

EMOTIONAL FREEDOM TECHNIQUE (EFT)

Module 4 – Practitioner Training
Day 4 Foundational Training

SUMMARY

1. Physical tension with deeper exploration
2. Basic EFT format
3. Being specific
4. Calibration
5. Aspects
6. Past negative events
7. Tell the Story method
8. Cognitive shift
9. Next steps

NEXT STEPS

1. **Update:** Your personal development log.
2. **Practice:** Using the self-practice worksheet, on a past event of intensity level 7 or lower using Tell the Story technique: <https://portalnew.vitalitylivingcollege.info/web/courses/686a83c6886d92b1a67e5d79?chapter=6888b002e42bbfb18eb07b93>
3. **Explore:** The following Energy Flow® exercises:
 - Tantrum Release
 - Immune Boosting
 - Eyebrow Massage (bony area)
 - Eyebrow Pulling
 - Neck Flush
4. **Browse:** The article on the Personal Peace Procedure with EFT Tapping, <https://vitalitylivingcollege.info/how-to-conduct-personal-peace-procedure-with-eft-on-myself/>
5. **Preparation:** Bring a cravings substance tomorrow to class.

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PHYSICAL TENSION WITH AN EVENT & ADDICTIVE CRAVINGS

CONTENTS

1. Triple Point Calmer
2. TREE
3. Aspects (Weight)
4. Physical Tension with Tell the Story
5. Addictive Cravings
6. Next steps



**TRIPLE POINT
CALMER**

TREE



TREE

- **Trigger**
- **Root**
- **Emotion**
- **Experience**

ASPECTS





ASPECTS

Whiteboard

PHYSICAL TENSION CASE

1. Surface experience – Physical pain in spine and then pain moving lower down
2. Surface emotion – Feeling uncomfortable and cannot sit
3. Surface trigger – Mother not cooking food on time and going hungry
4. Deeper trigger – Mother being called out; then fights and pain worsens
5. Deeper emotion – Feeling angry and frustrated when mother does not cook on time
6. Surface root cause – Why is this happening to me? The theme of blame
7. Deeper experience & root – Mother abusing and false accusations
8. Deeper emotion – Not feeling respected
9. Cognitive shift – Self-respect; self-responsibility; able to cook myself

1. Locate the Tension

Say, *“Take a gentle breath in & out.”* Pause and take a breath 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.”*

2. Measure the SUD

Repeat their words back to them, *“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.”*

3. Describe

Explore further and ask, *“Are there any colours, shapes, sounds, textures, sensations, and feelings associated with the tension or discomfort? If yes, describe it to me.”* No need to mention each one. You can pick whatever comes intuitively.

4. Listen

Carefully listen to the descriptions and make notes. It's always better to make shorter notes in order to keep your focus on the client; not on the notes. For example, *“Pain, Shoulder Blade, 7, Red.”*

5. Start tapping

Start tapping using the client's specific words. *"Even though I have this tension and it is a number (SUD), and it is in my (BODY PART), and it is (COLOUR, TEXTURE, SIZE, FEELING), I love and accept myself."*

6. Test

Pause after a round and say, *"Take a gentle breath in & out, and have a sip of water."* Do it along with them. Ask, *"What happened?"* or *"What is the number now?"* You can even ask, *"How does it make you feel?"*

7. Explore

Explore if the location is the same or different as before (at times the location can move, and it's known as 'Chasing the Pain'). Ask them, *"Has the location moved?"* Most of the times, the client will give you this information intuitively.

8. Continue tapping

Continue tapping using their specific phrases; with any changes that they describe. Pause and test after each round. Keep tapping, till the SUD comes down to 3 or below. Ask again, *"How are you feeling now?"* or *"What is the intensity of the pain/discomfort/tension?"*

9. Deeper Exploration

Ask the deeper questions: *“What does the pain remind you of?”, “When have you felt this kind of emotion associated with the pain before?”, “When have you felt this kind of pain before?”, “Who is the pain in the X?”, “When did it start?”, “When does it get worse?”, “When does it get better?”*

10. Explore Past Memories

If a memory is shared use the Tell the Story method to tap on the memory. Identify the “story” name and associated SUDs. When the SUD's are manageable then tap on the story and pause if there are any emotional disturbances. Test by telling the whole story from start to finish.

11. Remaining

Explore if the location is the same or different as before (at times the location can move, and it’s known as ‘Chasing the Pain’). Ask them, *“Has the location moved?”* Most of the times, the client will give you this information intuitively.

12. Close

Say, *“Take gentle breath in & out, and take a sip of water.”* Pause and do it along with them. Then ask, *“How are you feeling?”* Let them know what they did well. Reassure, thank them, and close.

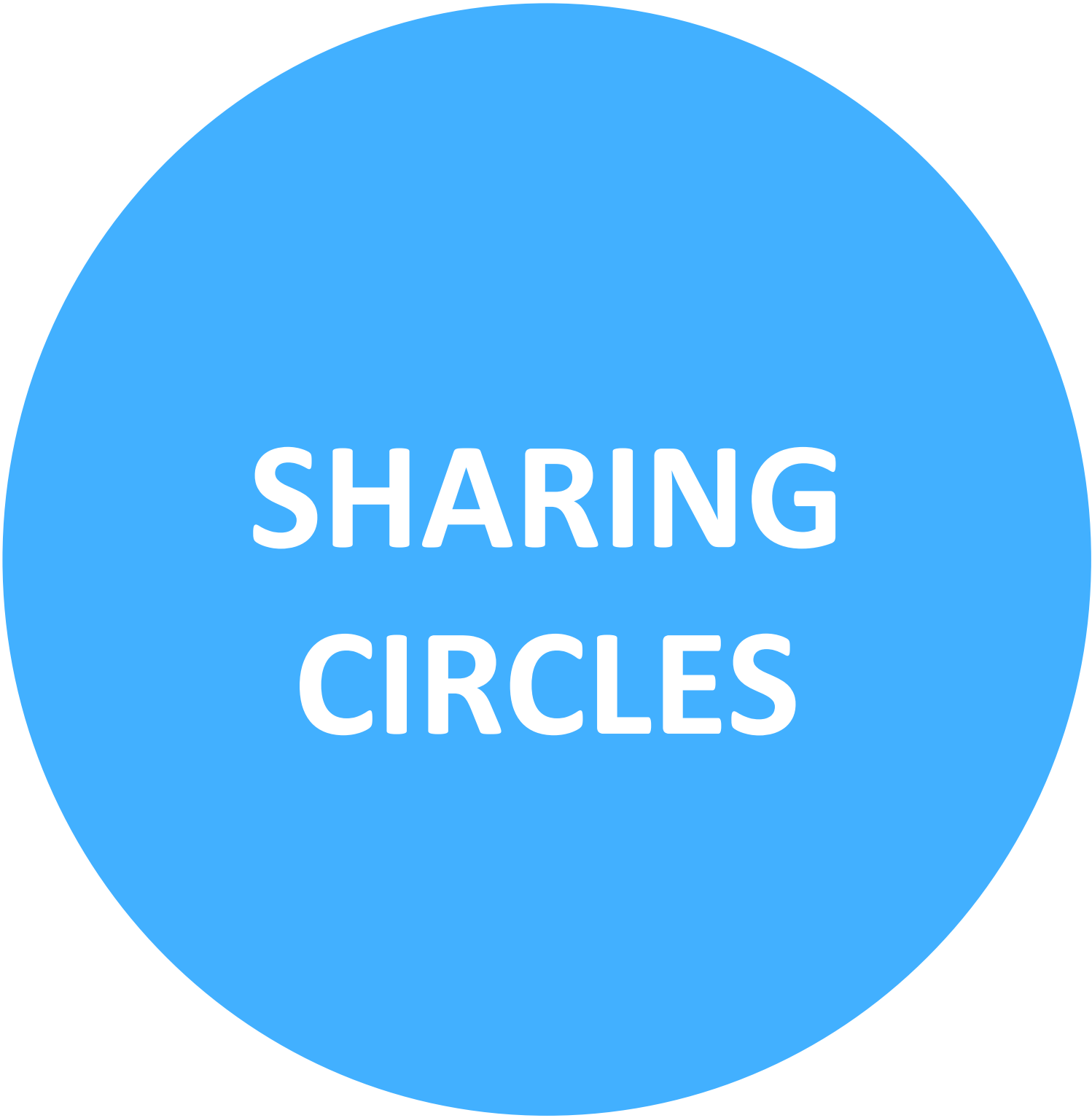
TELL THE STORY

1. Give the story a name (be specific) and measure the intensity.
2. Using simplified EFT, complete as many rounds of tapping as needed.
3. Bring down the SUDs to a manageable level.
4. Then, begin telling the story of the event, uncovering specifics.
5. 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.
6. Test by re-telling the previous part of the story.
7. When it feels calmer, continue telling the rest of the story.
8. Stop and tap whenever an emotional disturbance is detected.
9. Finally, test by telling the entire story; from start to finish.
10. Stop when the story can be told fully; while remaining calm.



PHYSICAL TENSION WITH TELL THE STORY

Questions
Being specific
Aspects
Calibrate



SHARING CIRCLES

ADDICTIVE CRAVINGS



TRANQUILISING ANXIETY



Addictions

Surface cravings
help cope with stress

Middle level helps suppress
negative emotions

Deep down they provide
comfort, love, safety, and security

WORKING WITH ADDICTIVE CRAVINGS

1. Assess current cravings on a 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 the substance tastes, smells, feels, and looks like. For example, *"It is so crunchy and sweet!"*
4. Then tap exactly on the experience of the client in response to the substance.
5. Conduct as many rounds of EFT as are necessary to reduce current craving.
6. Notice if substance tastes, smells, and feels any differently.
7. Many times, the substance is filling something that is missing, for example comfort, safety, love, protection. The question you ask is, *"When have you not felt that emotion?"*

ADDICTIVE CRAVINGS

Surface symptoms
Surface emotions
Deeper root cause
Keep testing

NEXT STEPS

1. **Hydrate:** Drink more water than normal to keep yourself hydrated.
2. **Rest:** Sleep, rest and relax till we meet next time.
3. **Update:** Your personal development log.
4. **Practice:** The following Energy Flow® exercises:
 - Tantrum Release
 - Immune Boosting
 - Eyebrow Massage (bony area)
 - Eyebrow Pulling
 - Neck Flush
 - Triple Warmer Soother
5. **Write down:** 100 events in your life and pick one a day to work on.
6. **Personal Peace:** Complete 1 personal peace on physical tension and 1 on a past event:
 - Physical tension with deeper exploration
 - A past event of intensity level 7 or lower using Tell the Story technique
7. **Read:** The self-practice worksheet on cravings,
<https://portalnew.vitalitylivingcollege.info/web/courses/686a83c6886d92b1a67e5d79?chapter=6888b00c0f647e7ee37904f2>
8. **Browse:** The article on using EFT Tapping for cravings, <https://vitalitylivingcollege.info/how-to-use-eft-tapping-for-cravings/>

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