

## **Managing Stress with EFT (Emotional Freedom Techniques a/k/a Tapping)**

“The cause of all negative emotions is a disruption in the body’s energy system.”

Negative emotions come from memories of stressful/traumatic events that have been literally ‘stored’ as energy disruptions in our body tissues. When the stressful event was significant enough, our nervous system gets programmed to activate the ‘fight or flight’ stress response whenever something happens that triggers off these disturbances, such as a thought about an undesirable situation or circumstance. This causes unhealthy rises of stress mechanisms and you can sense these disruptions in your body’s energy system.

Using **EFT** we stimulate our nervous system in a way that will rebalance and reprogram our stress response to specific situations, often dramatically and permanently! The key to using EFT effectively is to hold awareness in our mind on the specific issue that reflects the sources of stress while using the tapping procedures with specific language. The EFT tapping stimulates our nervous system with calming input signals that reduces the stress response and works to deactivate the underlying causes of energy disruptions.

### **A VERY BASIC RECIPE FOR EFT:**

**Tune into yourself** to sense the thoughts and emotions, as well as feelings in your body that are present when focusing on any stressful personal issue. Then give language to the issue that best reflects these. Notice what emotions you feel, and notice where in your body you might be feeling disturbances and how strongly you feel them. Can you identify emotions like helplessness, sadness, sorrow, overwhelm, anger, disappointment, or fear? Can you **rate how strongly you feel** them on a scale from 1 to 10, 10 being extremely strong? For sensations such as physical discomfort, take note of its specific location and qualities (size, shape, sharp/dull/tense/burning, etc) and rate it on a scale of 1 to 10.

Then **repeat the set-up phrase 3 times while tapping the KC point\*** as follows:  
“Even though I have this stressful issue I deeply and completely accept myself”  
(adapt this wording as appropriate to your specific situation... just tell the ‘true’ story).

Next, while holding a focused awareness on the issue, start tapping on the following points, 8 to 10 taps for each point indicated. Continue through all the tapping points using simplified statements (reminder phrases) that reflect your various thoughts and feelings about the issue and notice what changes you feel.

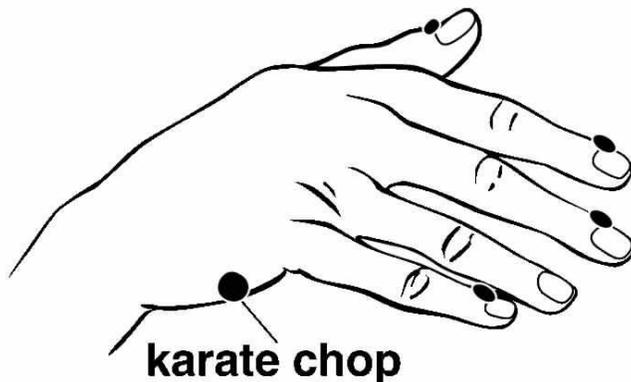
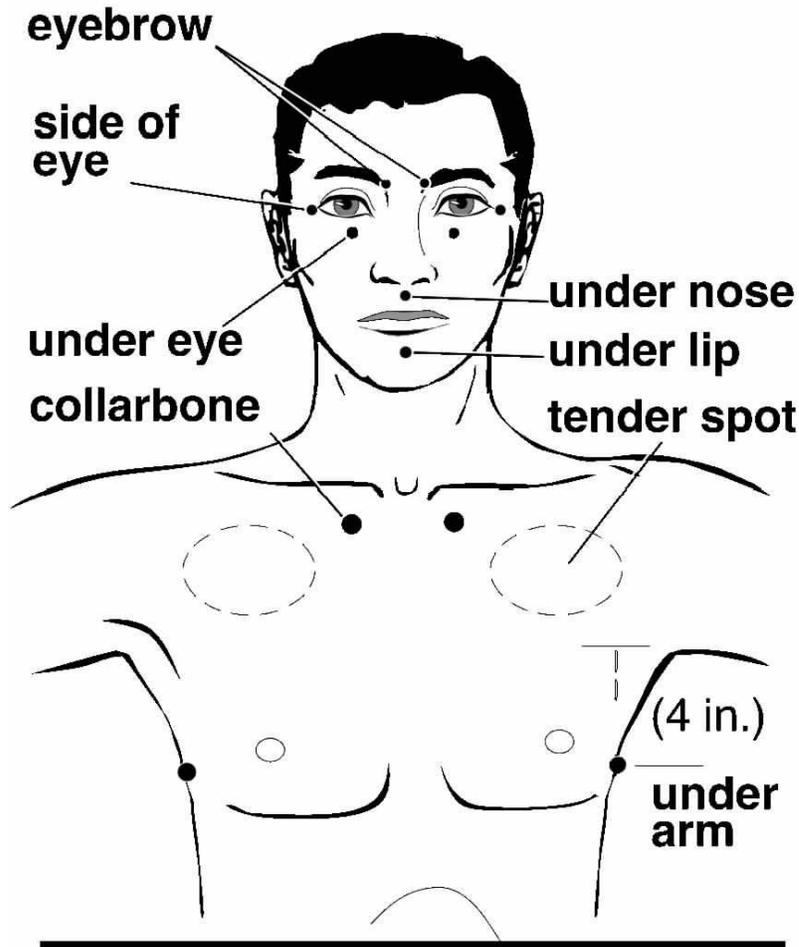
- inside corner of eyebrow
- outside corner of eye
- directly under center of eye
- under nose
- under lip (chin)
- inside of collarbone
- side of ribs below armpit
- forward/center top of head

Re-rate the level of disturbance and ‘qualities’ of the issue. Repeat the tapping sequence as needed, until the rating of the disturbance is noticeably reduced to a ‘2’ or lower or has shifted to something different.

## Managing Stress with EFT (Emotional Freedom Techniques a/k/a Tapping)

For more information and coaching for these procedures **contact Steven Gottlieb at 914-997-7873** or [stevegotts@earthlink.net](mailto:stevegotts@earthlink.net). Steven is an Energy Healer that specializes in Energy Medicine and Energy Psychology. He provides personal coaching sessions in-person and via telephone, facilitates learning workshops, and leads support groups for emotional healing and personal empowerment.

# Tapping Points



\* KC = Karate Chop