

EFT FAST TRACK TRAINING, QUESTIONS & ANSWERS, 3rd APRIL 2025

MAIN TOPICS COVERED:

1. How does EFT work for physical tension or pain?

EFT helps release physical tension by tapping on specific meridian points while focusing on the discomfort. The process involves:

- A. Locate the tension: "Take a gentle breath in & out." Pause and breathe with them. Then say, "Just scan your body now and ask yourself where in the body is there any tension or physical discomfort. Once you have a sense or knowing of it, focus all your energy there; and let me know the location."
- B. Measure the SUD: Repeat their words back, "Thank you for sharing. The tension or discomfort is in [BODY PART]." Now ask, "Can you measure it on a scale of 1 to 10, where 10 is high intensity and 1 is low intensity or discomfort? Let me know the number." (Optional: Ask for feeling.)
- C. Start tapping – karate chop: "Even though I have this tension, and it's in my [body part], and it's at a number [number], and it makes me feel [feeling], I love and accept myself." (You can also lead with the number and then the body part.)
- D. Reminder phrase: Tap on the face, upper body, and finger points using the reminder phrase, "This [body part], this [feeling], this [location]," and repeat.

- E. Close: Tap on the karate chop, "Even though I have this tension, and it's in my [body part], and it's at a number [number], and it makes me feel [feeling], I love and accept myself."
- F. Breathe: Pause and say, "Take a gentle breath in & out, and take a sip of water." Do it along with them.
- G. Test: Ask, "What happened?" or "What is the number at now?" Listen to their response. (Pain may shift—this is called chasing the pain.) Measure the new location and intensity.
- H. Ask more questions: Explore further, "Are there any colours, shapes, sounds, textures, sensations, and feelings associated with the tension or discomfort? If yes, describe it to me."
- I. Listen: Carefully note their descriptions but keep notes minimal to stay focused on the client. Example, "Pain, SB, 7, Red" (where SB = Shoulder Blade).
- J. Start tapping again: Use the client's exact words, "Even though I have this tension, and it's in my [body part], and it's at a number [SUD], and it's a [colour, texture, size, feeling, sensation, sound], I love and accept myself."
- K. Reminder phrase: Tap on the face, upper body, and fingers using: "this [body part], this [feeling], this [location], this [colour], this [texture], this [sound], this [sensation]," and repeat.
- L. Close: Tap on the karate chop, "Even though I have this tension and it is in my [body part], and it's at a number [SUD], and it's a [colour, texture, size, feeling, sensation, sound], i love and accept myself."

- M. Breathe: Pause and say, "Take a gentle breath in & out, and take a sip of water." Do it along with them.
- N. Test: Ask, "What happened?" or "What is the number at now?" (Optional: "How does it make you feel?") Measure the new intensity.
- O. Breathe: Pause and say, "Take a gentle breath in & out, and take a sip of water." Do it along with them.
- P. Test: Ask again, "What happened?" or "What is the number at now?" (Optional: "How does it make you feel?")
- Q. Reassure: No matter what they share, thank them and say, "Great!"
- R. Continue: Repeat the process using their updated words until SUD reaches 3 or below.
- S. Step by step: Work on one area at a time, test, then move to the next area.
- T. Remaining tension: When the SUD lowers, say: "Even though I have this remaining tension, and it is at a number [SUD], this remaining number [SUD] tension, I deeply and completely love and accept myself."
- U. Close: "Take a gentle breath in & out, and take a sip of water." Do it together. Then ask, "How are you feeling?" Acknowledge their progress, reassure, thank them, and close.

2. What is calibration and why is it important?

Calibration refers to the process of observing and adjusting to a person's behavioural, emotional, or physiological responses in order to gain deeper insight into their state of mind or emotional state. In coaching, therapy, or any interpersonal context, calibration involves becoming highly attuned to subtle changes in someone's body language, voice tone, or other cues, allowing you to adjust your approach accordingly.

Calibration means observing and picking up on cues while being sensitive to verbal and non-verbal behaviours. Calibration involves not just picking up on words but everything going on with a person.

Since only 7% of communication is verbal, practitioners must:

- A. Notice inconsistencies (e.g., a client saying "I'm fine" while clenching fists).
- B. Adjust their tone to be soothing and non-judgmental.
- C. Respond to shifts in breathing or skin colour, which indicate emotional changes.

This ensures the practitioner remains attuned to the client's needs without making assumptions.

3. What are past events?

Past events refer to negative, disempowering, or traumatic experiences that can shape an individual's beliefs and behaviours. These events may lead to the development of limiting beliefs, fears, phobias, addictions, or even illnesses.

4. What is the "Tell the Story" technique in EFT?

The "Tell the Story" technique in Emotional Freedom Techniques (EFT) is a method used to process past events and reduce their emotional intensity. The steps for the techniques are as follows:

- A. Give the story a name (be specific) and measure the intensity.
- B. Using simplified EFT, complete as many rounds of tapping as needed.
- C. Bring down the SUDs to a manageable level.
- D. Then, begin telling the story of the event, uncovering specifics.
- E. As soon as any emotional disturbance is detected, stop and scale the emotion – tap using exact words. For high emotional disturbance, use the Triple Point Calmer.
- F. Test by re-telling the previous part of the story.
- G. When it feels calmer, continue telling the rest of the story.
- H. Stop and tap whenever an emotional disturbance is detected.
- I. Finally, test by telling the entire story; from start to finish.
- J. Stop when the story can be told fully; while remaining calm.

Benefits of this technique:

- A. Reduces the emotional intensity of past negative experiences.
- B. Helps process fears, phobias, limiting beliefs, and traumatic memories.
- C. Can lead to profound shifts in mindset and emotional well-being.
- D. Allows individuals to work on memories safely without re-traumatisation.

5. How can EFT be used for self-help on a daily basis?

A simple self-practice routine includes:

- A. Tantrum release tapping: Use fingers to tap on collarbone points while voicing frustrations (e.g., "Even though I'm stressed about work...").
- B. Immune-boosting tapping: Gently tap the thymus (centre of the chest) to support immunity.
- C. Physical tension worksheet: Document pain locations, intensities, and emotions, then tap using a structured script.
- D. "Tell the story" for past events: Revisit minor upsets (rated $\leq 7/10$) and tap through the emotions they evoke.

Consistency helps release suppressed emotions and prevents stress accumulation.

6. What are the key steps in the EFT basic recipe?

The foundational sequence involves:

- A. Karate chop point: Tap 3 times while stating the issue (e.g., "Even though I have this headache...").
- B. Facial points: Tap 7–10 times on eyebrows, side of eye, under nose, and chin.
- C. Upper body points: Collarbone, underarm, and top of head.
- D. Finger points: Tap each fingertip, then the gamut point (side of hand).
- E. Closure: Return to the karate chop point and repeat the initial statement.

This recipe is particularly useful when feeling "stuck" or for beginners.

7. How does EFT address emotional blocks during sessions?

When strong emotions surface (e.g., crying, anger), practitioners use the "Triple Point Karma" technique:

- A. Tap under the eye (stomach meridian) for upset feelings.
- B. Tap the collarbone (kidney meridian) for fear.
- C. Tap under the arm (spleen meridian) for fatigue or overwhelm.

This combo quickly regulates the nervous system and allows the session to proceed safely.

8. Why is it important to avoid being "evangelical" about EFT with family?

Forcing EFT on others (e.g., insisting family tap daily) can create resistance. Instead:

- A. Model the benefits (e.g., "I felt calmer after tapping—want to try?").
- B. Respect boundaries: Avoid framing it as a "fix" for their problems.
- C. Offer gentle invitations (e.g., "We could tap together if you're open to it").

EFT works best when adopted voluntarily, not under pressure.

9. What role do meridians play in EFT?

Each tapping point correlates with a meridian linked to specific emotions:

- A. Eyebrow (Bladder meridian): Releases trauma, sadness.

B. Under Eye (Stomach meridian): Calms anxiety, fear.

C. Collarbone (Kidney meridian): Reduces fear, boosts confidence.

Stimulating these points while focusing on negative emotions helps restore energy flow and emotional balance.

10. How can EFT help with long-standing pain or chronic issues?

While EFT isn't a substitute for medical care, it can:

A. Reduce pain intensity by addressing emotional contributors (e.g., stress, past trauma).

B. Explore pain metaphors (e.g., "This back pain feels like carrying a heavy burden").

C. Use "chasing the pain": If discomfort moves (e.g., shoulder to neck), tap on the new location while retesting the original area.

Case studies show significant relief for conditions like arthritis when combined with professional treatment.

11. How should one approach working with past events in EFT?

When addressing past events, it's crucial to:

A. Select low-intensity memories first (rated $\leq 7/10$) to avoid overwhelm. Examples include minor disagreements or fleeting disappointments.

B. Name the incident (e.g., "The Missed Promotion") to create focus.

C. Use the "Tell the Story" method: Narrate the event, pause to tap on emotional spikes (e.g., "When my boss ignored me, I felt small"), and retell until calm.

- D. Avoid diving into high-trauma events prematurely—these require advanced techniques or professional support.

This gradual approach builds confidence and ensures emotional safety.

12. What is the significance of the "9 Gamut" procedure in EFT?

The 9 Gamut is a closing step to reinforce energy balance:

- A. Locate the gamut point (on the back of the hand, between the knuckles of the ring and little finger).
- B. While holding the point, perform actions like humming, counting, or moving the eyes (e.g., "Look down, blink 5 times").
- C. Return to the karate chop point to repeat the original statement.

This step "resets" the brain's response to the issue and consolidates shifts made during tapping.

13. How can EFT be adapted for children or reluctant participants?

To make EFT engaging:

- A. Use playful language: Replace "tapping" with "magic button pressing" or "superhero power points."
- B. Focus on physical sensations: Ask, "Where does the grumpy feeling live in your body? Let's tickle it away!"
- C. Incorporate storytelling: Tap while recounting a child's favourite story, substituting their issue into the plot.
- D. Avoid pressure: Let them lead—e.g., "Want to try this silly game with me?"

- E. For reluctant adults, demonstrate first (e.g., "I'll tap for my stress—watch how it works").

The above ways can be used to make EFT interesting.

14. What are "borrowing benefits" in group EFT sessions?

Borrowing benefits occur when participants tap along silently while observing another person's session. This allows them to:

- A. Release similar emotions vicariously (e.g., anxiety, guilt).
- B. Learn phrasing and techniques by mirroring the facilitator.
- C. Normalise vulnerability ("If they can share, so can I").

The process is particularly effective in workshops where shared themes (e.g., stress, self-doubt) emerge.

15. How does EFT address psychological reversal (self-sabotage)?

Psychological reversal—a subconscious block to healing—is countered by:

- A. Tapping on the side of the hand while affirming acceptance (e.g., "Even though part of me doesn't believe I can heal...").
- B. Using the sore spot (a tender area near the collarbone) to stimulate lymphatic drainage and energy flow.
- C. Adding humour or exaggeration (e.g., "I might be the world's best procrastinator!").

This disrupts negative belief patterns that hinder progress.

16. What precautions should be taken during EFT sessions?

Practitioners must:

- A. Assess medical conditions: Avoid tapping directly on injuries, open wounds, or severe trauma without professional oversight.
- B. Respect emotional limits: If a client dissociates or becomes distressed, pause and use grounding techniques (e.g., "Name 5 things you see").
- C. Encourage hydration: Toxins released during tapping may cause mild detox symptoms; drinking water alleviates this.
- D. Avoid diagnosing: EFT complements but doesn't replace medical or psychological treatment.

The above precautions must be followed by practitioners.

17. How can one identify their "sore spot" for EFT?

The sore spot, a key point for clearing blocks, is found by:

- A. Placing two fingers just below the collarbone, near the sternum.
- B. Gently pressing until a tender or "empty" sensation is detected (varies by person).
- C. Using circular motions (not tapping) to stimulate it.

This spot is linked to the kidney meridian and is especially useful for low self-esteem or resistance.

18. What is the role of language in EFT effectiveness?

Precision matters:

- A. Use the client's exact words (e.g., if they say "I'm shattered," tap on "shattered," not "tired").
- B. Avoid jargon: Replace "subjective units of distress" with "How strong is this feeling from 1–10?"
- C. Incorporate native languages: Emotions are often stored in the language they were experienced in (e.g., tapping in Tamil for a childhood memory).

This ensures the brain recognises and releases the specific emotional charge.

19. How can EFT be integrated into family routines?

Successful family practices include:

- A. Daily check-ins: A 5-minute "tap and share" circle where each member voices a frustration (e.g., "Even though my homework is boring...").
- B. Conflict resolution: Tapping mid-argument to de-escalate (e.g., "This anger in my chest").
- C. Rituals before bed: Immune boosting tapping to promote restful sleep.

The key is consistency without coercion—making it a tool, not a chore.

20. What are common misconceptions about EFT?

Clarifications include:

- A. "EFT manipulates others": It only changes the practitioner's/internal response, not external people.

B. "Instant cure for everything": While rapid shifts occur, chronic issues may need layered work.

C. "Must feel emotional for it to work": Subtle shifts (e.g., physical relaxation) are equally valid.

Managing expectations fosters realistic, sustainable progress.

ADDITIONAL QUESTIONS:

1. Can you hum on just one note during the tapping process?

Yes, you can hum on a single note if preferred.

2. Does the client need to hum along when performing the basic recipe?

It is preferable but acceptable if they choose not to.

3. Why is it important to say "I love and accept myself" during tapping, especially when the emotion felt is the opposite? Can a different phrase be used?

While "I love and accept myself" is standard, alternatives like "I'm okay" can be used if they feel more appropriate.

4. Could EFT be used for physical discomforts other than pain, such as bloating or fatigue?

Yes, EFT can be applied to various physical discomforts by incorporating the specific issue into the tapping process.

5. When chasing pain, should you tap on each pain point individually or together?

Focus on one pain point at a time for effective results.

6. Is it necessary to keep elbows free during tapping, or can they rest on a table?

There are no restrictions; elbows can rest on a table if comfortable.

7. How do you handle new memories or events that arise during the "Tell the Story" technique?

New memories can be "boxed" or set aside to maintain focus on the primary incident being addressed.

8. Is it acceptable to go straight to a memory without assigning it a story name?

Yes, you can proceed directly to the memory if it feels more natural for the client.

9. What should you do if the client becomes emotionally charged while telling their story?

Use the "triple calmer" technique (under the eye, collar bone, and under the arm) to help regulate their emotions quickly.

10. How do you know when to change tapping points during a session?

Follow the client's lead and adjust based on their verbal or non-verbal cues, ensuring the process remains fluid and responsive.

11. Can EFT be used for stress and anxiety?

Yes, EFT is highly effective for managing stress and anxiety by addressing the underlying emotional triggers.

12. What is "hamster wheel thinking"?

It refers to repetitive, looping thoughts that go round and round without resolution, often linked to overthinking.

13. How do you ensure the client stays focused on one incident during the "Tell the Story" technique?

Gently guide them back to the original incident and use techniques like "boxing" to temporarily set aside unrelated memories.

14. What is the purpose of the "triple calmer" technique?

It helps quickly regulate the nervous system during emotional dysregulation, promoting calmness.

15. How can you support a client who struggles to locate their "sore spot"?

Encourage them to use gentle, circular motions beneath the collar bones or their thumb to locate the tender area.