

EFT Coaching and Consulting LLC

Unleash the Powers Within

What is EFT

- A. "Emotional Acupressure"- often works where other treatments have failed
- B. History
 - Gary Craig – Founder – 1995
 - Discovery Statement: ***"The cause of all negative emotions is due to a disruption in the body's energy system."***
- C. Approach/Energy Related
 - Albert Einstein – (E=MC2)

How EFT Works

- A. Identifies an Issue and Evaluates Intensity (Scale 0-10)
 - Pain, Anger, Anxiety, Stress, Resentment, Doubt, Fear, Guilt, Trauma, Abuse, Low Self Esteem, Confidence, Performance Issues, Blocks, Limiting Beliefs...*
 - Set Up *"Even though..."*
 - Psychological Reversal *"Acceptance"*
 - Releasing the issue
 - Choosing a positive affirmation
 - Re-Evaluation (scale from 0-10)
 - Remaining aspects tap another round

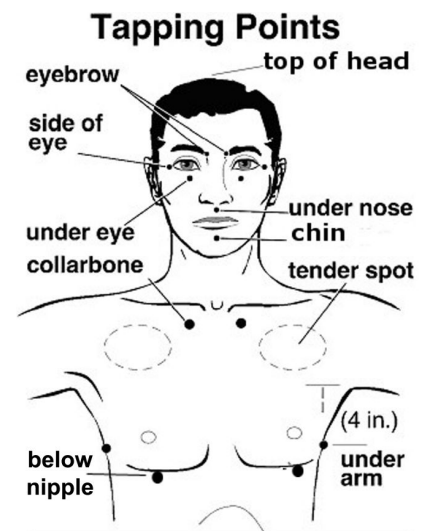
B. Language / Phrases

C. Tapping

How to Tap

Where to Tap

- | | |
|----------------------|-------------------|
| KC: karate chop spot | BN: below nipple |
| EB: eye brow | Th: thumb |
| SE: side of eye | IF: index finger |
| UE: under eye | MF: middle finger |
| UN: under nose | BF: baby finger |
| CH: crease in chin | |
| CB: collar bone | |
| UA: under the arm | |
| TH: top of the head | |



D. Borrowing Benefits

- How does borrowing benefits work?
- When to use EFT?
- Who can use EFT?

