



EFT Tapping technique

How Does Tapping Work?

In the first two steps of the process, you are engaging the frontal lobe of your brain as through traditional talk therapy. As you begin to tap, it stimulates the meridian points (subsets of the points targeted in acupuncture). When activated (such as by tapping), they send a signal to the brain to relax.

Tapping seems to target the amygdala, a part of the midbrain that has a key role in the body's response to stress, as well as in processing fear and intense emotions. It helps to activate the fight-or-flight response, is not under conscious control, and cannot be directly engaged in traditional talk therapy like the frontal lobes can.

To use EFT tapping, follow these 5 steps:

1. Identify the Issue & the Emotion

Begin by identifying the issue you'd like to focus on. Then, identify the emotion that underlies it. For example, if you're dealing with chronic pain from rheumatoid arthritis, you might feel helpless, exhausted, or angry. If you're dealing with a depressive disorder, you might feel hopeless, worthless, or numb.

2. Rate the Intensity

On a scale from zero to 10 — with zero being no intensity and 10 being the most extreme — rate the intensity of the emotion you're focusing on right now.

3. Create the Set-up Statement

The set-up statement begins with "Even though," followed by two parts. Part one is the issue you're focusing on; part two is a phrase of acceptance.

- **Examples of part one:** "Even though I feel anxious about this presentation," "Even though I feel depressed," or "Even though I feel heartbroken that my partner broke-up with me"

- **Examples of part two:** “I deeply and completely accept myself,” “I honour my feelings,” “I am safe right now,” or “I allow my body to relax”
- **Examples of a full set-up statement:** “Even though I feel extremely anxious right now, I deeply and completely accept myself,” “Even though I feel pain in my joints, I allow myself to relax,” or “Even though I feel afraid about flying on an airplane, I honour my feelings”

4. Tap While Repeating the Full Set-Up Phrase

Take a nice, deep breath and let your breath return to normal. Begin tapping on point one, the side of the hand point. You can use either hand. Tap lightly with a pressure akin to drumming your fingers on a desk. Repeat the full set-up statement three times.

Then, begin tapping on point two, the eyebrow. Repeat part one of the set-up statement or some variation. For example, if part one of your set-up statement was “I feel extremely anxious right now,” you might say “extremely anxious,” “anxiety,” or “feeling anxious.” Continue tapping along points three through nine while repeating part one or a variation on your set-up phrase. For points two through six, you may wish to use two fingers.

5. Rate the Intensity Again

Take another deep breath. Rate the intensity of the emotion you are focusing on. It’s normal not to feel any significant change after only one round of tapping. Continue repeating steps one through five until the intensity of the emotion or issue you’re focusing on has reduced to a two or three.

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