

AN ALTERNATIVE TOOL TO HELP LINGUISTS RELEASE ANXIETY

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Summary

Technique (EFT)

Why does it work?

How to do it

Let's tap!

Wrap up



EFT – EMOTIONAL FREEDOM TECHNIQUE


Dr. Roger Callahan and Gary Craig

Ancient Chinese acupressure + Modern psychology

Pain Health concerns Addictions Weight issues

Relationship challenges Financial problems Traumas

Phobias Anxiety Physical conditions Fears

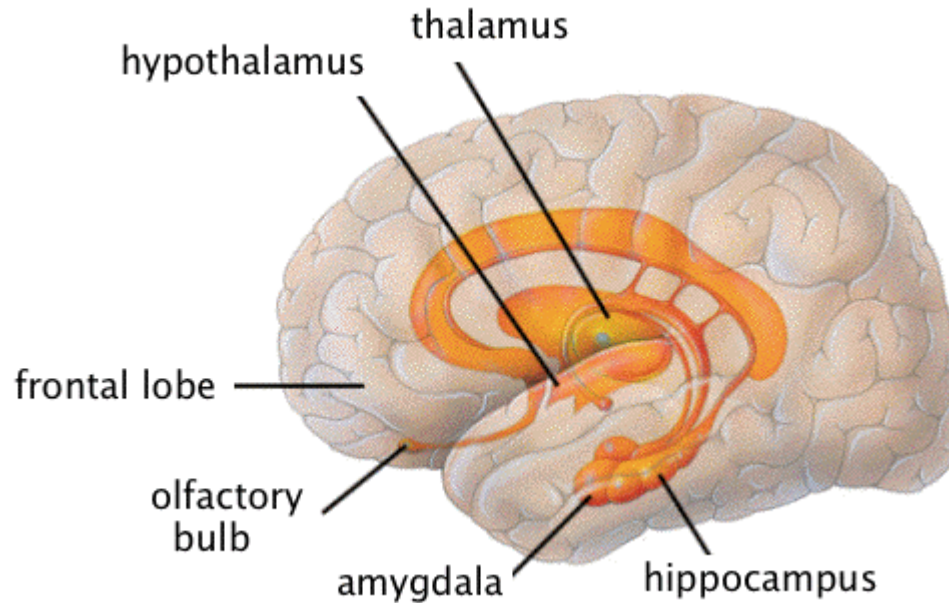


WHY DOES EFT WORK?

Fight-or-flight response

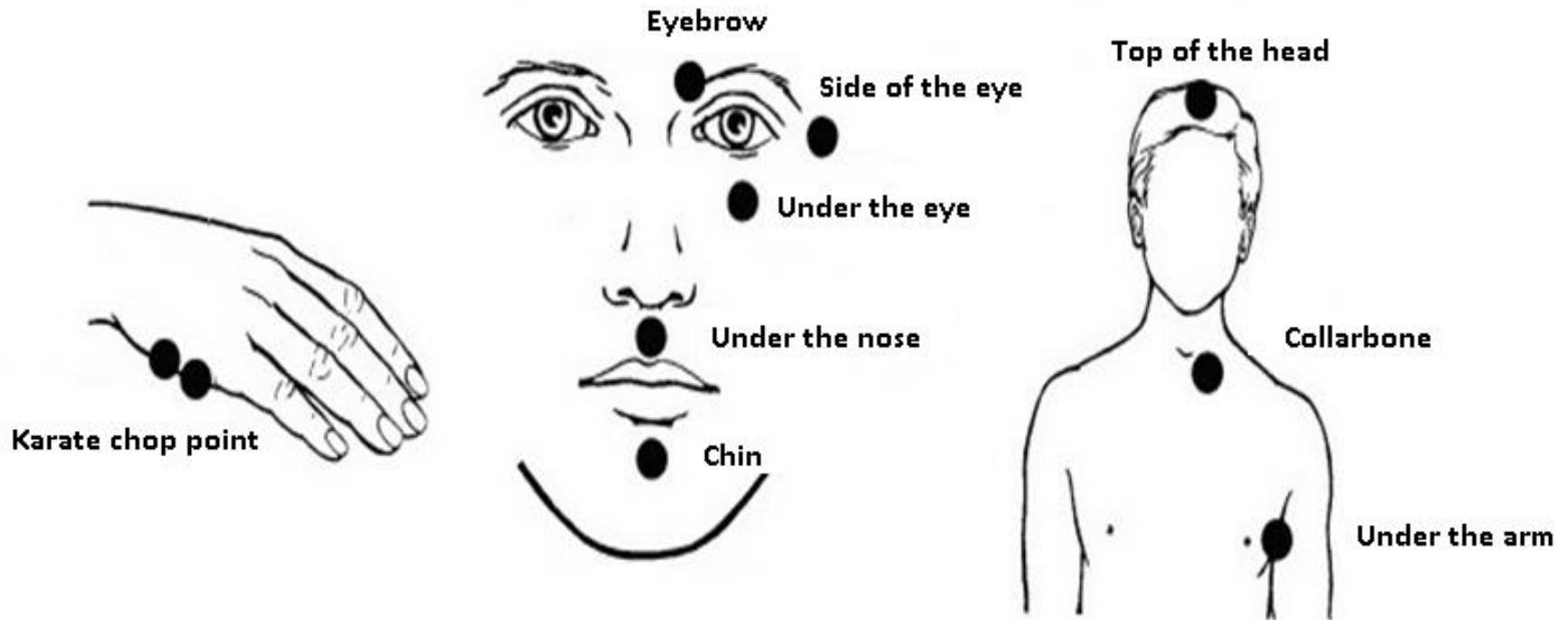


WHY DOES EFT WORK?



EFT interrupts, disengage, dissolve and vanquish old patterns and behaviors

HOW TO DO IT?




LET'S TAP!

**Releasing anxiety/worry around a future
event, project or deadline**



RECAP

- 1) Focus on any feelings that come up when you think about this future event (fear, anxiety, worry). Notice what emotion comes up and measure the intensity on a scale of 1-10, and simply take (mental) note of it.
 - 2) Take a few deep breathes to feel grounded and centered in your body.
 - 3) Inhale through your nose, exhale through your mouth.
 - 4) Begin by tapping on the karate chop point as you repeat the setup statement 3x.
 - 5) On the first 2 or 3 points, state the problem/emotion (e.g.: All of this stress/fear).
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RECAP

- 6) Move on with tapping – it's always ideal to tap while using your own language.
 - a) First recognizing and even intensifying what you're feeling (acknowledge the dirt), giving a voice to how you are feeling
 - b) Then, move on to the positive (clean the house) until you feel it's time to stop.
- 7) Take a few deep breathes.
- 8) Measure the intensity on a scale of 1-10 and compare it to the initial number.

WRAP UP


EFT = Emotional Freedom Technique (tapping)

Works for anything

It stops the fight-or-flight response and reprogram the brain and body to act-and react-differently

Negative side effects NOT expected

****Note: “Badly traumatized and/or abused people may have developed severe psychological problems.... such as multiple personalities, paranoia, schizophrenia and other serious mental disorders. While EFT has been helpful even in such severe cases, IN THESE INSTANCES IT SHOULD ONLY BE APPLIED BY A QUALIFIED PROFESSIONAL WITH EXPERIENCE IN THESE DISORDERS.” (From the EFT Manual, Gary Craig)***



PERSPECTIVES

EFT (Tapping) Intro by Gary Craig, EFT Founder.



THANK YOU!

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