

PROFESSIONAL EMOTIONAL FREEDOM TECHNIQUE (EFT)

Module 5 – Practitioner Training
Day 5 Foundational Training

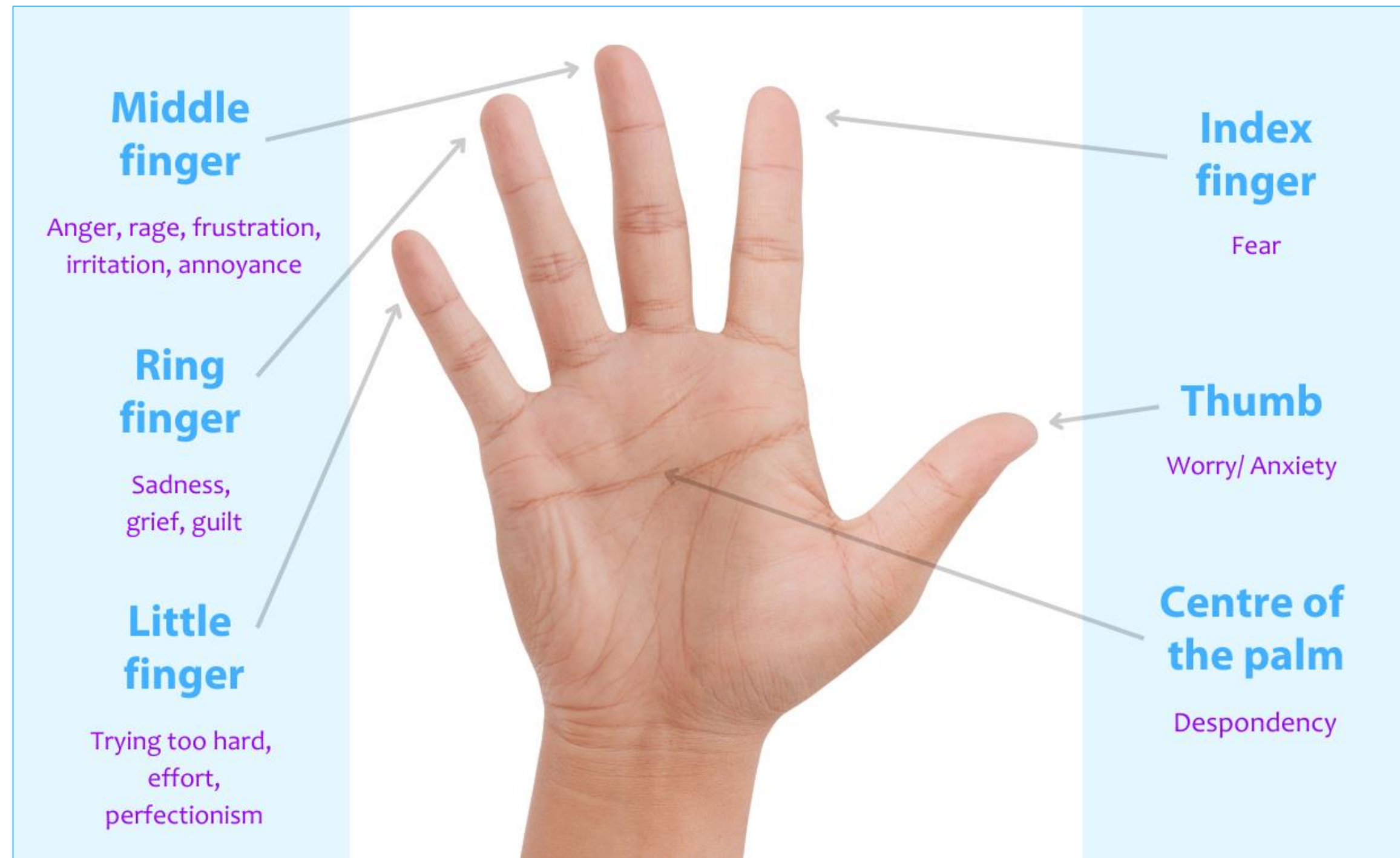
SUMMARY

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

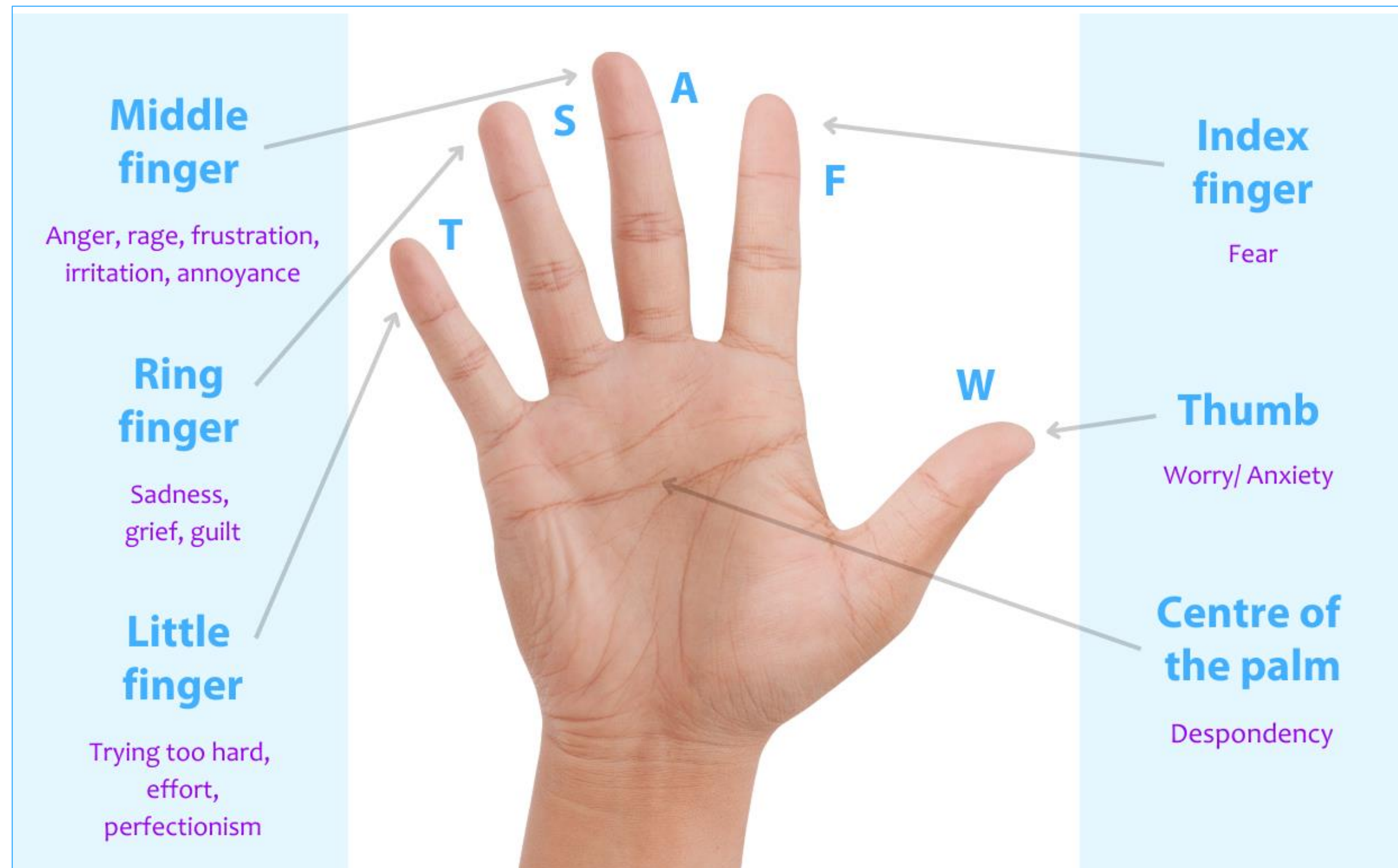
NEXT STEPS

1. **Hydrate:** Drink more water than normal to keep yourself hydrated.
2. **Rest:** Sleep, rest and relax till we meet next time.
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/>

FINGER HOLDS



FINGER HOLDS



5

ADDICTIVE CRAVINGS & MOVIE TECHNIQUE

CONTENTS

1. Addictive Cravings practice
2. Movie Technique
3. Next steps

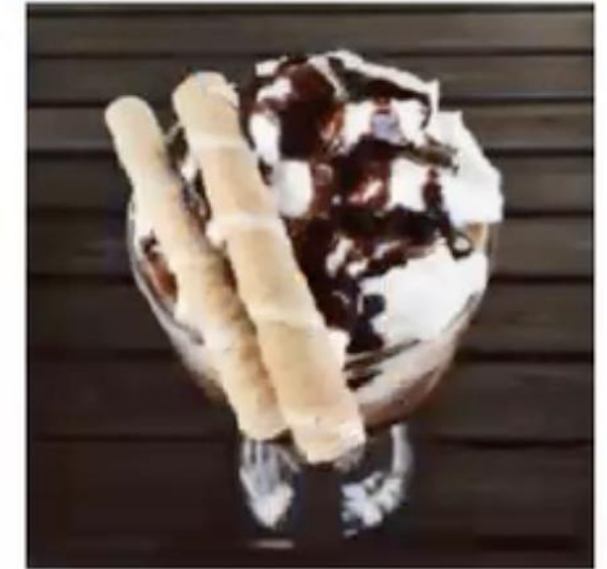
ADDICTIVE CRAVINGS



EFT TRIAL ON CRAVINGS

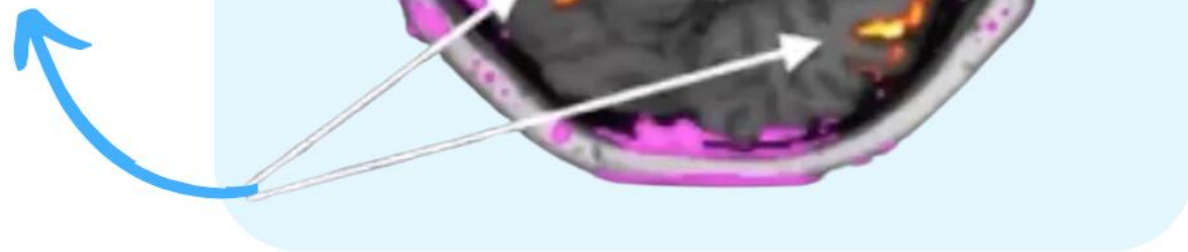
1. 4500 people wanted to participate in the trial
2. 4-week program
3. 96 clinically obese participants
4. 2 hours of EFT Tapping in group sessions
5. Average weight loss was 5 kg



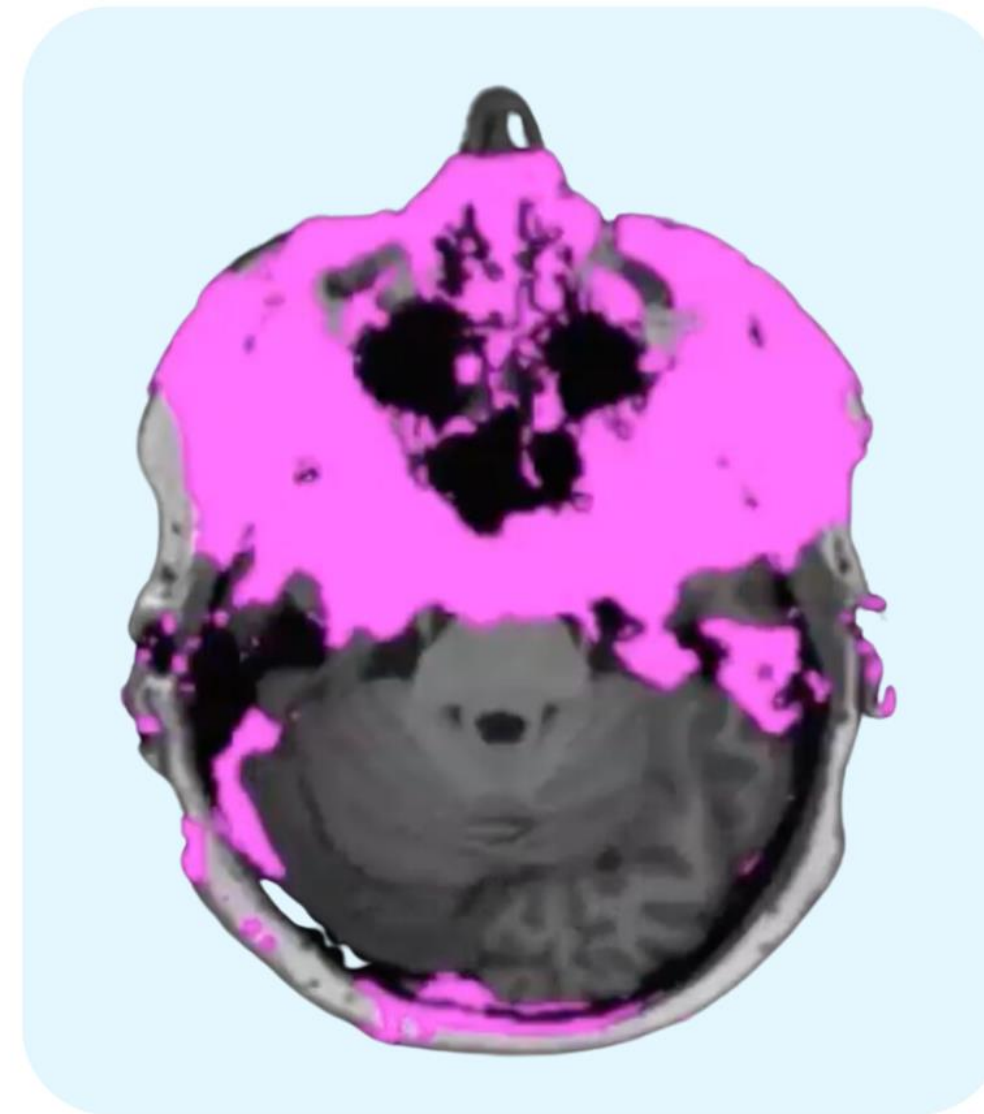


REDUCTION IN ADDICTIONS & CRAVINGS

Brain signals
the body for
an addictive
craving.



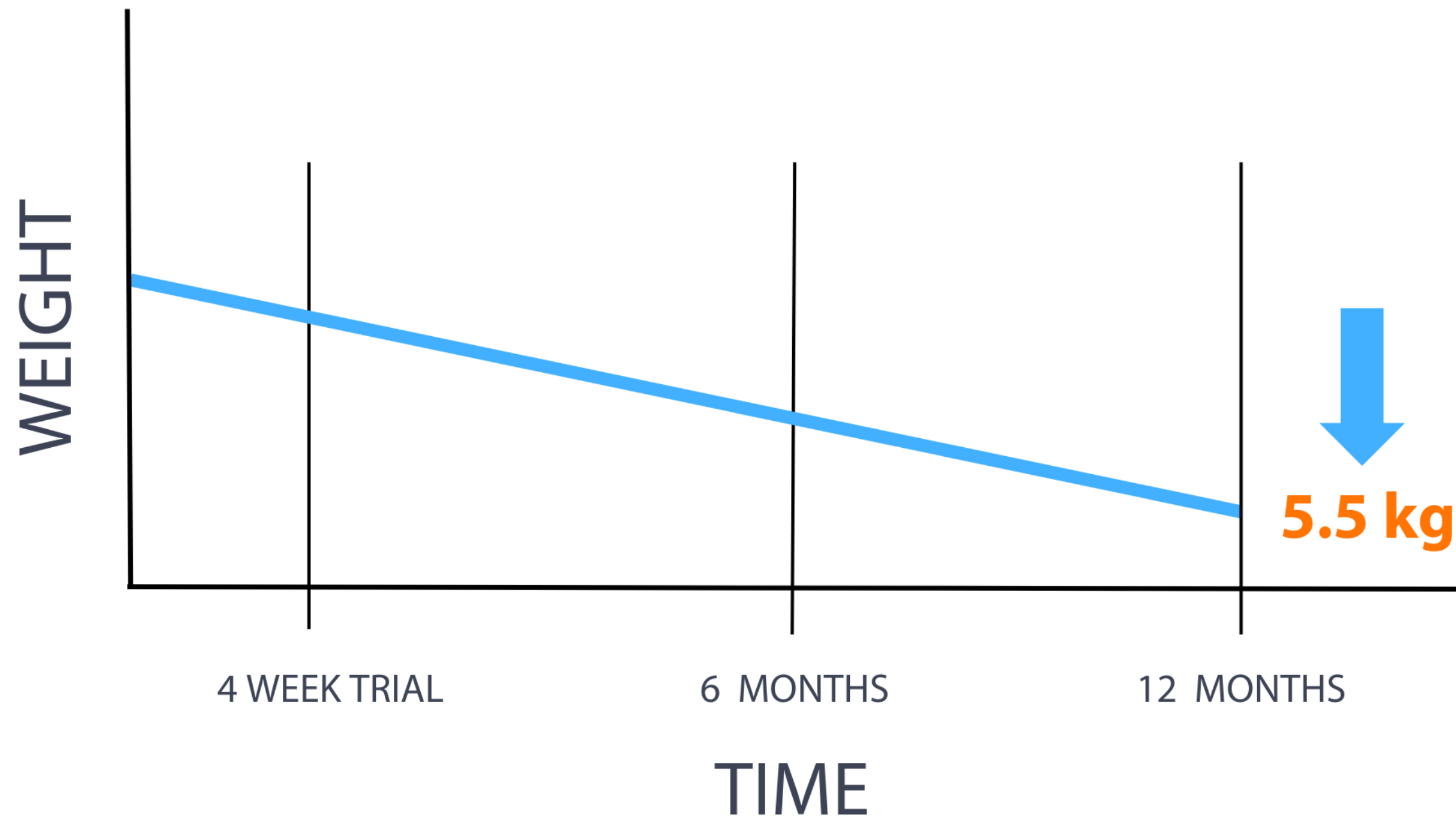
BEFORE EFT



Brain does
not signal
for a
craving.

AFTER 4 WEEKS EFT

LONG LASTING WEIGHT LOSS



EFT VERSUS COGNITIVE BEHAVIOURAL THERAPY (CBT)

1. 8 week program
2. 89 adults
3. 16 hours of EFT or CBT
4. EFT was as effective as CBT, to increase the power of food
5. EFT was superior on food cravings and anxiety
6. Results were maintained after a year

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. Ask 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?"*

HOMework TAPPING

- Set the phone alarm to ring every hour.
- You can set it for morning and evening.
- In the bathroom.
- Keep a diary: Food and Mood diary, Module 5 in the portal.
- Testing the future.



My Food & Mood Diary

Date:								
Time of day	Where am I eating?	Who am I eating with?	Type of food or drink and portion size	What are my feelings?	What is my hunger on a scale of 0 to 10? (0 = Not Hungry and 10 = Starving)	Feelings straight after eating	Feelings one hour after eating	Reflections
8.30am	Sofa	Alone	1 Cup of Tea	Happy	6	Satisfied	Want more tea	Drinking tea reminds me of being at home.
10.00am	Table	With Family	2 pieces of Toast butter and 2 dollops of Jam	Neutral	8	Guilty	Unsatisfied	I should have had a healthier breakfast but was feeling lazy.
1.00pm	Table	With Family	Spinach Vegetable, Lentil Curry, Rice	Happy	10	Happy	Satisfied	When I eat a healthy meal I feel good.
4.00pm	Bed	Alone	3 Biscuits	Bored	2	Guilty	Unsatisfied	Biscuits are my boredom filler.
7.00pm	Table	With Family	Soup, Quinoa with vegetable, Salad	Happy	8	Happy	Satisfied	Feels good.
10.00pm	Opened fridge and walking around	Alone	Bread butter, left over dinner and 3 figs	Nervous	3	Totally Unsatisfied	Asleep	I need food to calm my energy to sleep. What if I could tap instead?

My Smoke & Mood Diary

Date:								
Time of day	Where am I smoking?	Who am I smoking with?	Number of cigarettes	What are my feelings?	What is my desire to smoke on a scale of 0 to 10? (0 = No desire and 10 = Highest desire to smoke)	Feelings straight after smoking	Feelings one hour after smoking	Reflections
7.30am								
10.00am								
1.00pm								
4.00pm								
7.00pm								
10.00pm								

MOVIE TECHNIQUE



A photograph of a theater stage. A large white rectangular screen is centered on the stage, displaying the text "Break the incident down so that it can be resolved in a step-by-step manner". The stage is flanked by heavy red curtains. In the foreground, the backs of several rows of dark blue theater seats are visible. The stage floor is a light-colored wood or laminate. A set of stairs leads up to the stage from the center. The walls of the theater are a warm, reddish-brown color.

Break the incident down
so that it can be resolved
in a step-by-step manner

MOVIE TECHNIQUE

1. Identify

Ask for the movie name and SUD, and start tapping, till the SUDs are manageable.



2. Movie screen

Place the past event on an imaginary movie screen in front of you (dissociation).



3. Control

Draw the curtains and have the remote control in the hand (so they know they are in charge).



4. Play

Play the movie from start to finish, identifying emotional peaks.



5. Lowest peak

Start with the lowest peak, tapping until intensity decreases.

MOVIE TECHNIQUE

6. Tap

Tap on the incident using continuous tapping as needed.

7. Test

Test and keep tapping till the intensity comes down and then move to the next peak.

8. Repeat

Continue until all emotional peaks are down.

9. Check

Test by retelling the story and tap on any remaining emotion.

10. Close

Close the process when all emotions have calmed.

MOVIE – KEYHOLE SURGERY

- Diagnose the exact problem.
- Get straight into the problem.
- Clear the problem.
- Get out of the site.
- Test functionality.



MOVIE TECHNIQUE: SUMMARY

1. Identify	Ask for the movie name and SUD, and start tapping, till the SUDs are manageable.
2. Movie screen	Place the past event on an imaginary movie screen in front of you (dissociation).
3. Control	Draw the curtains and have the remote control in the hand (so they know they are in charge).
4. Play	Play the movie from start to finish, identifying emotional peaks.
5. Lowest peak	Start with the lowest peak, tapping until intensity decreases.
6. Tap	Tap on the incident using continuous tapping as needed.
7. Test	Test and keep tapping till the intensity comes down and then move to the next peak.
8. Repeat	Continue until all emotional peaks are down.
9. Check	Test by retelling the story and tap on any remaining emotion.
10. Close	Close the process when all emotions have calmed.

NEXT STEPS

1. **Rest deeply:** Salt bath, healthy, nourishing food, and plenty of water.
2. **Update:** Your personal development log.
3. **Practice:** The following Energy Flow® exercises:
 - Tantrum Release
 - Thymus Tapping
 - Neck Flush
 - Eyebrow Pulling
 - Eyebrow Massage
 - Triple Warmer Soother
 - Finger Hold Breathing
4. **Buddy:** Find a buddy and share on the group.
5. **Optional:** Read the following worksheets:
 - Self-practice on Movie Technique
 - Food and Mood Diary
 - Smoke and Mood Diary

SUMMARY

1. Addictive Cravings practice
2. Movie Technique
3. Next steps

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