



# **Jumping for Joy!**

**How to Feel Great with  
Emotional Freedom Techniques**

**By Caroline Crosbie**

## **CONTENTS**

<b>Jumping for Joy.....</b>	<b>3</b>
<b>What is EFT? .....</b>	<b>5</b>
<b>What can EFT be used for? .....</b>	<b>6</b>
<b>The Benefits of EFT.....</b>	<b>6</b>
<b>Before Getting Started.....</b>	<b>7</b>
<b>The 4 Stages of Learning.....</b>	<b>7</b>
<b>The Basic EFT Recipe.....</b>	<b>8</b>
<b>The Setup.....</b>	<b>10</b>
<b>Location of Tapping Points for the Setup.....</b>	<b>11</b>
<b>Location of Tapping Points for the Sequence.....</b>	<b>12</b>
<b>Location of Tapping points for the 9 Gamut .....</b>	<b>14</b>
<b>Some Tapping Pointers.....</b>	<b>14</b>
<b>Let's Get Started.....</b>	<b>15</b>
<b>The EFT Shortcut Recipe.....</b>	<b>17</b>
<b>Tips for Improved Success.....</b>	<b>18</b>
<b>The Importance of Language.....</b>	<b>19</b>
<b>Look out for Aspects.....</b>	<b>20</b>
<b>Time to Recap and Go with the Flow.....</b>	<b>22</b>
<b>Reasons Why EFT may seem Slow to Work.....</b>	<b>22</b>
<b>The Last Word.....</b>	<b>24</b>
<b>About Caroline.....</b>	<b>25</b>

## Jumping for Joy

“Jumping for joy?” I hear you say. “Oh What a Feeling” says I...thanks to the power of classical conditioning and the clever advertising campaign of a car company that we all know so well!

So, when is the last time *you* jumped for joy? I'm talking figuratively here by the way as I'm not a personal trainer and it isn't my intention to come up with a physical workout plan to increase your muscle mass, raise your cardio levels or up your energy levels to the extent that you can bound like a springbok or jump into the ethers on an invisible trampoline. I'm exhausted just thinking about it!

It *is* my intention however to take one of the above...the concept of energy...and to look at it from a different perspective and who knows, maybe at some stage in the future, you'll succumb to some classical conditioning and start associating the word energy and activities associated with it with ease, lightness and JOY.

Let me get back to the initial question though. It's an interesting one isn't it? You know, Marci Shimoff in her book *Happy for No Reason* has an expression about the mind that I love. She says that 'the mind is like Velcro for negativity and Teflon for positivity', and as such there's a good chance that as you search the memory banks for answers to that question, a number of you are probably thinking about all the times you *haven't* jumped for joy.



Hopefully after you've read this book and applied some of the techniques, you'll be able to see things from a more positive angle and be jumping for joy!

Joy is our natural state. We come into this world as 'bundles of joy' (can't you picture all the newborn baby cards?) but somehow seem to forget this as we mature and grow and in the process tend to screw things up a little along the way, succumbing to the slings and arrows of LIFE.

This radiating joy tends to get obscured as we create weather patterns that generally conjure up images of blue skies, sun, sea and serenity NOT and shroud ourselves in clouds of negativity, fear, frustration, anger, anxiety, sadness and all those other lower emotions we are all too familiar with.

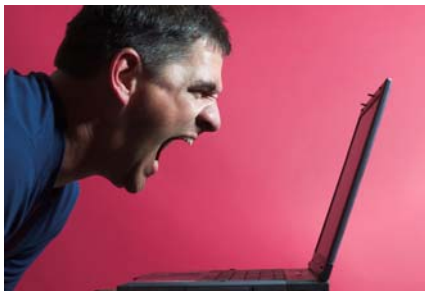
So-called negative emotions are not unhealthy. Don't get me wrong. They are part and parcel of life. It's through contrast that we get clarity. It's just not cool swilling around in them for too long. We need to let them flow through us.

The good news is that joy is ever present and can be re-harnessed if we choose to tap into it, *tap* being the operative word here (which will become more apparent as you read on). Just know that joy *is* on tap and at your disposal, anytime, anyplace, anywhere....just like the technique I'm going to show you how to use in this book to harness it. It's called Emotional Freedom Techniques, or EFT for short.

EFT is a tool to use in conjunction with other tools and techniques you may have in your personal/professional development toolkit. Take stress for example. Stress is undoubtedly a major cause of disorders and general illness in our world today and much has been written on the topic. Apart from adversely affecting our individual wellbeing, annually, it accounts for millions of dollars in lost productivity and revenue.

It's a Biggie and it affects us all differently, but one thing for sure is that EFT fits very nicely into any stress management plan because it can positively impact our emotional, mental and physical wellbeing, the 3 areas that stress tends to bite the most.

Take note that I said *part* of any management plan and here's why....if you're stressed at work, it may be because you don't get along with your boss and have anger issues. You can use EFT to effectively bring down your anger levels but it won't bring down your boss! Maybe you need to learn to communicate more effectively.



Then again you may be stressed at work, not because of your boss but because you're in the wrong work environment, in an environment that doesn't suit your personality style. While EFT can provide you some temporary stress relief in this regard, a correct job placement will

ultimately lower stress levels and in the process will save your employer a bucket load in costs associated with stress leave, absenteeism and staff turnover.

You may be stressed because you've got too much on and are suffering from overwhelm. EFT will most definitely help calm you down and allow you to think more clearly and more rationally but it won't necessarily 'fix' the problem. Perhaps you need to work on your time management or need some help getting clarity around your goals.

All up...it's a nifty tool. All I can say now is...read on and enjoy...aka 'in-joy'.

## What is EFT?

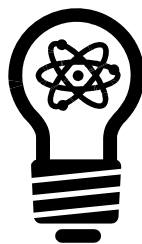
Introduced by Gary Craig in 1995, Emotional Freedom Techniques (EFT) is a simple procedure that takes a leaf out of the Yellow Pages in that it *'let's your fingers do the walking'*. That's about all they have in common though as EFT falls under the umbrella of "Energy Therapies", not telephone directories!



Yikes. Now you're probably running for cover with music from the Twilight Zone and all things weird and whacky coming to mind, but hang in there a second and hold off on all judgment because EFT is fast becoming recognised by mainstream psychology because of its 'can do' results. It's actually a powerful healing tool. No kidding.

Based on the ancient principles of acupuncture (key word here being *based*), what it does is address unresolved emotional issues that negatively impact on our physical, emotional and psychological wellbeing.

How is this done? Easy! It's done using a simple and painless (no needles...I said *based on*, remember?) tapping procedure that gently realigns the body's energy system. By the way, strategies for sensing and correcting imbalances in the body's energy system have been around for yonks....we're talking 5,000+ years here, so it is truly an ancient principle.



Believe it or not (beginning to sound like Ripley here), we are more than a bag of bones and chemicals. We are energetic beings, and whilst energy takes on many forms, the kinds involved in EFT focus on the body's electrical, electromagnetic and subtle energy field (3 cheers for Einstein). Did you know that 9 energy systems have been discovered in the human body? I just thought I'd throw that in for good measure.

Meanwhile...back to EFT. It works on the premise that negative thoughts, memories and/or experiences cause disruptions in the body's energy meridians, resulting in physical, psychological or emotional pain.

Energy meridians, for the uninitiated, are the body's *energy bloodstream*. In the way that arteries transport blood throughout the body, the meridians transport energy. This life force keeps our metabolism in check, affects how our cells change, clears blockages and is actually as important as blood flow. How often do we consider this? Hardly ever I reckon. No energy, no life. Pardon the pun but I'm being dead serious! The meridians include 14 'energy arteries' that feed every organ and every physiological system in our body. Blockages in the energy system invariably spell trouble and precede illness. Hmmmm...food for thought.

When applied properly though, EFT re-balances the energy disruptions and in the process dissolves associated symptoms, leaving the person with an experience of ease....of *emotional freedom*.

The good news is that EFT is easy to learn and is a highly effective self-help tool. So, time to go through your tool box and create some space for this nifty tool because you're likely to use it once you get cracking.

Not only has it wide appeal because of its effects (which are usually rapid and long lasting) but also because it can be used to work on a variety of issues. Have a look at the types of issues it can be used for and the benefits it provides:

### **What can EFT be used for?**

- Fears and Phobias
- Addictions (including weight loss)
- Emotional/Physical/ Sexual Abuse
- Physical/Emotional pain (including PTSD)
- Headaches and Migraines
- Sports Performance
- Allergies and Sensitiveness
- Self-Image/Confidence Issues
- Attracting Success and Abundance
- Chronic Illness
- And more...

### **The Benefits of EFT**

- ✓ It's safe
- ✓ It's simple
- ✓ Anyone can use it to deal with 'everyday issues'
- ✓ It can release 'stuck' emotions and weaken negative beliefs
- ✓ It's relaxing
- ✓ It's quick and easy to learn
- ✓ It often has fast results
- ✓ It has a high success rate
- ✓ You don't have to believe in it for it to work
- ✓ It can be tried on anything!

## Before Getting Started

Now that you know how useful EFT is for reducing stress and dealing with any number of issues, let's get down to the business of tapping so that you can test drive the technique for yourself.

Remember that EFT is a highly forgiving process, so you can't get it wrong or make a mistake. If you find however that you're having limited success when you first start out, chances are it's not that it isn't working but that you're not hitting the right target.



### The 4 Stages of Learning

I've had a few clients in the past almost give up trying the tapping by themselves in the early stages of learning because they felt too overwhelmed or confused with the wording or too focused on getting things right. Ironically these are all great issues to tap on but you've got to hang in there and get the knack of the technique to get the results.

It's therefore probably a good idea at this point to remind you (if you weren't already aware) that there are 4 stages that we naturally progress through when learning any new skill, and the chances are that as an EFT newbie, you are at the second stage, that of *conscious incompetence* (the first stage, *unconscious incompetence*, is when you're blissfully ignorant of the fact that you don't know).

Stage 2 is the most difficult stage in that *you know that you don't know how to do it yet*. It's often at this point that people give up. So if you find yourself saying "this is too hard/it's too confusing/I'm all fingers and thumbs/I'll never remember it etc", think back to what it was like when you first learnt how to ride a bike or drive a car and give yourself a break!



Remind yourself that it did in fact get easier and that you did move through to stage 3 (*conscious competence*). At the conscious competence stage you're getting the hang of things and whilst you know that you know how to do it, you're not yet totally at ease and are usually still a bit self-conscious.

Rest assured that if you stick with practising, in no time you'll be able to do rounds of EFT in your sleep so to speak. You'll have reached the last stage (*unconscious competence*) and will be able perform the procedure without thinking. You'll then have this wonderful self-help tool under your belt and at your fingertips to use whenever you feel the need. Now isn't this something worth giving your attention to? So, just to recap, here are the 4 stages of learning:

1. Unconscious Incompetence
2. Conscious Incompetence
3. Conscious Competence
4. Unconscious Incompetence

## The Basic EFT Recipe

You might well be wondering what a recipe has to do with Emotional Freedom Techniques and rightly so.

Gary Craig, the founder of EFT, came up with a BASIC RECIPE with 3 core ingredients to make the tapping procedure easy for people to remember.



Now if you're a seasoned fan of cooking, it's most likely that you'll enjoy improvising and coming up with new dishes by combining various ingredients instead of following recipes to the letter T.

Similarly, in the world of EFT, seasoned EFT'ers have taken the Basic Recipe and over time have added and removed ingredients, coming up with their own versions of the "dish" and in the process have renamed it. Whilst this is a natural evolutionary process with any new modality, for the purposes of this book we'll first outline the official EFT version, and in doing so will be looking at the original Basic Recipe and then we'll take a look at the Shortcut Recipe.

Have a read through both before tying your apron strings and know that **the Shortcut Recipe is usually all you'll need to start generating results.**

When it comes to reproducing delicious dishes, if you use the right ingredients and follow the recipe carefully, you're likely to produce a successful result. The same is true with the EFT Basic Recipe when it comes to achieving positive emotional outcomes.



Mind you, a lot of people fall into the trap of having the right ingredients but not following the recipe fully and the result is often different. The same is true for EFT.

Let's say you want to bake a sponge cake. The success of your sponge will depend not only on the ingredients listed but also on other factors, such as pre-heating the oven to the correct temperature, using the right utensils and tins, making sure the eggs are at room temperature, greasing the tins properly and so on and so forth.

In the same way, your success with EFT will depend on other factors too, such as Psychological Reversal, Aspects, Specifics and even Hydration to name a few, all of which will affect the outcome and all of which will be covered a little further on in this book.

Let's use hydration as an example to highlight the importance of considering all the factors when looking at outcomes (and remember, if you're at the conscious incompetence stage of learning, chances are you won't remember everything straight away and that's okay. The idea is to get your fingers working and to gradually build on your skills).

If you set out to have a tapping session with yourself and you're dehydrated, it's highly likely that the tapping won't work, as EFT frees up blockages in the subtle energies in your body's electrical system and gets the energy flowing again. Since water conducts electricity, if your "batteries" are dry, the procedure won't work as well.



Still sticking with the analogy of cooking, and baking a sponge more specifically (you might be craving food by the time you finish reading this but the great news is that EFT is great for cravings), instead of first creaming your butter and systematically adding the remaining ingredients, it's possible to take a shortcut and do an all-in-one recipe.

We too will be looking at a shortcut/all-in-one version of EFT but first we'll cover the full version as knowing all the steps obviously has its advantages.

The 3 main ingredients for the Basic Recipe and the order in which they are presented are:

- 1. The Setup**
- 2. The Sequence**
- 3. The 9-Gamut**
- 4. The Sequence (this ingredient is used twice)**

## The Setup

The Setup does exactly as described; it sets the body's energy system up so that the tapping can work. It's akin to making sure the power is switched on at the wall before turning on your TV. Gary Craig uses the analogy of a battery to describe how important it is to make sure the energy system in our body has correct polarity alignment for the tapping to work.



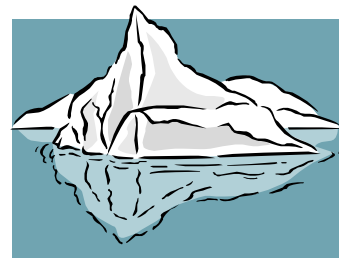
Like a battery, our body has + and – polarities and if these become reversed or flipped, as can happen at times, the energy system won't respond to the tapping. As with any gadget that's battery operated, if you insert the batteries the wrong way and then hit the on or play button, nothing will happen. Essentially the Setup corrects for Polarity Reversal.

Polarity Reversal is also known as Psychological Reversal (PR). Psychological reversal is all about subconscious resistance to change. In all likelihood there may be certain thoughts, feelings and/or behaviours that you would like to change, but bringing about change isn't always straight forward.

Does the concept of self-sabotage ring a bell? Have you ever tried to change an aspect of yourself only to sabotage your efforts at the last minute when all is seemingly going well? Chances are that your subconscious mind has reared its lovely head and taken control.

Let's look at the mind for a moment. Believe it or not, your conscious mind accounts for roughly only 10% of your thinking, whereas your subconscious mind accounts for a whacking 90% and as such, it's a tour de force to be reckoned with! It's a bit like an iceberg in that what appears to be a small tip above the surface of the water, in all likelihood has a massive piece lurking underneath.

So, what does this powerful 'invisible' force do? Well, as mentioned before, it runs the show in that it keeps your heart ticking, maintains all bodily functions and in essence, preserves the body (are you aware that there's blood pumping through veins right now? Bet you weren't even conscious of your toes till they were mentioned!).



Your subconscious is the storehouse for memories, core beliefs, values, doubts, fears and more.

Have you ever zoned out while driving and wondered how you safely got to your destination? Well, you may thank your subconscious mind for showing up and getting you there in one safe piece (note also that you're probably a stage 4 learner i.e. unconsciously competent, unconscious being the operative word). Preserve the body is what it certainly does!

The concept of Psychological Reversal was brought to light by Roger Callaghan (clinical psychologist in the US and founder of Thought Field Therapy (TFT) the precursor to EFT), who realised when working with a number of women struggling to lose weight and to keep it off that the desires of their subconscious mind were at odds with those of their conscious mind.

Whilst his clients consciously and in all truth stated that they wanted to lose weight, results from muscle testing (a form of Applied Kinesiology) quite clearly demonstrated that subconsciously they were happy just as they were. Needless to say this was highly revealing to all parties concerned and more than a little confronting to some!

Negative, self-defeating thinking (which is often subconscious) causes PR, which the Setup will help keep in check. Given that it's not present in the majority of people, you might think 'why bother with the Setup?' The simple answer to this is 'why not cover your bets...it only takes about 15 seconds to perform. There's nothing to lose.'

So, to sum up...we have 3 ingredients/processes in the full EFT recipe: The Setup, the Sequence (performed twice) and the 9 Gamut.

Where to from here? Let's now look at the location of the tapping points on the body so that we can perform the above and get cracking with some EFT.

## **Location of Tapping/Rubbing Points for the Setup**

You have a choice of either rubbing a 'Sore Spot' on your chest or tapping on the 'Karate Chop' point on your hand. Sound weird? You bet but stay tuned!

Sore spots are neurolymphatic reflex points along the central meridian. The function of the lymphatic system is to remove toxins from the body, but as toxins build up and the system becomes sluggish, energies become blocked and the points feel sore.

Rubbing or massaging these points helps to stimulate and increase the flow of the lymphatic system by diffusing the toxins, and in doing so it increases the

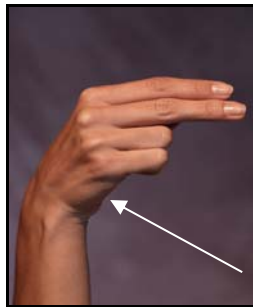
flow of energy throughout the body. Worth doing? You bet. In addition, rubbing or massaging these points while repeating an affirmation has the added benefit of overcoming subconscious resistance in the form of...yes, you guessed....Psychological Reversal.

Have a look at figure 1 and see where the sore spots are located. They are roughly 7.5cm (3 inches) down from the U-shape notch at the breastbone (where a man would knot his tie) and 7.5cm to the right or left across the chest.



**Figure 1**

Now take your fingers and press different parts of your chest, especially close to the arm area and see if you can find any.



**Figure 2**

In figure 2, locate the Karate Chop (KC) point on the fleshy part of the side of the hand between the end of the little finger and the top of the wrist. The KC point is the preferred point for most people.

Let's now look at where the acupressure points are located for the rest of the procedure and also at some tapping pointers.

## **Location of Tapping Points for the Sequence**

Look at *Figure 3* on the next page and you'll see the tapping points for the head and upper body as follows:

- Top of the Head (TH) – at the crown.
- Beginning of the Eyebrow (BE) – at the start of the eyebrow, above the nose.
- Side of the Eye (SE) – on the bone at the outside corner of the eye.
- Under the Eye (UE) – on the cheekbone, 6cm (2 inches) below the pupil.
- Under the Nose (UN) – midway between the bottom of the nose the top of the upper lip.

- Chin (CH) – in the cleft between the bottom lip and the bottom of the chin.
- Collarbone (CB) – locate the U-shape notch at the breastbone (where a man would knot his tie) and go 2.5cm (1inch) down and 2.5cm across from there (below the collarbone corners).
- Under the Arm (UA) – 10cm (4 inches) from the armpit. For men this is in line with the nipple and for women, it's in the centre of the bra strap.

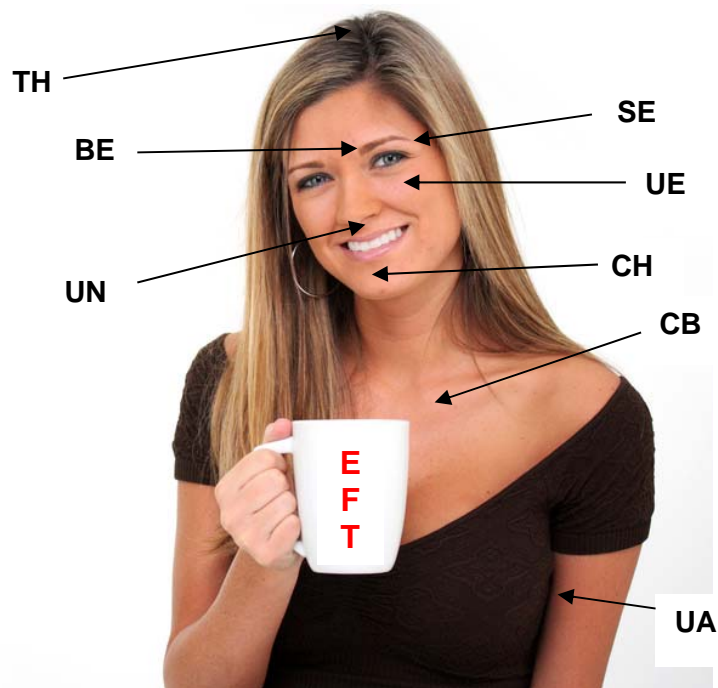


Figure 3

Now look at *Figure 4* and locate the tapping points on your hand. Holding your hand palm towards you, tap on the side of your fingers between the bed and the end of your nails:

- Thumb (TH)
- Index Finger (IF)
- Middle Finger (MF)
- Little Finger (LF)

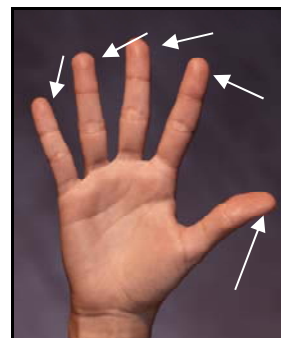


Figure 4

## Location of Tapping Point for the 9 Gamut

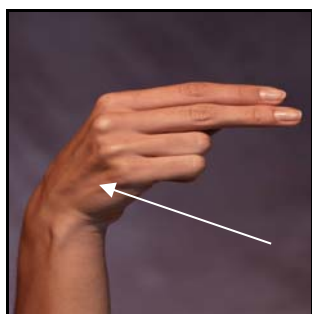


Figure 5

To locate the 9 Gamut, look at *Figure 5*.

The Gamut point is on the back of either hand in the fleshy gully between the knuckles of the little finger and the ring finger, roughly 1.25cm (1.5inches) back towards the wrist.

## Some Tapping Pointers

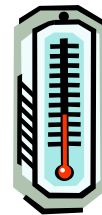
- Generally speaking, people tap with their dominant hand, although either hand will do.
- To do the tapping, usually the index and middle fingers are used. The exceptions to this are the Top of the Head, where you can use all fingers bunched together and the Finger points, where you can use just your index finger to do the tapping if you like.
- Tap roughly 5-7 times on each point (It doesn't have to be exact and you'll soon find yourself getting into a rhythm).
- Make sure you apply enough pressure to 'percuss' the points but there's no need to tap too hard (bruising is unnecessary!).
- You can tap on either side of the body or on both sides simultaneously. If you're tapping down on the right side with your right hand, it will probably be easier to tap on the Under Arm point on the left side of your body and vice versa.
- There's no specific tapping order but it's easy to memorise if taken from the top to the bottom.
- Feel free to tap on the ring finger as you do the finger points if you find it easier.
- Either the Karate Chop point can be tapped or the Sore Spot rubbed in the Setup with similar results. It's usually easier to tap on the Karate Chop point and as mentioned previously, it's more popular.

(Remember to drink lots of water. EFT works with the electricity in your body and water conducts electricity):

## Let's Get Started!

STEP 1: Identify a problem you are experiencing *right now* (It can be an emotion, a feeling based on an experience or a belief). Let's use "feeling angry with my boss" as an example.

STEP 2: Measure your anxiety or discomfort on a scale of 0-10 (where 0 = no discomfort and 10 = maximum discomfort). Let's imagine the anger is an "8".



STEP 3: Perform *The Setup* as follows:

Whilst continuously tapping on the Karate Chop point (*Figure 2*), or rubbing the Sore Spot (*Figure 1*), name the problem you have chosen, followed by an Affirmation Statement. Repeat this statement out loud 3 times.

- *"Even though I'm feeling really angry with my boss right now, I completely accept myself."* (x3)

Below are some other possible examples:

- *"Even though I have this anxiety about next week's interview, I completely accept myself."*
- *"Even though I have this craving for chocolate, I completely accept myself."*

Note: if you have difficulty with self-acceptance and find it hard saying "I accept myself", try saying "I'm open to the possibility of accepting myself."

STEP 4: Formulate a *Reminder Phrase* e.g., "this anger with my boss", "this anxiety about the interview", "this chocolate craving".

STEP 5: Perform *The Sequence* as follows:

Tap 5-7 times on each of the stress-relief points (*Figures 1 and 2*) starting at the Top of Head point and finishing at the Under Arm point using a short Reminder Phrase that summarises the problem you are working on, e.g. "this anger with my boss/this Bill anger."

STEP 6: Perform *The Nine Gamut Procedure* - "The Brain Balancer" – if you thought tapping was weird, then try this next move for size! Continuously tap on the Gamut Point (*Figure 5*) while completing these 9 simple steps:

1. Close your eyes.
2. Open your eyes.
3. Keeping your head straight, look down to your right, then back to the centre.
4. Now look down to your left and back to the centre.
5. Holding your head steady, roll your eyes in a circular motion.
6. Now roll them in the opposite direction.
7. Hum a few bars of any song e.g. 'Happy Birthday.'
8. Count out loud from 1 to 5.
9. Hum again for 2-3 seconds.

STEP 7: Perform *The Sequence* again

STEP 8: Check/Measure - Take a deep breath and measure how you *now* feel on a scale of 0-10 (remember that 10 = maximum emotion). What's your number? If you are not down to a 1 or 0, then perform Step 9.

STEP 9: Repeat The Setup, adjusting the words as follows: "Even though I *still* have some of this boss anger, I completely accept myself." (X 3).

STEP 10: Repeat The Sequence X 2 and in the Reminder Phrase, use the word "remaining" e.g. "This *remaining* boss/Bill anger".

STEP 11: Check/Measure

Take another deep breath and rate your intensity again as in Step 8.

STEP 12: If you still have intensity, repeat Steps 9-11 *until you feel no discomfort whatsoever* and have reached 0.

\*Note

*Remember to stay well hydrated. EFT works with the electricity of your body and water conducts electricity!*

### **In Summary**

**The Basic Recipe consists of 3 Key Ingredients:**

- 1. The Setup**
- 2. The Sequence**
- 3. The 9-Gamut**
- 4. The Sequence**



## The EFT Shortcut Recipe



### Ingredients:

1. The Setup
2. The Sequence

This Shortcut method is generally highly effective, so my advice to you is to give it a whirl first and see how you go. You may not need to correct for Psychological Reversal. It's a lot quicker in that it cuts out the 9 Gamut sequence and also the points on the hand. We'll use the same example here as in the full Recipe, so it should begin sound familiar by now. Here goes...

STEP 1: Identify a problem that you are experiencing *right now* (It can be an emotion, a feeling or a belief). Let's use "angry with Bill" as an example.

STEP 2: Measure your anxiety or discomfort on a scale of 0-10 (where 0 = no discomfort and 10 = maximum discomfort). Let's imagine the anger is an "8".

STEP 3: Perform The Setup

Whilst continuously tapping on the Karate Chop point (*Figure 2*) or rubbing the Sore Spot (*figure 1*), repeat this sentence X 3:

"Even though I'm angry with Bill, I completely accept myself."

STEP 4: Perform The Sequence

Tap 5-7 times on each of the stress-relief points (*Figure 1*) starting at the *Top of Head* point and finishing at the *Under Arm* point using a short Reminder Phrase that summarises the problem you are working on, e.g. "this anger with Bill/this Bill anger"

STEP 5: Check/Measure

Take a deep breath and measure how you *now* feel on a scale of 0-10 (remember that 10 = maximum emotion). What's your number? If you are not down to a 1 or 0, then perform Step 6.

STEP 6: Repeat The Setup, adjusting the words as follows: "Even though I *still* have some of this Bill anger, I completely accept myself." (X 3).

STEP 7: Repeat The Sequence X 2 and in the Reminder Phrase, use the word "remaining" e.g. "This *remaining* Bill anger".

## STEP 8: Check/Measure

Take another deep breath and rate your intensity again as in Step 3.

STEP 9: If you still have intensity, repeat Steps 6-8 *until you feel no discomfort whatsoever* and have reached 0.

So, there you have it...some ingredients and some recipes to help get you into a better feeling space. Think of them like Jamie Oliver's *15 Minute Meals*...quick, easy nutritious and delicious!

## Tips for Improved Success

### Be Specific

To maximise your results with EFT, it is very important to be as specific as possible, with both the issue you are dealing with and also with the language you use in your Set up statements.

Very often, newcomers to EFT try to tackle issues on a global level and seem to head nowhere fast. Take the issue of rejection for example.



If you tap on such a global issue *“Even though I feel rejected”*, you're aiming nowhere in particular and that's most likely where you'll end up.

Rejection can be likened to a table top (global issue) that has a number of legs supporting it (specific incidents). In order to collapse the table top, you first have to zero in on each 'leg' and remove it.

Each 'leg' is like a mini movie lasting a couple of seconds that has a title, a number of characters, a beginning, an end and an emotional spike.

So instead of saying *“Even though I feel rejected”* in your Set up statement, break the issue into identifiable specific incidents, such as:

*“Even though Mum belittled me in front of my friends on my 7<sup>th</sup> birthday...”*

*“Even though Dad walked out and left us on Christmas Eve when I was 10...”*

*“Even though Mum brought home a boyfriend two months after Dad left...”*

*“Even though Miss Green, my French teacher, embarrassed me in front of the whole class in grade 5...”*

*“Even though I never got an invite to Jane's party at Jungle Gym in grade 6...”*

It's most important to go through as many specific rejection incidents as in the examples above and apply THE BASIC RECIPE to them until they register no emotional charge whatsoever. It's on these specific 'legs' that the problem rests.

If you can recall many incidents, effectively dealing with ten to fifteen of them will most likely cause the remaining ones to disappear; as they often share common underlying themes (this is known as The Generalisation Effect)

So remember...

- *if you're not feeling very confident;*
- *your self-esteem is low;*
- *you suffered abuse as a child;*
- *you're feeling rejected;*
- *you've got this big potato on your shoulder;*
- *or you have some other negative emotion bearing down on you,*

tapping on “*This lack of confidence*”, “*This low self-esteem*”, “*This abuse*” etc is likely to only take the edge off the negative emotion. Take out your ‘binoculars’ and narrow your focus on the specific incident. Create some clear pictures of the event; the more detailed and specific the better. N.B.If it's too big, seek professional help.

## The Importance of Language



When tapping on the Karate Chop or the Sore Spot in the Set up for Psychological Reversal, it is crucial that you use words that really resonate with you, words that can connect to your subconscious mind, words that are congruent with how you really feel.

Words carry a charge, a vibration that ‘talks’ to the body, so be sure to describe your problem ‘warts and all’ and make no attempt to sanitise the language.

Doing so will only hinder your results. For example, you may be making little headway with this Set up:

*“Even though I’m angry at Tom for showing me up in front of Pete at the meeting yesterday, I deeply and completely accept myself.”*

Compare the difference:

*“Even though I’m totally P\*\*\*\*\* off with Tom for making an absolute fool of me in front of Pete at the meeting yesterday, I completely accept myself.”*

A simple change of the language so that it resonates, can dramatically change your results.

Remember also that the subconscious doesn’t know the difference between fantasy and reality; therefore it’s not always necessary to *believe* what you say in the Set up. Just make it *real* and try saying it with *gusto*.

So, if you have issues with self-acceptance, go ahead and say this anyway, *“Even though I don’t accept myself, I deeply and completely accept myself.”*

In summary, if you want to get effective results with EFT, then *being specific is an absolute must!*

## **Look out for Aspects**

There are times when little or no progress is experienced when applying rounds of EFT to specific events and this begs to question why it should work so successfully in some instances and not in others. The answer can most likely be attributed to the presence of aspects.

So what are aspects? Aspects can be likened to puzzle pieces that make up an issue, different angles from which it is perceived, given shape and meaning. Now whilst you may be tapping on something specific but making little headway, it may pay to look for emerging aspects that are keeping your emotional intensity high.



When he was young, our son had a scary nightmare which we successfully applied EFT to. Let’s look at this ‘scary nightmare’ as an example and see how his emotional intensity dropped only when we’d uncovered and neutralised vital clues/aspects that were playing a significant part.

To begin with, we tapped on “this scary nightmare” to take the edge off his intensity. You’ve probably figured out by now that the issue was too global so he gave me a clue. There were “scary pirates outside his school”. (Suddenly

we were getting a nice specific picture, nice for the purposes of EFT but not nice in his book!).

After a few rounds of EFT I knew by his face that the intensity hadn't diminished, so I asked him "What was scary about the pirates?" He answered, "They looked mean and evil." We tapped on this but still no relief. "What else was scary about the pirates?" "They had weapons." We tapped on the weapons but his expression was still troubled. One by one with 'what else' questioning we uncovered various aspects that were holding his fear firmly in place; the pirates were going to hurt him with their weapons; they were going to kidnap him; he was going to be separated from his friends; he was going to be separated from his mum and dad....Bingo!

Once we had tapped on all of the aspects (pirates, scary faces, weapons, do harm, kidnapping, separation), he yawned (a common indicator of an energy shift), smiled, and said I could go back to bed. You can imagine how blown away I was by this! Those of you who are parents of young kids will know what it's like trying to peel yourself away from your child's bed, thinking they've fallen asleep, only to see the eyes open, the face scrunch up and hear the words "don't go"!

Some other examples of emotional issues with obvious aspects include:

- Public speaking – being on stage, in the spotlight, the sight of a microphone/projector, drying up, being judged, reliving a memory of being made fun of as a child etc.
- Accidents – the sound of the impact, breaking glass, the screams, blood, ambulance lights, memory of parent being taken to hospital by ambulance, feelings of pain etc.
- Trauma e.g., witnessing in a bombing – the sights (buildings collapsing/bodies torn apart etc), the sounds (blast/screams etc), the smells (blood/smoke), the feelings (helplessness) etc.
- Sexual abuse – the smell of the perpetrator's breath/body odour, feeling of a hand covering one's mouth, the look in their eyes, the sound of their voice, etc.

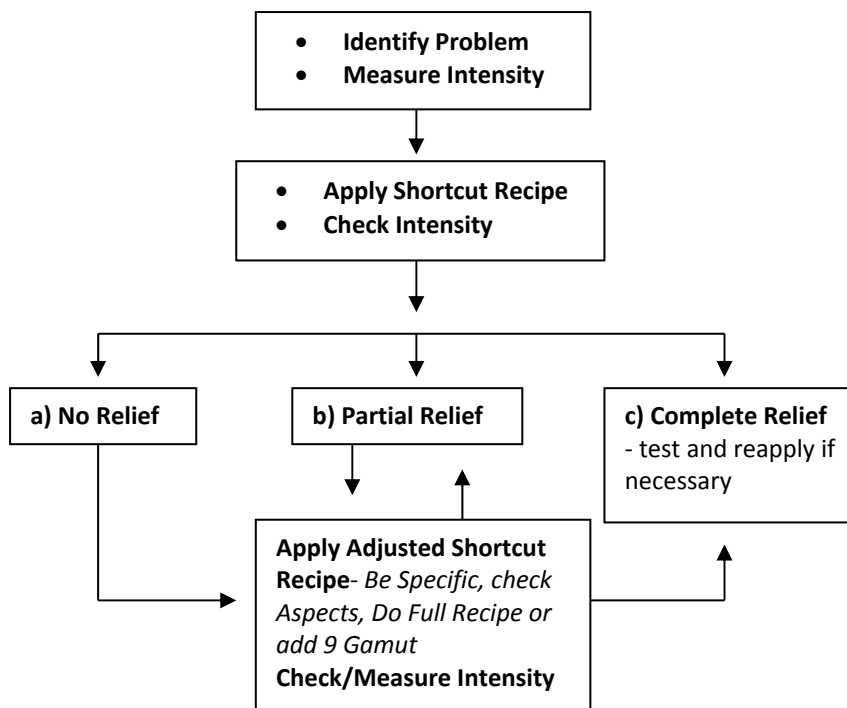
Aspects can also be emotions and they can shift outside the realm of your awareness. So while you may begin tapping on "this anger at mum" at an 8 level of intensity, the feeling may shift to sadness or guilt, yet the intensity may remain the same, leading you believe that the EFT 'isn't working'. In reality,

you have dealt with the anger but have moved on to a deeper layer of the issue.

To sum up, pay particular attention to the presence of aspects if your progress with EFT is slow and be clever with your questioning when it comes to digging deep.

## Time to Recap and Go with the Flow

Here's a handy flowchart to sum up the process and to help keep you on track.



## Reasons why EFT may appear Slow to Work

Before winding up, let's look at some possible reasons why you may be getting nowhere with your tapping and see what solutions might be a fix.

Problem	Solution
The energy system may be dehydrated	The batteries are dry! Drink water

Psychological Reversal (Self sabotage)	Re-read the Set up instructions; be more emphatic with Set up and say it as though you mean it using language that resonates with you; tap/rub harder on KC or Sore Spot
You are stating things too globally	Be more specific
The Basic Recipe is not being applied correctly	Follow the 12 steps carefully
Aspects are shifting	Locate and deal with them
Core issues are not being addressed	Seek help from an experienced EFT Practitioner
Depression may be present	Seek professional advice
The problem may be bigger than you think	Be persistent to get results
There is lack of motivation to change	Address this issue with EFT
Energy toxins may be present	Move from where you are; shower or bathe without soap; try an elimination diet (seek Naturopathic advice)
Emotions are running high	Try the 9 Gamut Procedure



## The Last Word



If you're wondering how often to do EFT, do it as often as you want; either a couple of times a day or a couple of times a week (put aside at least 20 mins for weekly sessions). You can always use your fingers to 'tap on the go' or tap on the collarbone point if you are in public and don't want to make a monkey out of yourself!

Keep a journal to track your progress and always remember that you can't make a mistake. Don't worry about getting the words wrong or not knowing what to say. Just tune into the issue and use all your sensory modalities to bring it up. Your subconscious mind will take care of the rest!

Finally, if you feel you're getting nowhere and have some 'heavy stuff' lurking in the shadows, work with an experienced EFT practitioner.

The purpose of this book is whet your appetite for this weird and wonderful counter-intuitive technique and to 'have a go', no matter what line of work, business or life you are in. At the end of the day, we all have emotions and we all have our moments!

Keep in mind that we've just scratched the surface, so if you'd like to know more about EFT, here are a couple of websites you can checkout:

[www.eftuniverse.com](http://www.eftuniverse.com)

[www.thetappingsolution.com](http://www.thetappingsolution.com)

[www.emofree.com](http://www.emofree.com)



In the meantime, happy tapping and here's to *Jumping for Joy!*





## About Caroline

*Caroline Crosbie is owner at CC Consulting.*

*With an overseas background in clinical psychology, she has significant experience in the areas of teaching, coaching, consulting and therapy-based work.*

*Specialising in Wellness for individuals and teams in Perth, Western Australia, Caroline draws on her psychology-based background and training in Emotional Freedom Techniques (EFT) and Neuro-Linguistic Programming (NLP) to help her clients*

*eliminate barriers and inhibitors to success.*

*In addition, she utilizes her training in Behavioural Profiling Tools to promote greater self-awareness, enhanced communication, improved team dynamics and greater organizational effectiveness.*

*Caroline is also well equipped to help clients deal with work-related stress and anxiety, using leading edge emotional resolution techniques.*

*Her international teaching, coaching and consulting experience expands across Ireland, The UK, Japan, New Zealand and Australia, covering a range of industries.*

### **Qualifications:**

*MA Psychology(Hons), Diploma of Professional Counselling, Certificate in Emotional Freedom Techniques, Practitioner Certificate in Neuro Linguistic Programming, Certificate IV in Training and Assessment, Practitioner Certificate in DISC, Extended DISC® Master Trainer, RSA Certificate in Teaching English as a Foreign Language*

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