

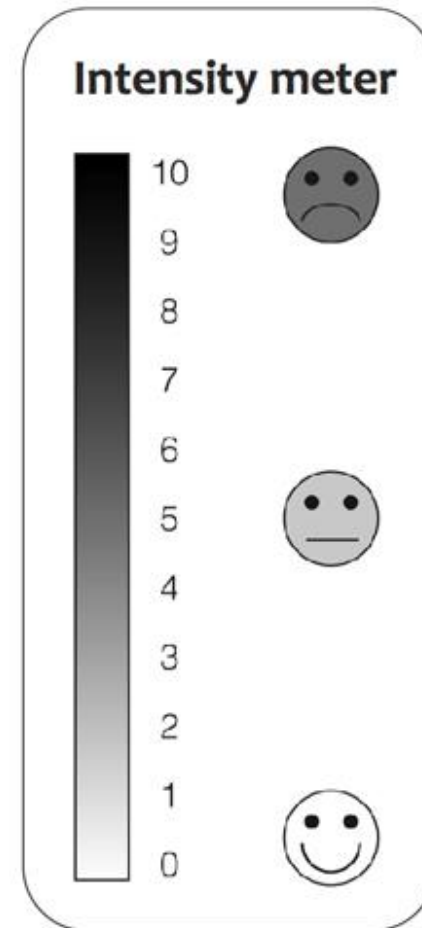
EFT Foundational Training



Most of our emotional and physical problems are caused (or contributed) by our unresolved events

Negative Events

- Type of events
 - Negative
 - Dis-empowering
 - Traumatic
- Can cause
 - Limiting beliefs
 - Fears
 - Phobias
 - Addictions
 - Illness



Tell the story



1. Give the story a name (be specific) and measure the intensity



2. Complete rounds of tapping using simplified EFT



3. Bring the SUDs to a manageable level



4. Start by telling the story of the event uncovering specifics



5. As soon as any emotional disturbance is detected, stop and scale the emotion – tap using the exact words

Tell the story



6. Test by re-telling the previous part of the story



7. When it feels calmer, continue to tell the rest of the story



8. Stop and tap on each emotional disturbance



9. Test by telling the entire story from start to finish



10. Stop when the story can be told in full while remaining calm

Practice Sessions

Be specific

Aspects

Change in thinking

Testing the story

I am so calm!

How did you do that?

COOL!! 😊

I was NOT responsible for the tragedy. I was just there.

I feel pity instead of anger.

Now I understand how I could do that.

I feel sooo relaxed.

I feel more love inside.

I CAN'T THINK ABOUT IT ANYMORE!

I can see it happening but I can't feel it anymore.

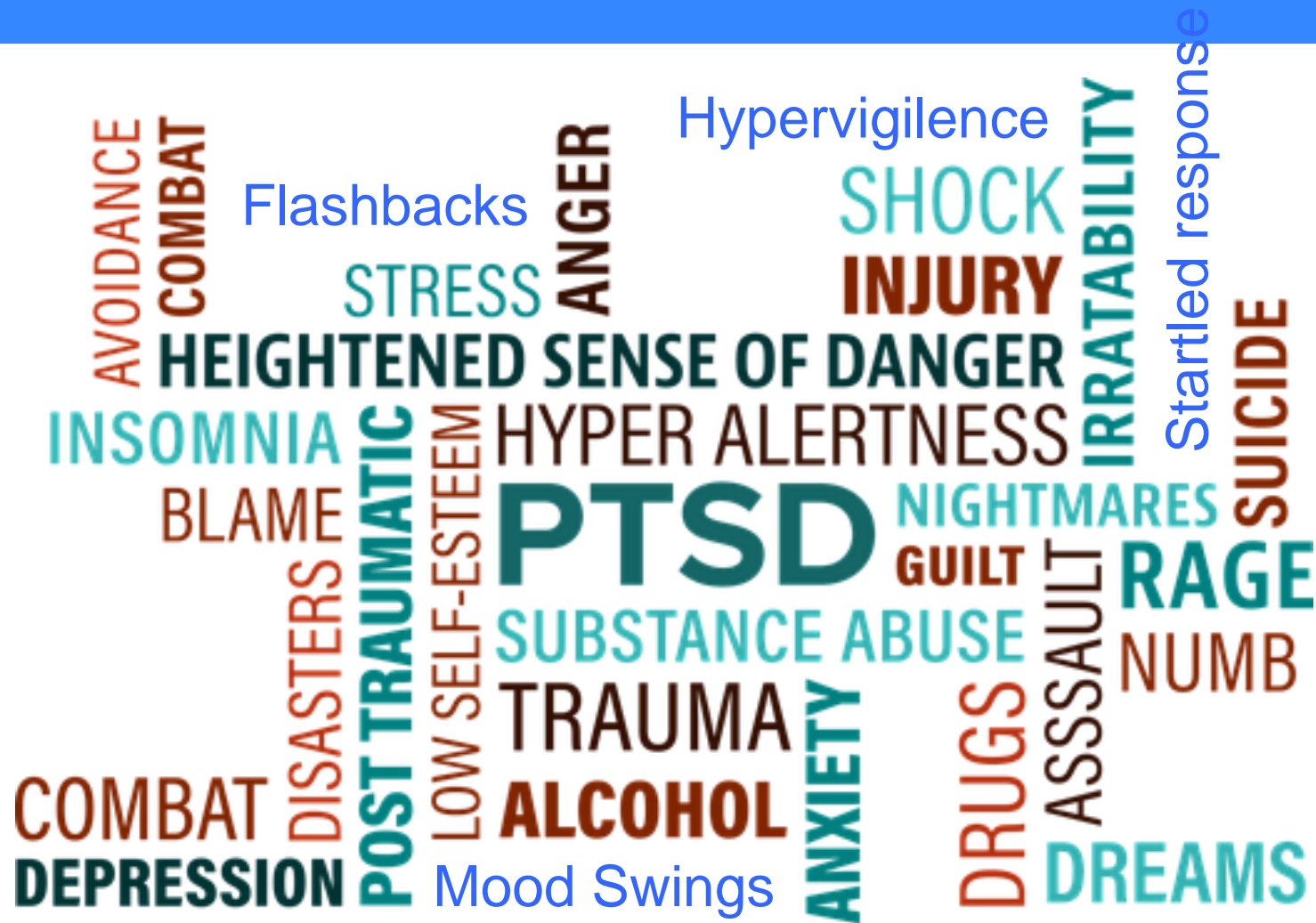
The problem looks distant.

If I were not experiencing this, I'd never believe it.

I THOUGHT OF A SOLUTION

The BAD feeling is gone!

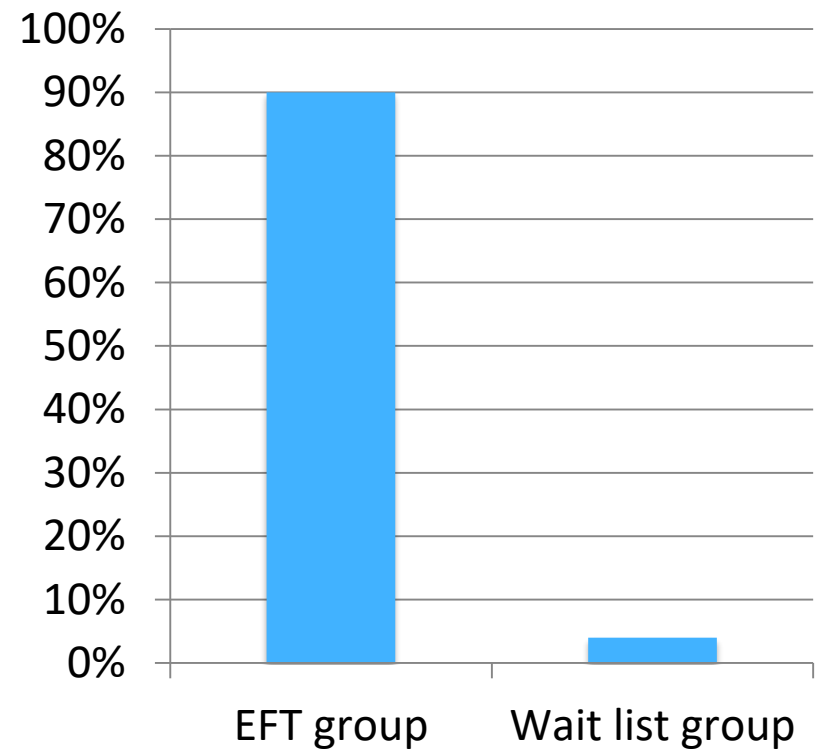
Post-traumatic stress dis-order



Randomised controlled PTSD study in Veterans (2010)



After 6 sessions 90% were free from PTSD criteria



Tell the Story

Worksheet

<https://vitalitylivingcollege.info/community-resource/eft-level-2-grads/>

EFT Foundational Training

