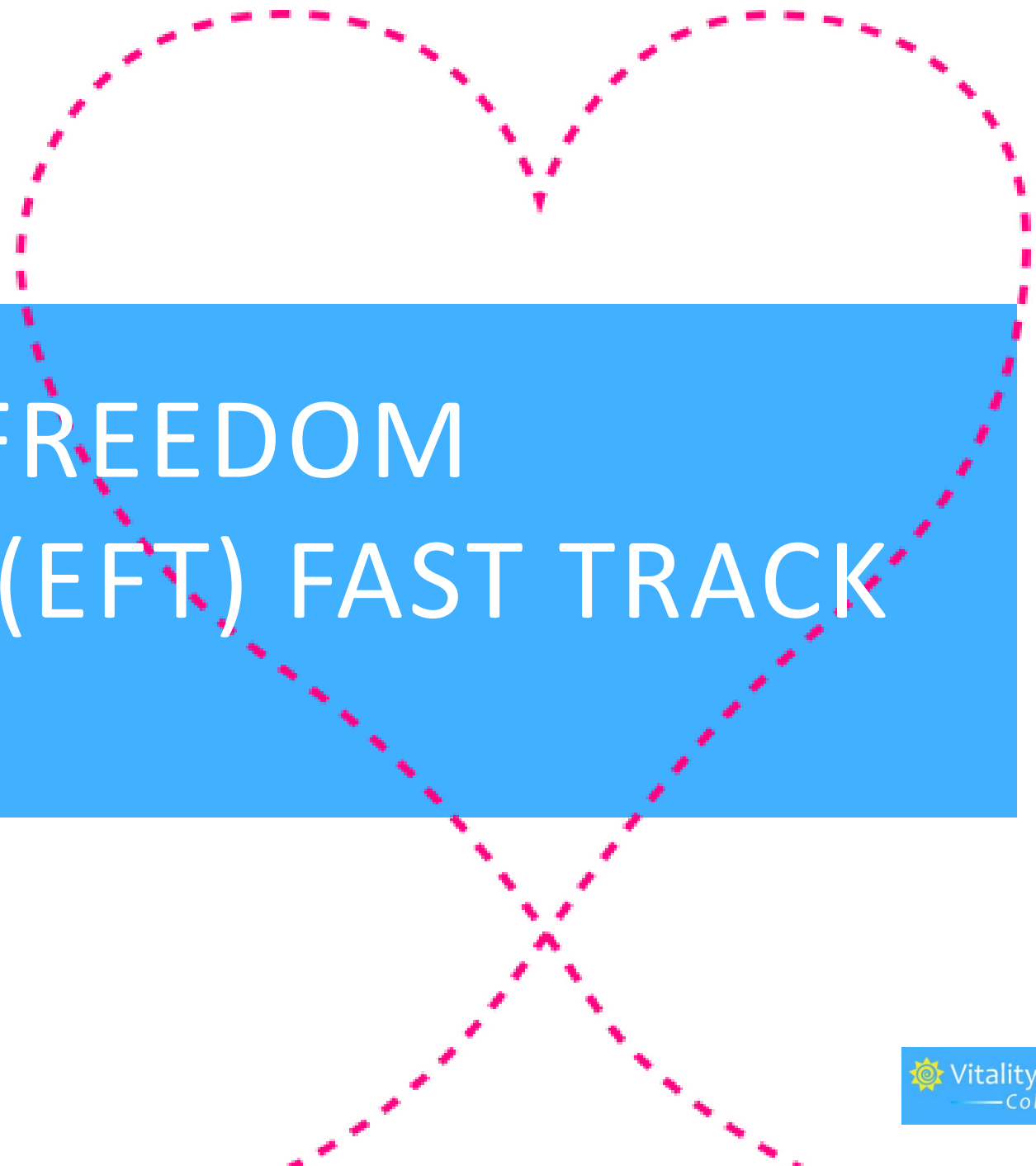
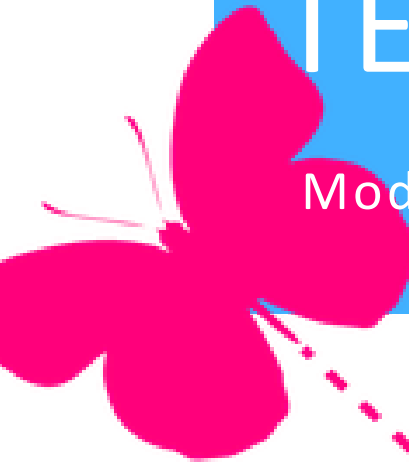




EMOTIONAL FREEDOM TECHNIQUES (EFT) FAST TRACK

Module 5

SUMMARY

1. Addictive Cravings
2. Movie Technique
3. Tearless Trauma
4. Safety
5. Next steps

NEXT STEPS

1. **Hydrate:** Drink more water than normal to keep yourself hydrated.
2. **Rest:** Sleep, rest and relax till we meet next time.
 - **Update:** Your personal development log, <https://portalnew.vitalitylivingcollege.info/web/courses/687ba44a3d6cf7adfb3f168?chapter=68f9acab8d4092dafd04a7d3>
3. **Explore:** The following Energy Flow® exercises:
 - Tantrum Release
 - Immune Boosting
4. **Self Practice:**
 - Physical Tension with Tell the Story, <https://vitalitylivingcollege.info/wp-content/uploads/2025/04/Physical-Tension-with-Tell-the-Story-Self-Practice-Worksheet-16.04.2025.pdf>
 - Addictive Cravings, <https://vitalitylivingcollege.info/wp-content/uploads/2024/08/Addictive-Cravings-Self-Practice-Worksheet-11.08.2024.pdf>
 - Movie Technique, <https://vitalitylivingcollege.info/wp-content/uploads/2024/08/7.-Movie-Technique-Self-Practice-Worksheet-16.08.2024.pdf>
5. **Write down:** 100 events in your life and pick one a day to work on.
6. **Swap:** Find a buddy and give and take a session on either Tell the story, Addictions, or Movie technique

WORKING WITH MEMORIES

- Tell the Story – 7 and lower
- Movie Technique – 10 and lower
- Tearless Trauma – 10 and higher
- Box Technique – High trauma and long memory

TEARLESS TRAUMA



TEARLESS TRAUMA

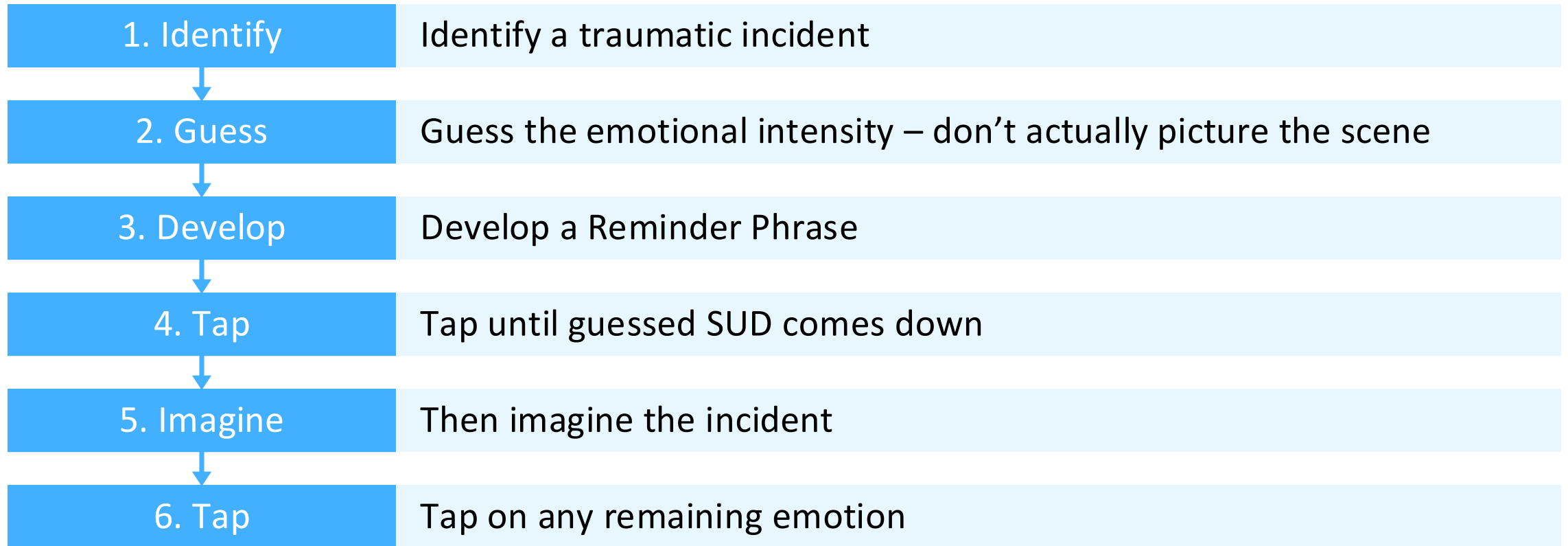


- It prevents re-traumatisation by allowing the client to disassociate from the event.
- Guess the emotional intensity.
- Distance the past event.

TRAUMA INFORMED

- Break the memory down into small chunks.
- Work on the part they want to; or the one that feels the safest.
- Distance the movie or memory (in another city).
- Being respectful to their requirements.
- Reassure that you will not go where they are not ready to go.
- Ask them to give the movie a private/unrelated keyword, and tap on that.
- As soon as there is an abreaction, use the Triple Point Calmer; you can also imagine tapping down the spine or on the feet.

TEARLESS TRAUMA



5

DEEPER EXPLORATION & PERSONAL PEACE

CONTENTS

1. Practitioner client relationship
2. Listening
3. Psychological reversal
4. Abreactions
5. Working with memories
6. Personal peace
7. Next steps

PRACTITIONER CLIENT RELATIONSHIP

- Build trust and rapport:
 - Match and mirror positive body language.
 - Bring awareness to change of emotions.
 - Practice empathy – be present for them.
 - Tune into your intuition.
- Respect the other person's model of the world.
- Every behaviour has a positive intention.
- Everyone is doing the best they can with the resources they have available - people are not their behaviours.
- Resistance is a sign of lack of rapport.
- The client is in control – it is their process.
- Calibrate.
- Be aware of their body language, eye movements, voice, and skin tone.

LEVELS OF LISTENING

Level 1 – All about me

Level 2 – Putting them down

Level 3 – Truly listening

WELCOME BACK

- What's your name?
- Where do you live?
- What is important to you in life?
- What are you passionate about?
- What makes you uniquely unique?



**UNIQUE
QUALITIES**

PSYCHOLOGICAL REVERSAL



- A sub-conscious block.
- Batteries in “backwards” or “sdrawkcab”.
- May block EFT working.
- May appear as resistance.
- Common in cases of depression, addictions, and chronic physical illness.
- Correcting PR is in-built:
 - Karate Chop
 - Sore spot

CLEARING PSYCHOLOGICAL REVERSAL (PR)

- Most people have PR over most issues.
- Part of the standard EFT protocol in the set-up.
- It is quicker to clear PR than it is to test for it.
- It can come and go in seconds.
- The points to clear PR are:
 - Karate Chop
 - Sore spot
 - Upper chest
 - Collarbone

YOUR POINT



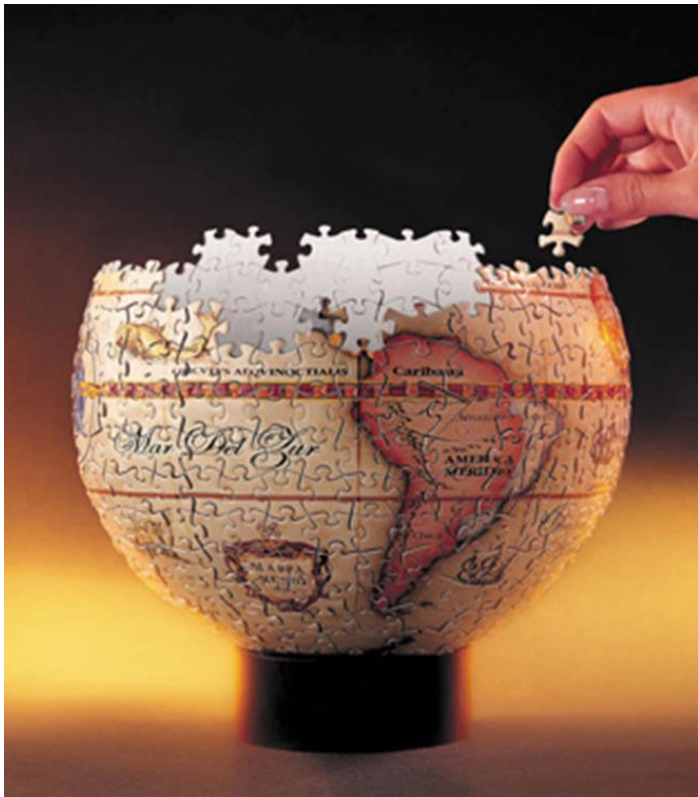
- Notice which point seems to have the most effect or seems to get results faster.
- At the time, a person will say, *“I really felt it when I tapped THIS spot.”*
- You can use this point more often!

TOUCH AND BREATHE



If the client has pain, physical discomfort, or is embarrassed about tapping, then TOUCH and BREATHE instead.

ISSUES ARE LIKE PUZZLES



- There are many pieces: **Be specific!**
- Each piece may have several sides: **Aspects**
- Some are critical to put the picture together: **Core issues**
- When some parts are put together, the rest fall into place: **Generalisations**
- Listen to your intuition and always check with the client!

SHIFTING ASPECTS



- Naturally shifting:
 - Related scene
 - Related memory
 - Related emotion
- Shift by asking questions:
 - What does it remind you of?
 - When have you felt like that before?
- Notice links.
- Notice the *core issue* which underpins the presenting problem.

SIMPLIFIED EFT: ABC

1. Become **aware** of the problem:
 - Ask questions and get information by saying, *“Tell me more”*.
 - Identify the exact issue.
 - Identify the intensity or the subjective unit of distress (SUD).
2. Set-up with specific words to **balance**:
 - Tap on the Karate Chop, sore spot, and the upper chest.
3. **Say the reminder phrase to clear.**
 - Tap on the facial points, collarbone, under the arm, and the finger points.
4. Do the Karate Chop to close the sequence.
5. Breathe, and take a sip of water.

SIMPLIFIED EFT: ABC

6. Testing:

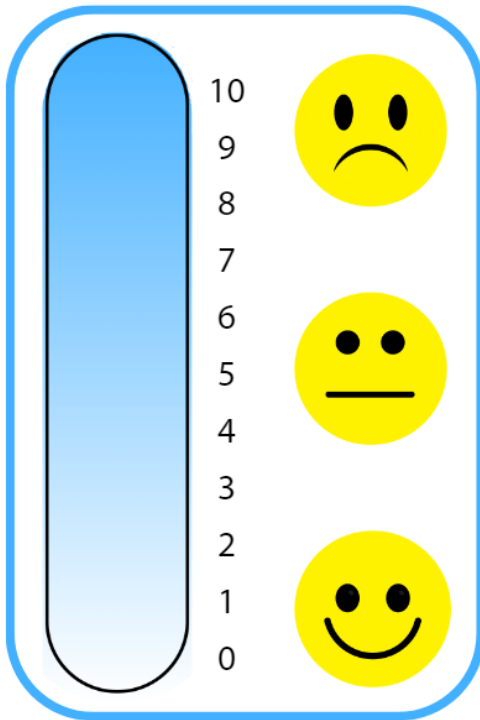
- Check for the intensity, observe changes, cognitive shifts, and aspects.
- *“What happened? What is the number at now? How do you feel about that issue now?”*

7. Repeat till the intensity is low, and then tap to close (reframes):

- *“Even though I have this remaining problem....I love and accept myself!”*
- *“Even though this happened...THAT was THEN... THIS is NOW... I love and accept myself!”*
- *“Even though this happened... I WAS DOING THE BEST I COULD... I love and accept myself!”*

TESTING THE RESULTS

Intensity meter



- It can be done:
 - At the beginning or at the end of the session.
 - After every round of EFT.
 - Whenever there has been a switch or a shift in the aspect.
- Testing methods:
 - SUDs
 - Verbal and non-verbal signals
 - Tell the Story again
 - Cognitive shifts

PERSISTENCE

Repeat	Repeat	Repeat
Repeat	Repeat	Repeat
Repeat	Repeat	Until Intensity is Low!

BORROWING BENEFITS



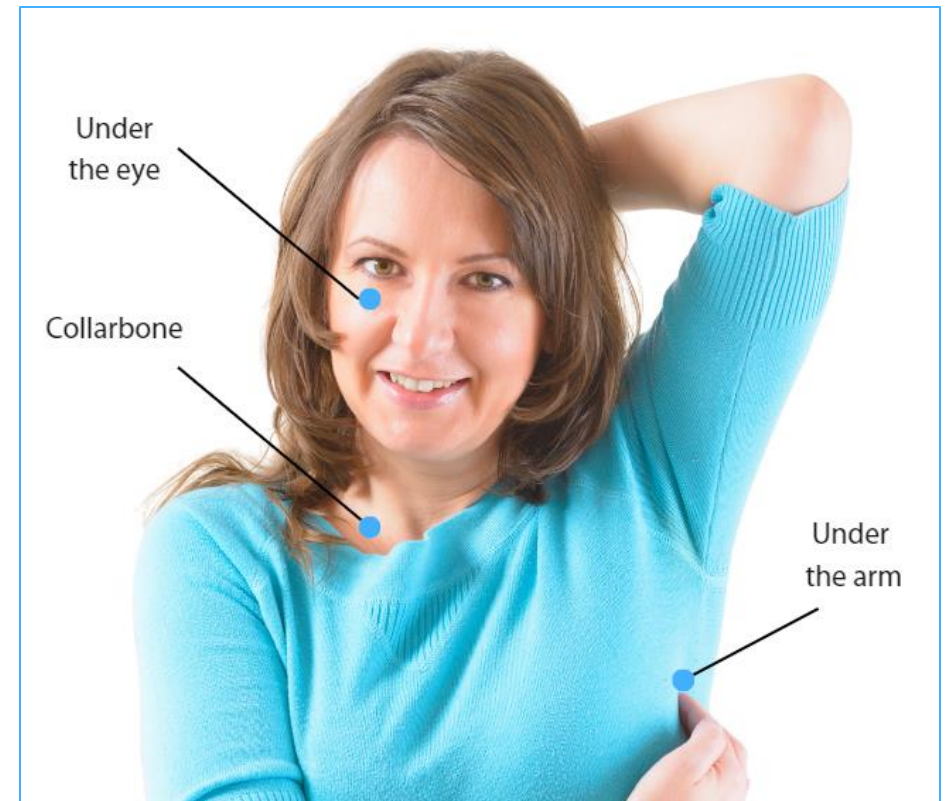
- Get everyone to identify a specific event or issue, and give it a number.
- Tap with one person on their specific issue or event, and then test.
- At times, audience members may get emotional – recommend they tap on the Triple Point Calmer.
- Get the audience to test their numbers.
- It is a cost-effective way of working.

ABREACTION

- It is a normal but intense reaction to a specific stimulus.
- It is likely to occur when intense emotions are buried or repressed.
- Stay calm and continue tapping with the client.
- Tap under the eye, collarbone, and under the arm.
- Ask the client's permission to tap on them.
- Hold the 9 Gamut after the tapping round on trauma.
- Be there for your client. Encourage and reassure. You can also say:
 - *"Stay with me, stay with me... Keep tapping... Breathe."*

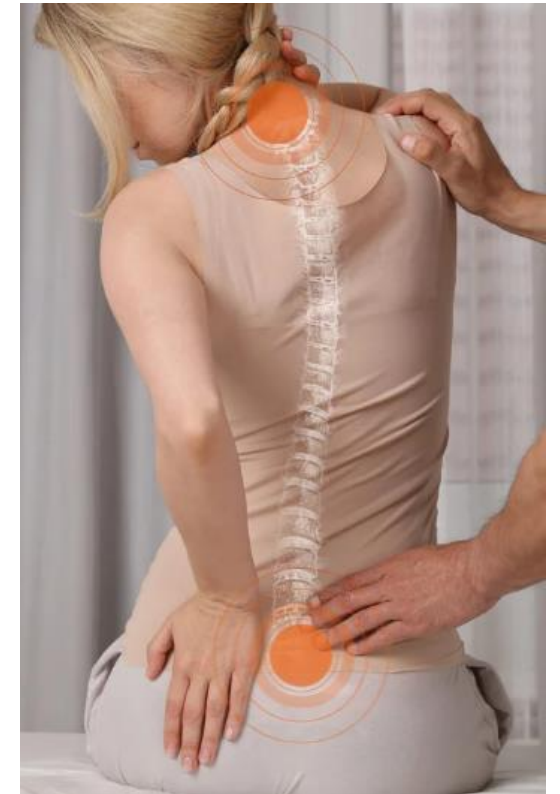
SAFETY TAPPING

- Triple Point Calmer: Tap under the eye, collarbone, and under the arm
 - Breathe, breathe, breathe
 - Stay with me, stay with me, stay with me
 - Drink water
 - Hold the 9 Gamut and breathe



SPINE TAPPING

- Tap down the spine
 - Ask permission to touch
 - Down the spine: top to down
 - You are doing great
 - Energy of 'you are doing great'
- Hug and tap down the spine



SPINE TAPPING

- Tap down the spine,
https://www.instagram.com/tv/CGe5HcgFfI5/?utm_source=ig_web_copy_link



WORKING WITH MEMORIES

- Tell the Story – 7 and lower
- Movie Technique – 10 and lower
- Tearless Trauma – 10 and higher
- Box Technique – High trauma and long memory

BOX TECHNIQUE



BOX TECHNIQUE

Place the old memory
in a box or container.

You can even split the
memory up into
different episodes.

You can place it in a
trunk and then put it in
a place they consider
safe. For example, at the
bottom of the sea.

Initially, just tap that
there is a memory and
that it's in the past.

When the client is
ready, work on one
memory at a time.

WORKING WITH MEMORIES

- Tell the Story – 7 and lower
- Movie Technique – 10 and lower
- Tearless Trauma – 10 and higher
- Box Technique – High trauma and long memory
- Keyword - Privacy

KEYWORD APPROACH



KEYWORD APPROACH STEPS

1. Identify a keyword that represents the problem.
2. The keyword can be unrelated.
3. Identify the emotions with the keyword and tap.
4. When the client is ready to share more, use all other skills as appropriate.
5. Identify a new keyword after each round.
6. Test and tap as necessary.

KEYWORD TECHNIQUE – SELF-PRACTICE WORKSHEET



[Click here for the Google Doc](#)

THE KEYWORD TECHNIQUE – WORKSHEET

The Keyword Technique is used to explore issues which are either very private, or too traumatic to address, or if there is any indecision. Sometimes the keyword is useful when there is a medical label. For example, cancer or anxiety, and saying that word out loud is very triggering. By using the Keyword, you can take the edge off the word.

1. Begin by giving the private issue or indecision a name - this is known as the *keyword name*. It can also be an unrelated name if need be.
Write down the keyword name: _____.
2. Ask yourself, "*What is the intensity level of the keyword?*"
Write down the intensity level: _____.
3. Then ask yourself, "*How does it make me feel?*"
Write down the feeling: _____.
4. Then ask yourself, "*Where do I feel it in the body?*"
Write it down: _____.

DAILY PERSONAL PEACE: TRUTHBRUSH & POSITIVE TAPPING

1. Truthbrush

- A. Emotions: Explore any emotions or feelings.
- B. Body Tension: Explore any symptoms you might be having and tap on those, for example, anxiety or physical tension.
- C. Mind or Thinking: Explore any thoughts and tap on those.

2. Positive Tapping

- D. Self-love: Celebrate your worth and nurture a positive self-relationship.
- E. Health: This is for health on what you want, for example, optimum blood pressure (BP).

DAILY TRUTHBRUSH: BEGIN HERE

1. Look in the mirror and ask yourself, *"How are you feeling today?"*
2. Wait for a response. If the response is:
 - Emotional - Go to the Emotional Truthbrush
 - Physical or body related - Go to the Body Truthbrush
 - Thoughts or mind related - Go to the Mind Truthbrush
3. Start tapping. *"Even though I feel/I have / I think _____, I love and accept myself."*
4. Tap using the reminder phrase on the upper body, facial, and finger points.
5. Complete the heart hold, hold the 9 Gamut, and breathe in and out.
6. Then, look at yourself in the mirror and ask yourself, *"How are you feeling now?"* Repeat as necessary.
7. When complete or after 5 minutes, look at yourself in the mirror and say, *"You did amazing!"*

A. EMOTIONAL TRUTHBRUSH

- Karate Chop: Even though I am feeling _____ and I can feel it in my _____ and it's at a number _____, I love and accept myself.
- Eyebrow: Feeling _____
- Side of eye: In my _____
- Under the eye: It's at a number _____
- Under the nose: Feeling _____
- Chin: It's in my _____
- Collarbone: At a number _____
- Under the arm: Feeling _____
- Thumb: It's in my _____
- Index finger: At a number _____
- Middle finger: Feeling _____
- Little finger: It's in my _____
- Karate Chop: Even though I am feeling ____ and it's at a number __ and it's in my __, I love and accept myself anyway.

B. BODY TRUTHBRUSH

- Karate Chop: Even though I have this body tension, it's in my _____ and it's at a number __ , and it makes me feel ____ I love and accept myself.
- Eyebrow: Body tension in my _____
- Side of the eye: Makes me feel _____
- Under the eye: At a number _____
- Under the nose: Body tension in my _____
- Chin: At a number _____
- Collarbone: Makes me feel _____
- Under the arm: Body tension in my _____
- Thumb: Makes me feel _____
- Index finger: Body tension in my _____
- Middle finger: Makes me feel _____
- Little finger: Body tension in my _____
- Karate Chop: Even though I have this body tension in my _____, it makes me feel____, I love and accept myself anyway.

C. MIND TRUTHBRUSH

- Karate Chop: Even though I am thinking ____ and it makes me feel ___, and it is at a number ____ I love and accept myself.
- Eyebrow: I am thinking _____
- Side of the eye: It makes me feel _____
- Under the eye: In my _____
- Under the nose: At a number _____
- Chin: These thoughts _____
- Collarbone: Make me feel _____
- Under the arm: In my _____
- Thumb: At a number _____
- Index finger: These thoughts _____
- Middle finger: Make me feel _____
- Little finger: At a number _____
- Karate Chop: Even though I am thinking ____ and it makes me feel ___, and it is at a number ____ I love and accept myself.

D. POSITIVE TAPPING: SELF-LOVE

- Top of the head:
 - I love feeling_____, I am so happy I feel this way, I love all this yumminess in my life.
- Upper body:
 - I am so excited I feel this way, I am so grateful that I get to feel_____.
 - I love feeling this way, I know how delicious I am, I love being me, I am so grateful I have these awesome feelings.
- Finger points:
 - I am so happy I love being me, I am so grateful for all of me, I am looking forward to my day.
- Karate Chop:
 - Even though at times I can get emotional, that's okay. I love feeling this feeling today.
- Hold 9-Gamut point:
 - Take a gentle breath in and out.

E. POSITIVE TAPPING: HEALTH AFFIRMATIONS

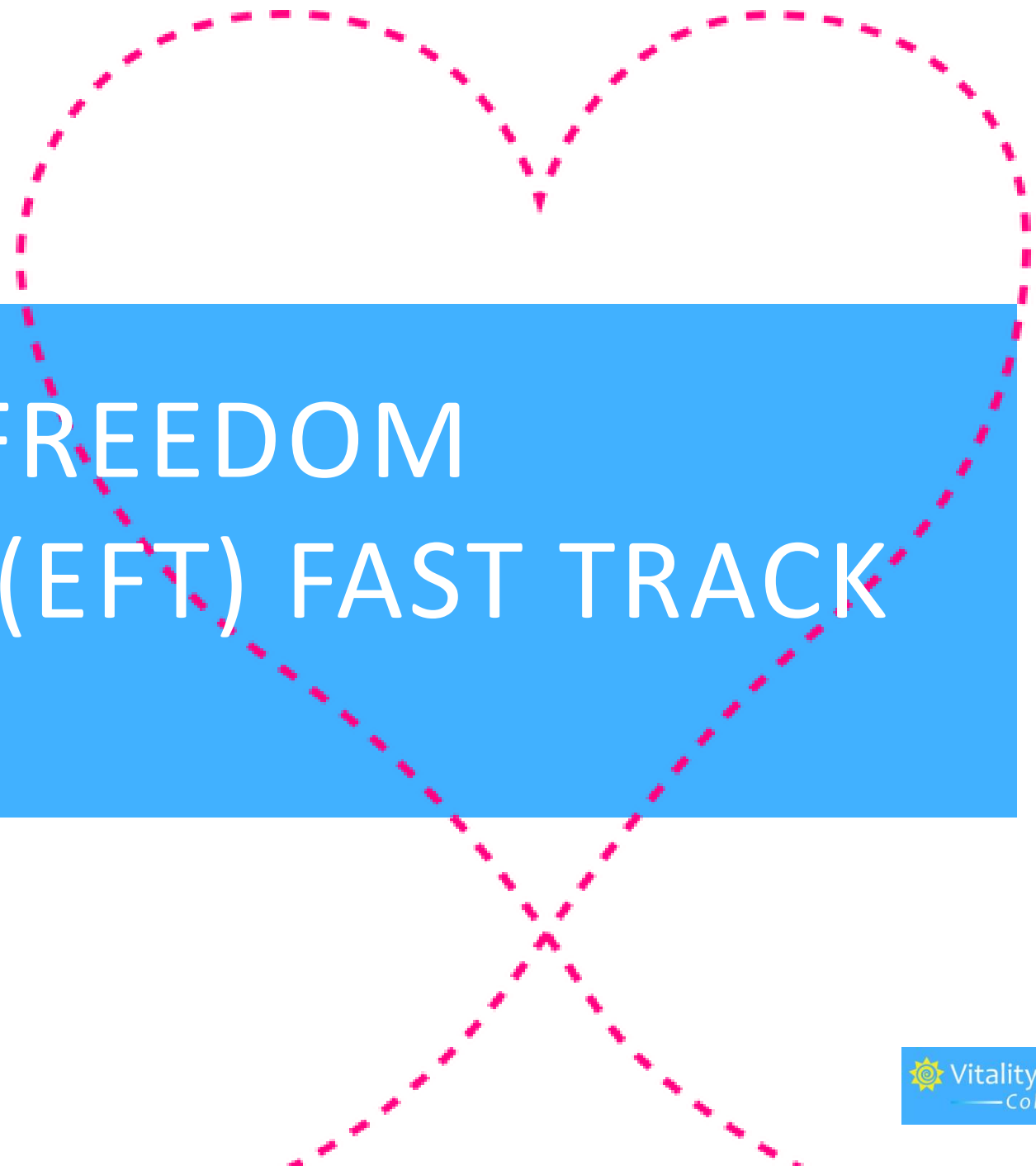
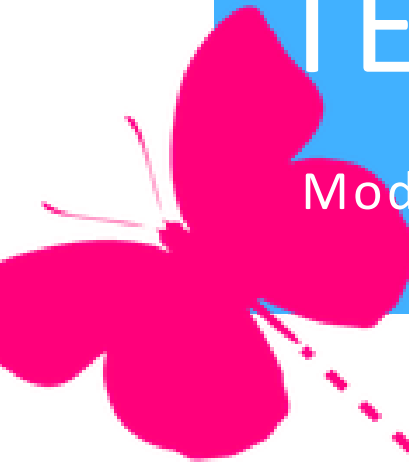
- Karate Chop: Even though my _____ (reading, test, result) is at _____, I choose it to be at ____, I love and accept myself.
- Eyebrow: I am so grateful
- Side of the eye: My health _____ (reading, test, result) are at _____
- Under the eye: I am so grateful
- Under the nose: My health _____ (reading, test, result) are at _____
- Chin: I am really grateful
- Collarbone: I am so grateful
- Under the arm: I am really grateful
- Thumb: I love how my health _____ (reading, test, result) are coming into normal.
- Index finger: I am so grateful my health _____ (reading, test, result) are coming into normal.
- Middle finger: I love how my health _____ (reading, test, result) are coming into normal.
- Little finger: I am grateful my health _____ (reading, test, result) are coming to normal
- Karate Chop: Even though my health _____ (reading, test, result) may not have been normal, that was then, this is now, I choose them to be normal now.

SUMMARY

1. Practitioner client relationship
2. Listening
3. Psychological reversal
4. Abreactions
5. Working with memories
6. Personal peace
7. Next steps

NEXT STEPS

1. **Update:** Your personal development log, <https://portalnew.vitalitylivingcollege.info/web/courses/68b81ad7dc28ab08435ac64c?chapter=68c138a92635a078bad042f1>
2. **Explore:** The following Energy Flow® exercises:
 - Tantrum Release
 - Immune Boosting
3. **Self-Practice:** Emotions, body and mind
4. **Practice:** The following worksheets,
 - Keyword technique – worksheet, <https://vitalitylivingcollege.info/wp-content/uploads/2023/09/Keyword-Technique-Worksheet-23.09.2023.pdf>
 - Daily Truthbrush – Self - practice worksheet, <https://vitalitylivingcollege.info/wp-content/uploads/2025/04/1.-Personal-Peace-Daily-Truthbrush-Self-Practice-Worksheet-18.08.2024.pdf>
 - Positive tapping, <https://vitalitylivingcollege.info/wp-content/uploads/2025/04/2.-Personal-Peace-Positive-Tapping-Worksheet-18.08.2024.pdf>
5. **Browse:** The article on Personal Peace, <https://vitalitylivingcollege.info/how-to-conduct-personal-peace-procedure-with-eft-on-myself/>



EMOTIONAL FREEDOM TECHNIQUES (EFT) FAST TRACK

Module 5