

EFT

Tapping for Stress Reduction

Emotional Freedom Technique
With Robin Friedman



Tapping Helps With

- Lowering Stress
- Removing negative emotions
- Increase self esteem
- Reduce food cravings
- Reduce or eliminate pain
- Implement positive goals
- Makes learning easier

Scientific Research

What does scientific research say?

1. There have been over 60 energy psychology studies published in peer reviewed journals.
2. There have been 20 randomized control trials - the most rigorous scientific test
3. 98% of all these studies show that the energy psychology is highly effective

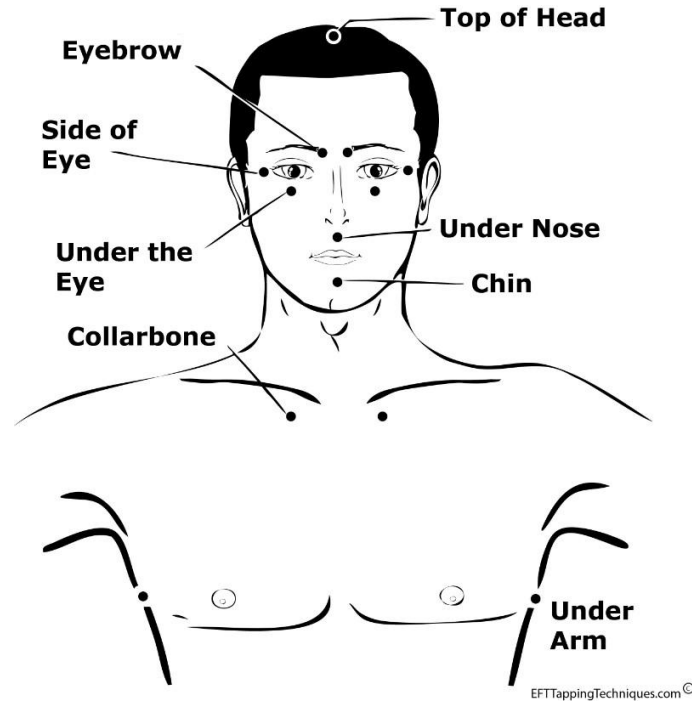
[Click here for a thorough listing of published studies.](#)

EFT Lowers Cortisol Levels

One-Hour Session Reduces the Weight-Gain Hormone by 24%

June 28, 2012, SANTA ROSA, CA. A study to be published in October in the prestigious *Journal of Nervous and Mental Disease*, the oldest peer-reviewed psychology journal in the United States, found that Emotional Freedom Techniques (EFT) lowered the major stress hormone cortisol significantly more than other interventions tested.

Tapping Points



7 Steps of Tapping

Step 1. What is the issue?

-I have this craving

-I'm overwhelmed with too much work to do

-It hurt when he looked at me that way

-There's a sharp pain in the left side of my neck

Step 2. Rate it 0 -10

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0 means it's fine. 10 is a monumental problem.

Optional - Where in your body do you feel the issue?

What does it feel like?

Step 3. The Set-Up Statement

Tap the karate chop point on your hand and say:

“Even though I _____

(have this craving or feel overwhelmed with too much work to do),

I totally love and accept myself

or I’m still OK,

or I accept who I am and how I feel.”

Say the Set-Up Statement 3 times.

Step 4

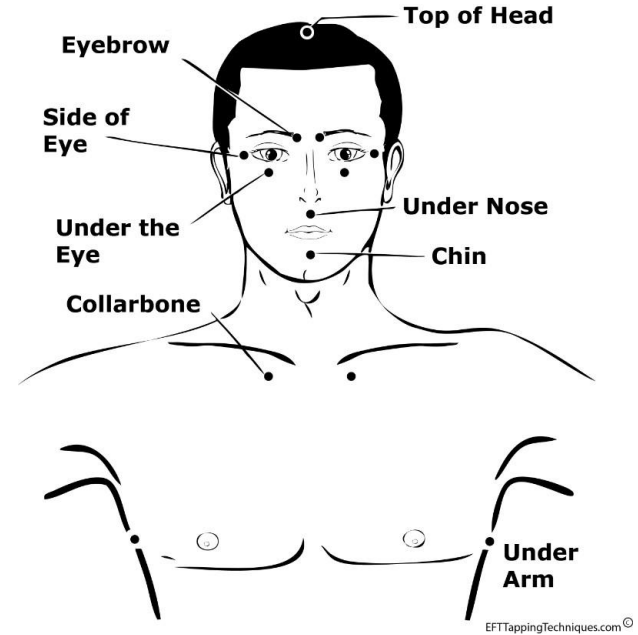
Step 4. Tap around the points

Say the problem while tapping around the points.

Say whatever comes to your mind.

Be specific!

After a few rounds, take a deep breath and blow it out.



Step 5 & 6

After a few rounds, take a deep breath and blow it out.

Step 5. Re-rate the issue 0 -10

Step 6. Repeat until the issue is at or close to 0

Step 7

Step 7. If you have time, end with a positive round:

What do you want the situation to be like?

Tap on all the points saying the positive.

“I choose to be healthy and fit.

I choose to feel calm and confident.”

Helpful Resources

Robin's website www.EnergyToolsForDailyLiving.com

Robin's contact Robin@RobinFriedman.net or 203-247-1318

EFT Tapping Meetup <http://www.meetup.com/EFT-Tapping-Circle-Weston/>

Youtube Tap along videos - lots!

Tapping Words Program www.howtotap.com/EFT_words.html

EFT Universe - Many interesting case histories