements in connection with your feelings.

For example if you were feeling a bit low or miserable you might say something like "I hate feeling miserable" then continue to tap on the rest of the points saying things that come into your mind which are related to your feelings.

This needs to be carried out once or twice until the negative emotion has reduced and the assessment figure you came to has reduced.

Then when the negative feeling is reduced do another round of tapping to create some positive feelings, the first statement in this round should include :-

"Even though I still (*E.g. feel miserable*) I deeply and completely accept myself".

Continue tapping saying positive statements for example "I am able to accept happiness" "I look forward to each day" "Every day in every way I get better and better".

Carry out these exercises at least twice per day.

The above is an overview to enable you to use EFT at home on a daily basis. When you visit me at my clinic a programme will be designed specifically for you addressing your individual needs.

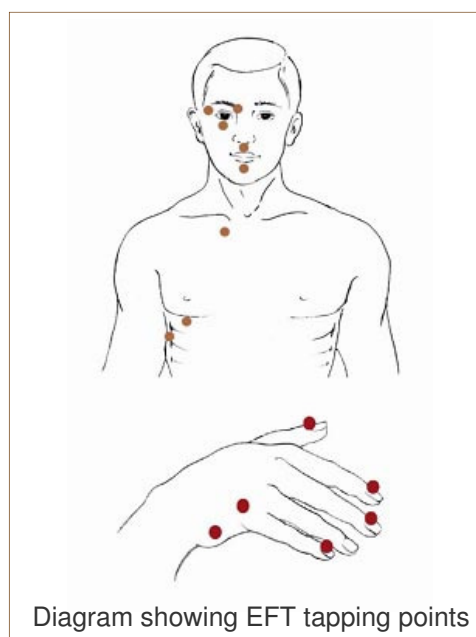


Diagram showing EFT tapping points