

EFT Foundational Training



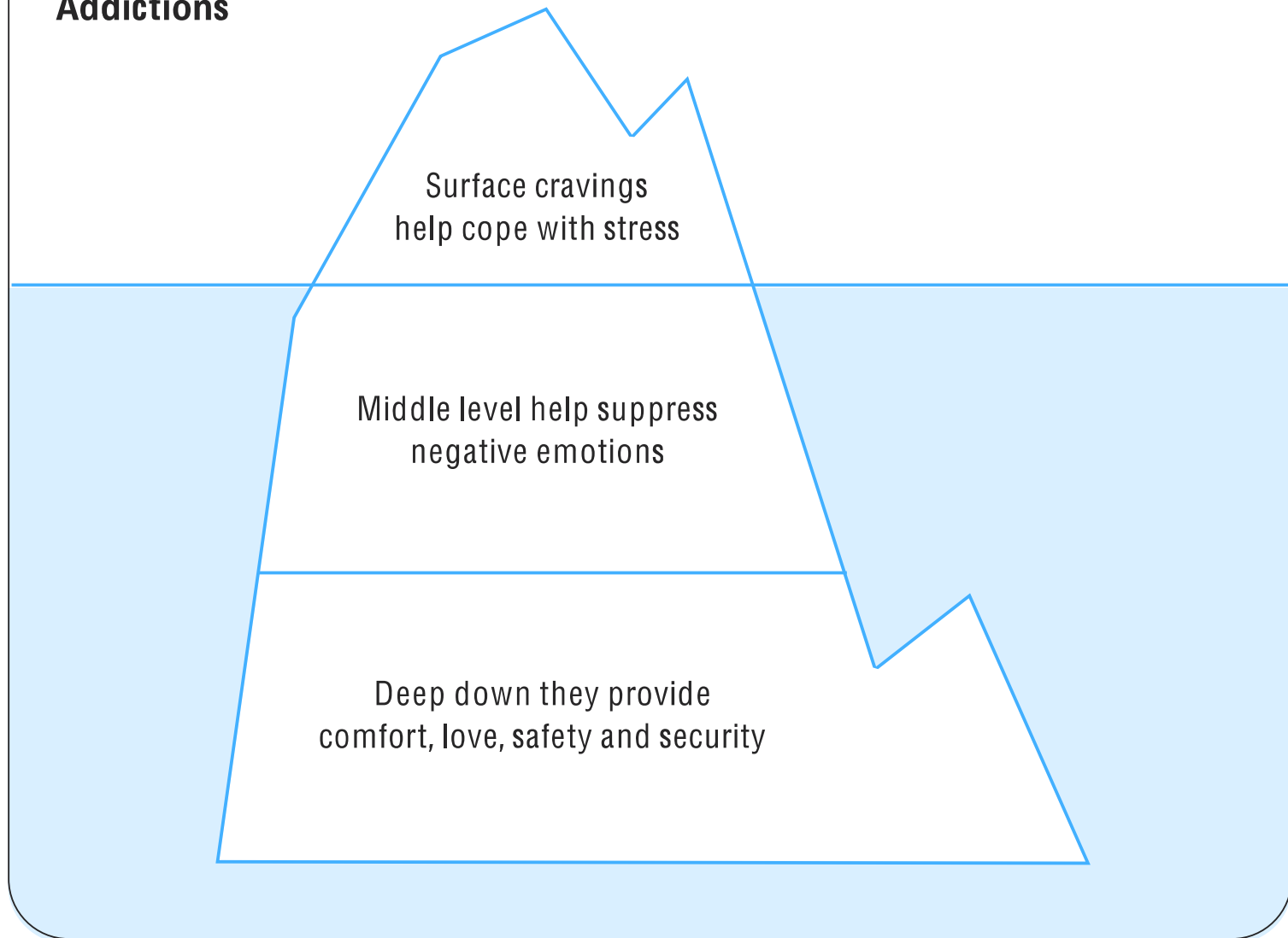
Addictive Cravings



Tranquilizing Anxiety



Addictions



Working with Addictive Cravings

1. Assess current cravings on 0-10 scale for the substance
2. Get the client to smell, touch, feel and look at the substance without consuming it
3. Then ask what does the substance smell, touch, feel and look like, for example “It is so crunchy and sweet!”
4. Then tap on exactly the experience of the client in response to the substance
5. Rounds of EFT as necessary to reduce current craving
6. Notice if substance tastes, smells, etc. any differently
7. Many times the substance is filling something that is missing – comfort, safety, love, protection

Homework Tapping

- Tapping reduces the anxiety which drives addiction and corrects Psychological Reversal
- Use Watch Bleeper set to ring every hour
- Morning / Night
- Bathroom
- Keep a Diary
- Testing the future



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