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## Emotional freedom technique script pdf

An emotional freedom technique is a technique of energetic psychology that uses per keystore points to release negative emotions and thoughts. EFT (Emotional Freedom Technique) was developed by psychologist Roger Callaghan. His student Gary Craig set up a standard percussio pattern. The knock points are: KC karate chop, the outside of the palm, under the small finger – on the soft part EB Eye Brow – where the eyebrow begins SE on the side of the eye – follow the bone around the side of the eye UE below the eye – on the bone under the un eye under the ch chin – exactly where the chin is actually taking a CB collar. This point is not on the bone, but about 2.5 cm below where the bolt bones meet. This on both sides of the sternum should feel hollow under the UA fingers under an arm – it is smooth under the arm that is aligned with the midline of the chest. It is about 4 centimeters below the arm, not in the armpit and not too far down the upper TH ribs of the head – there are acupressura points on both sides of the middle part. Tap with both hands or tap in circular motion with one had to reach these points. The process: Focus on emotion and rate the volume from 0 (no problem) to 10 (maximum distress) definition statement: Press KC with a definition declaration 3 times. The defining statement uses that emotion. The first part is even though I feel \_\_\_\_ (the emotion) the second part is how you want to feel. The default is: I am very and absolutely loving and accepting myself as an example: although I feel sad, I am very loving and accepting of myself. If it still doesn't feel right to say that I am very loving and accepting of myself, use and alternative as I choose to treat myself with compassion and respect or I choose to feel relaxed. Example: Although I feel sad, I choose to treat myself with compassion and respect. Or even though I feel sad, I choose to feel relaxed. Outlet: Unpack the emotions on each difficult point. Keep with the same emotion as this sadness. It's okay to make a stream of consciousness that's my favorite – use one sentence or phrase for each hard point and tap all the thoughts and emotions associated with the chosen target emotions. If new emotion arises, start over with a new set statement for that sentiment. Breathe (takes breathing after each round brings fresh oxygen and helps with processing) check-in. If anything else comes to mind during the tap, follow him. It may seem unrelated but it's not. Start over to understand core emotion and start with a new definition statement. Transition: It's my term to take the time to switch between releasing negative emotions and installing the positive emotions. My three favorite ways to get through are the touch of forgiveness (my nickname in Susan Jeffrey Bosen's Transition of Forgiveness, see Tap Joy, Children's Percussion Book), Release and Enable, and the 9 Color Gamut. Forgiveness touch example: (putting a hand on the heart) I forgive myself for feeling so I'm doing the best I can. I forgive these actions that made me sad, they didn't know any better. Touching forgiveness allows for a softening of grip that a concept had on the mind and allows a person to give more permission to extend compassion to himself as well as others. Release and allow examples: at the knock points, intermittently (one statement per difficult point) I release all this sadness, I choose to treat myself with respect. Release and enable helps with the full release of the negative emotions and begins the process of moving into the installation of the positive emotions. 9 Gamut Example – Find the space between the knuckles of the ring and the little finger of each of them was. Under this space is a bundle of nerves. Press still there while you do 9 simple things (yes, it feels like rubbing your stomach and grooming your head but just until you get used to it) keep your head in one place (don't move the chin!) to activate the brain with eye movement. The 9 simple things are: 1. Close your eyes and open. 2. Look down and hard left, then 3. Okay, four. Eyes circle around left, then 5. Right 6. Humming 7. Article 8. Hum 9. Count This process clears the brain – like creating a new slate. The movement of the eyes and the buzzing/counting transfer the function from one hemisphere from the other and allow for the change of focus that brings calm. Install positivity: At each hard point, tap how you want to feel. It can be the same phrase over and over again, or variations of the positive half of the definition statement. Rate the intensity of current emotion from 0 (no problem) to 10 (maximum distress) I found that one expression or statement per keyswing point helps people get through the problem. Staying at one point and speaking can be comforting, but there is more liberation and movement of emotion if there is one expression or statement to each difficult point. Please send a message if you have feedback about this page. Thank you! When you use a hard script, you don't have to use all the sentences for it that feel loaded for you. Just use the people you feel they're attracted to. Once you've cultivated it to zero or close to zero, go to another statement. You can use a different statement from the script, or you can use a statement that might have reached you when you added in to a previous section. Just go with what feels right to you, and remember there's no wrong way to do it. Take it easy, be gentle with yourself, and trust the process. As long as you focus on something that hurts you while you tap, the healing happens. As with any hard scripts, the sentences in the scripts offered here can be used as is, or modified in any way that makes them resonate more fully with your experience. You may also notice that when you start tapping one of these statements, thoughts and emotions will arise because you can then become new percussio statements, which then cause still more thoughts which you can use to create additional hard statements and so on. I call it following the thread, and it's a very effective way to heal and release a lot of painful emotions in a short period of time, bringing you both peace and clarity about what it doesn't make you suffer. In my perk scripts, I don't include the setting. This is because I often don't use the setting in my meetings. And that doesn't mean I never use it; I probably use it about half the time. This is because the setting is not necessary for the keys click to be effective. The reason I still use it at all is because set up can have its own healing power, and many people (myself included) really like it. Another reason I don't include the definition in my scripts is because it just saves a lot of space and makes all the sentences easier to read. If you prefer to use it, just add it to the statements here. If you're unfamiliar with the settings, the traditional EFT setting is: although [insert a hard statement here], I very much and completely love and accept myself. The formulation of an alternative definition that many of my clients prefer is: despite [entering a harsh statement here], I am doing the best I can, and I deserve love. Pay attention when performing eFT tapping yourself, if you are not able to completely cure the problem you are working on, so when you think about it, it no longer causes any stress, emotional pain, anger, or fear, I recommend working with an EFT therapist. Schedule a free meeting or consultation with me, [click here](#). After two sessions of working on my broken heart, my friends say I'm like a different person. No more crying! — Megan Legends 102.7, WLGS, Rochester, New York, 07/02/17 Emotional freedom technique or EFT is acupuncture for needleless emotions. Essentially, we tap the acupuncture points defined by acupuncture while the customer focuses on the thoughts and expressions that define the subject. This often produces rapid relief from the disturbing emotions associated with the subject. EFT Clinical Improves Multiple Physiological Markers of Health (Data courtesy of Mindheart Connect) Happiness improves 21% immune system markers to improve 113% reduced pain by 57% reduced anxiety by 40% reduced depression by 35% reduced PTSD symptoms by 32% cortisol, Stress hormone, reduced by 37% reduced blood pressure by 8% reduced food cravings by 74% to watch these full-screen videos or theater mode: Start the video and click on the YouTube icon once on YouTube you can click on the full screen icon. EFT for Pain on Meghan Kelly today EFT is the most popular method widely used in energy psychology and has the most research behind it. It has been used in South America, Kosovo, Rwanda, and many other countries in the world 3rd in disaster/trauma relief efforts. For more information about this, visit the research page on this Web site. Additionally, research conducted by the Veterans Stress Project showed EFT to be 100% effective on PTSD, 85% of the old Average 63% sustainable reduction in PTSD symptoms in 6 hours! The remaining 15% received some relief that was not drastic and needed more sessions outside the study. In contrast, traditional treatment methods have a 40% limited success rate, take twice as long to achieve and do not last. Some veterans get no relief at all from traditional beebags. EFT often runs when other methods have failed. Do you want emotional freedom from..... The EFT demonstration at the Health Fair traumatic memories related to combat, rape, abuse or violence of any kind? Depression, anxiety or phobias? Food or tobacco addictions? Self-defeating behaviors? Limiting fears or beliefs? The prison you were assigned? Did you answer any of those questions? So, you're in the right place! Call 585-704-0376 now to find out how EFT can help you! EFT assumption: The cause of all excessive and abnormal emotional responses is distortion or blockage in the energy system of the bodies. Traditional thinking: Change your thoughts and feelings change. It's not always easy to get. EFT Thinking: Change your emotions and your thoughts are free to change. It's very easy to get! Why use EFT? EFT demonstration at health fair is just as easy and effective as a 100% effective EMDR for all types of trauma & PTSD is not used by the VA for combat PTSD! The creator of counter conditioning creates the best relaxation response to smoking cessation often working where other methods fail and produces neuropeptides, endorphins and serotonin is acupressura/acupressura/acupuncture for emotions (no needles involved!) restores balance to the body's energy system around the specific psychological reversal facility issue (negative, Thoughts of self-sabotage) involve tapping acupoints or energy meridian points while focusing on the approved and recommended issue used by: Der Bessel van der Kollek Depok Chopra Jack Canfield Bob Proctor Joe Vitale Cheryl Richardson Der Norm Shell Bruce Lipton PhD Dr Joseph Mercola EFT is no substitute for conventional counseling and treatment. However, it is compatible with Western counseling and treatment and all other forms of treatment and healing. Healing.

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