

## — Tips for getting the best from EFT

- 1 Tapping on the emotional charge of any issue when you are **tuned in/feeling triggered** makes EFT extremely effective. However, don't push through any overwhelm, take a break. Remember to be kind and gentle with yourself.
- 2 Tap on different aspects. An aspect is an important **feature** or **part** of an issue. An aspect can be an emotion, a smell, a look on someone's face, anything at all. Aspects will come up naturally as you tap, as one aspect resolves, another may appear. Don't despair, this is normal, usually issues have many aspects to them. You may even find that aspects start falling like dominos once you get to the core issue.
- 3 Say the 'unsayable' — even if just to yourself — your body knows you feel this way and is manifesting the symptoms. What you deny, bury or suppress will show up in your body. Don't worry about being positive or negative, just be true to how you feel.
- 4 Be totally and utterly honest with yourself. If you want to get rid of something, tap on that. Don't pretend you feel the way you don't, let it rip and watch the relief in your system as it releases the stresses you've been holding.
- 5 Be specific, you will see results a lot sooner. For example, the belief 'I am not good enough' has evidence to support it. You can tap on the belief itself by rating its truth from 0 to 10, 0 being false and 10 being as true as it can be, and watch as that 'truth' collapses. Or you can tap on the specific events, the evidence, that hold the belief up. Both will work, but you will see results faster if you tap on the specific events, and as a result feel more encouraged with the EFT procedure.
- 6 Make a list of all the feelings and emotions that you find hard to feel and the reasons why. For example, disloyalty can be a huge block when it comes to expressing how you feel about a family member, as is the resulting guilt. Or maybe a particular feeling is too painful to feel so you avoid it (write down how and tap on it) and so on.
- 7 The 'right' words are always **your words**, repeat the words/feelings that have the biggest emotional charge for you as you tap. You could also have a conversation with yourself as you tap. If you doubt that you can find the right words, tap on trusting your self or just tap on how you feel without talking.
- 8 Experiment with the karate chop point and the sore spot and see which is more effective at correcting psychological reversal (PR) – any objection, conscious or unconscious, that you may have to healing. Try also tapping without the set up, if your distress doesn't come down, put it back in. Start trusting yourself as to whether you need to correct for PR or not.
- 9 You can tap on physical or emotional symptoms, our body speaks our mind, so both are tappable. Very often, how we feel about having a physical symptom/dis-ease will be a repeating emotional/energetic pattern in our life, once resolved the dis-ease or symptoms usually fade too.
- 10 If you are feeling really upset or overwhelmed, continuously tap until you feel calmer, even on one point, the collar bone or gamut spot for example, you don't need to say anything as you are already tuned in to what disturbed you. This really is an ideal time to tap if you can stay with it.