



# NOTEWORTHY

— Resources of Albany Inc. —

## Mental Wellness Meet-up

Every 1st Wednesday of the month 630p-730p

### What is EFT tapping?

Emotional freedom technique (EFT) is an alternative treatment for mental health, physical pain and emotional distress. It's also referred to as tapping or psychological acupressure.

People who use this technique believe tapping the body can create a balance in your energy system and treat pain. According to its developer, Gary Craig, a disruption in energy is the cause of all negative emotions and pain. Though still being researched, EFT tapping has been used to treat people with anxiety and people with post-traumatic stress disorder (PTSD).

### How does EFT tapping work?

Similar to acupuncture, EFT focuses on the meridian points — or energy hot spots — to restore balance to your body's energy. It's believed that restoring this energy balance can relieve symptoms a negative experience or emotion may have caused.

Based on Chinese medicine, meridian points are thought of as areas of the body energy flows through. These pathways help balance energy flow to maintain your health. Any imbalance can influence disease or sickness. Acupuncture uses needles to apply pressure to these energy points. EFT uses fingertip tapping to apply pressure.

Proponents say the tapping helps you access your body's energy and send signals to the part of the brain that controls stress. They claim that stimulating the meridian points through EFT tapping can reduce the stress or negative emotion you feel from your issue, ultimately restoring balance to your disrupted energy.

### EFT tapping in 5 steps

EFT tapping can be divided into 5 steps. If you have more than 1 issue or fear, you can repeat this sequence to address it and reduce or eliminate the intensity of your negative feeling. You can do EFT/tapping whenever you feel upset. You may find that it helps you feel better. To do EFT, follow these steps.

**1. Identify the issue-** In order for this technique to be effective, you must first identify the issue or fear you have. This will be your focal point while you're tapping. Focusing on only one problem at a time is purported to enhance your outcome. This could be any issue. For example, it could be something you're feeling anxious or sad about.

**2. Test the initial intensity-** After you identify your problem area, you need to set a benchmark level of intensity. Measure how your issue makes you feel. Rate how bad you feel on a scale from 0 to 10. A score of 0 means you don't feel bad at all. But a score of 10 means you feel as bad as possible. Write down this number. The scale assesses the mental, emotional, social or physical pain and discomfort you feel from your focal issue. Establishing a benchmark helps you monitor your progress after performing a complete EFT

sequence. If your initial intensity was 10 prior to tapping and ended at 5, you'd have accomplished a 50% improvement level.

**3. Intentions-** Create a statement that describes your issue, followed by a statement of self-acceptance. For example, you could say, Your statement must focus on 2 main goals:

- acknowledging the issues
- accepting yourself despite the problem

Examples: "Even though I feel anxious about work tomorrow, I deeply and completely accept myself." Or you could say, "Even though my partner broke up with me, I deeply and completely accept myself." "Even though I have this [fear or problem], I deeply and completely accept myself."

You can alter this phrase so that it fits your problem, but it must not address someone else's. You have to focus on how the problem makes you feel in order to relieve the distress it causes. It's better to address this situation by saying, "Even though I'm sad my mother is sick, I deeply and completely accept myself."

**4. EFT tapping sequence** is the methodic tapping on the ends of nine meridian points. There are 12 major meridians that mirror each side of the body and correspond to an internal organ.

However, EFT mainly focuses on these 9:

- karate chop (KC): small intestine meridian
- top of head (TH): governing vessel
- eyebrow (EB): bladder meridian
- side of the eye (SE): gallbladder meridian
- under the eye (UE): stomach meridian
- under the nose (UN): governing vessel
- chin (Ch): central vessel
- beginning of the collarbone (CB): kidney meridian
- under the arm (UA): spleen meridian

Tap repeatedly on the edge of your palm, below your little finger. While you tap, say your statement out loud 3 times. Now tap on the rest of the points on your body, one at a time. While you tap, state your issue over and over. For example, you might repeat "anxious about the test" or "we broke up." Tap on each point in this order:

Begin by tapping the karate chop point while simultaneously reciting your setup phrase three times. Then, tap each following point seven times, moving down the body in this ascending order:

- eyebrow
- side of the eye
- under the eye
- under the nose
- chin
- beginning of the collarbone
- under the arm, After tapping the underarm point, finish the sequence at the top of the head point.

Stop and remember how you feel about your issue. Repeat the steps if needed. Tap until you can give your issue a lower number, or until you feel better.

Karate Chop/Side of the Hand	Small Intestine Meridian	Shock, sadness, unappreciated, nervousness, discouragement, and indecisiveness	Insight, relief, truth of both sides. Self-love	3
Top of Head	Hundred Meeting Points	Inner Critic, lack of focus, "hamster wheel" thinking	Insight, intuition, spiritual connection, wisdom	7
Eyebrow	Bladder Meridian	Trauma, hurt, sadness, restlessness, frustration, and dread	Inner peace and emotional healing	2
Side of Eye	Gall Bladder Meridian	Rage, anger, resentment, fear of change and muddled thinking	Clarity, compassion and understanding	3
Under Eye	Stomach Meridian	Fear, anxiety, worry, emptiness, nervousness and disappointment	Contentment, calmness, feeling safe..."All is well."	3
Under Nose	Governing Meridian	Embarrassment, dishonesty, distrust, shame, guilt, grief, fear of ridicule, powerlessness, fear of failure	Self-empowerment, self-acceptance and compassion	1 thru 7
Chin	Conception Vessel	Overwhelm, shyness, confusion, uncertainty, embarrassment, shame and indecision	Certainty, clarity, and self-acceptance	1 thru 6
Collarbone	Kidney Meridian (adrenals)	Psychological reversal, worry, indecision, feeling stuck, and general stress	Ease in moving forward, confidence and clarity	3
Under Arm	Spleen Meridian	Guilt, obsessing, worry, hopelessness, insecurity, and poor self esteem	Clarity, confidence and compassion for self and others	3

