



# Emotional Freedom Technique (EFT) / Tapping

## Session Four

Emotional Freedom Technique (EFT), also known as Tapping, is an easy to learn and use self-help tool. Developed more than 30 years ago, EFT is gentle tapping of a series of nine acupressure points with your fingers. You can learn this skill in minutes and use it for a lifetime to create sustainable change in your life.

### The EFT Basic Tapping Recipe

Are you ready to learn how to tap? The basic recipe is very simple. Once you learn it, you can use tapping in endlessly creative ways.

1. Define your issue.
2. Rate the intensity (0 to 10) of your situation or challenge.
3. Create a Setup Statement based on your issue and the intensity.
4. Speak your Setup Statement (aloud if possible) three times while tapping on the side of your hand.
5. Tap at least 7 times on each of the acupressure points (1 through 8) while saying your reminder phrase (aloud if possible).
6. Take a breath and rate the intensity level again.
7. Repeat steps 5 & 6 until the intensity has shifted down to a 0 or 1.

### Evidence Based

Research over the past 15 years ~ including case studies, randomized clinical trials, independent investigations and meta-analyses ~ indicates the EFT tapping process consistently demonstrates strong positive outcomes and relatively fewer treatment sessions as compared to other types of therapies. EFT has been shown to be effective in relieving common challenges such as anxiety, motivation, stress, and more.

Learning the basic recipe can certainly help you to address issues and challenges in your life. Thousands of people have made significant changes for the better in their lives since Gary Craig introduced EFT in the 1990s by using this simple method on their own.

I encourage you to explore the [Integrative Healing Center](#) website to find out about how you can learn more about EFT and how to use it in your own life.

