

# THE **GABRIEL** **METHOD™**

*presents*

## **EMOTIONAL FREEDOM TECHNIQUES (EFT)**

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# EFT

**EFT** is a form of psychological acupuncture that uses light tapping with your fingertips instead of inserting needles to stimulate traditional Chinese acupuncture points. The **tapping** on these designated points on the face and body is combined with verbalizing the **identified problem** (or *target*) followed by a *general affirmation phrase*. Combining these ingredients of the **EFT** technique **balances the energy system** and appears to relieve psychological stress and physiological pain. Restoring the balance of the energy system allows the body and mind to resume their natural healing abilities. **EFT** is safe, easy to apply, and is noninvasive.

## HOW YOU WILL USE EFT

Here is how you will perform the exercises. Each **EFT** tapping exercise will consist of a **SETUP STATEMENT**, followed by two **ROUNDS** of tapping the sequence of **8 EFT** points. **ROUND #1** *focuses on the problem* by repeating the negative reminder phrase while **ROUND #2** *focuses on the solution* by verbalizing preferences, choices, and possible alternative outcomes.

# EFT DIRECTIONS

## SETUP STATEMENT:

- **Choose a target for EFT** --- an emotion, a block, a belief, or an abundance issue.
- **Scale the intensity of the feeling, belief or abundance issue being addressed on the Intensity Scale of 0-10** (where 0=no discomfort and 10=strong discomfort), or just make a note of how you feel.
- **Tap the karate chop point** (see diagram) on either one of your hands continuously while repeating the entire **SETUP STATEMENT** listed for each abundance issue. (The **SETUP STATEMENT** combines the **target** and an **affirmation**. An example of a **SETUP STATEMENT** might be "*Even though I have these money blocks, I deeply and completely accept myself.*")

## NEGATIVE TAPPING SEQUENCE:

- **Starting at the eyebrow point**, begin tapping each point in the sequence of 8 points (see below) approximately 7 - 10 times while repeating the *negative reminder phrase* provided for each issue.

## SEQUENCE OF TAPPING POINTS:

- |               |               |
|---------------|---------------|
| ● Eyebrow     | ● Chin        |
| ● Side of Eye | ● Collarbone  |
| ● Under Eye   | ● Under Arm   |
| ● Under Nose  | ● Top of Head |

This directs your mind to focus on the negative thought patterns that block your ability to attract abundance and allows EFT to neutralize them.

## **POSITIVE TAPPING SEQUENCE:**

- There are 8 positive phrases provided for each abundance issue.

- Starting at the eyebrow point again, tap each point approximately 7-10

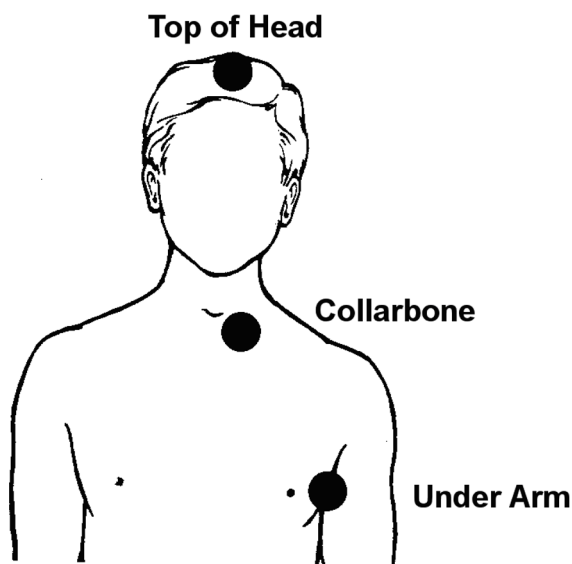
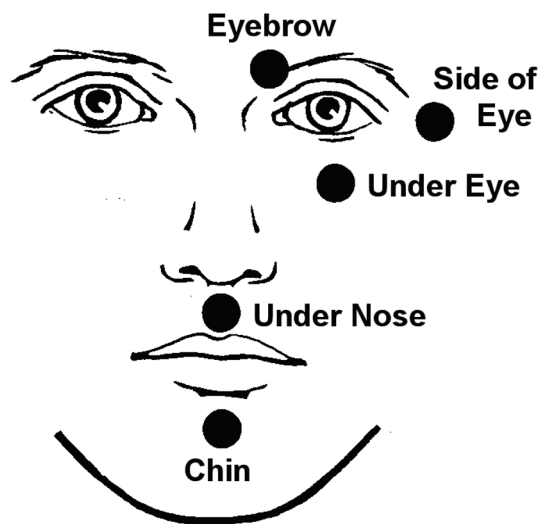
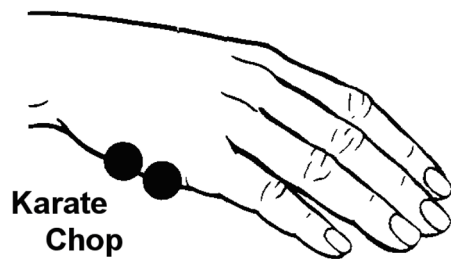
times while repeating a different phrase for each of the 8 tapping points indicated.

- This allows you to install what you would prefer to experience emotionally in your thought patterns and in your life.

## **DEEP BREATH:**

- Complete each exercise with a slow deep breath to help move the energy through your body.

# EFT TAPPING POINTS



# THE 0-10 POINT INTENSITY SCALE

The **Intensity Scale** is a scale of measurement from 0-10, where 0= no discomfort at all, and 10= an incredibly high rating of emotional discomfort about the issue you have identified (targeted) to work on with **EFT**.

You can also measure the “truth” of a limiting belief or expectation with this scale. **EFT** practitioners take the measurement before and after completing one or more rounds of **EFT**. You could also call the scale of measurement the “Upset Chart” or the “Truth Meter.” It doesn’t matter what you call it, the point is that using the **Intensity Scale** helps you track your progress when doing EFT. The reason it is important to track your progress is that oftentimes it is easy to “forget” how terrible the original problem felt to you, and you may not give much weight to your newfound relief after using EFT. It can be difficult to **notice the absence** of something unpleasant, and using the Intensity Scale will help you see the “before and after” results. Also, using the **Intensity Scale** helps you identify which pieces or players in your “story” you need to work on – just mention them out loud and measure the intensity from 0-10.

Not everyone uses the 0-10 point **Intensity Scale** when doing **EFT**. However, it’s a great way to measure your progress so you can decide whether to move on to a new issue or whether you need to tap more on your original feeling or event you targeted.

The **Intensity Scale** can be used to measure a variety of responses:

- **How true** does the belief feel from 0-10?
- **How intense** is your discomfort from 0-10?
- **How true** does this statement feel to you on the 0-10 point scale?
- **How upset** do you feel about this?
- **How much** do you want this?
- **How anxious** are you?

Using the 0-10 point scale before starting a round of **EFT** will let you know ***how much this issue or past event truly bothers you now***. I always ask my clients to measure their number on the scale from their gut feeling, not from an intellectual perspective. Sometimes people will answer, “*Well I know I shouldn’t feel this way because we all deserve success...*” However, it’s important to be clear: I want to hear how high or low the actual ***feeling*** and ***rating*** is on the scale, not the “should” or “shouldn’t.”

So we take a measurement before and after each round of **EFT**. This will tell us the following information:

- Are you tuned into the issue?
- Are you noticing emotional improvement?
- Are you getting distracted by other aspects of the problem?
- Is the **SETUP STATEMENT** on target for you?

So, for example, suppose you don’t believe you deserve success of any kind. I would ask you to (1) repeat the sentence out loud, and then (2) measure the “truth” of it on the 0-10 point **Intensity Scale**.

- ***I don’t believe I deserve success*** \_\_\_\_\_ (0-10)

After tapping for a few rounds on “*I don’t believe I deserve success*” measure **how true** this statement feels to you now. It is highly likely the “truth” of this statement will have dropped on the measurement scale. However, what is more important is to identify whether any specific events have surfaced for you that ***support this belief***. Some possibilities are below:

- The time my coach said I didn’t deserve to be on the team...
- The time my father said I didn’t deserve to be successful...
- The time the teacher said I didn’t deserve success...

Take each of these specific events and measure the intensity of the ***emotional charge*** when you think about them. This will give you more specific targets for **EFT**. Measure before and after your tapping.

# SPECIFIC EVENTS

When using **EFT**, identifying and collapsing the **emotional charge** you feel from past, specific events that are contributing to your current concerns will greatly enhance your overall success. Our current feeling states, moods and levels of stress are formed by emotional responses and subsequent chemical reactions to specific events in our lives.

These events and chemical reactions are **stored** in our cellular, physical and emotional memories, and when something in the present day looks or feels similar to the old event, **we react again as if we have encountered the original event.**

When someone tells me **EFT** isn't working on them, I immediately suspect that their **EFT** statements have been too global and too general to collapse the negative charge they feel in their mind and body about whichever target they have chosen.

For example, when someone tells me they have been tapping on "low self-esteem" I know they will not be progressing very far with EFT. While the person may indeed have low self-esteem, the topic is too general a target for **EFT** to yield satisfactory results.

If you want to work on what you refer to as your low self-esteem, it would be helpful to break this issue down into smaller, more specific bits of information. For instance:

- How do you know you have low self-esteem?
- Who taught you that you weren't worthy?
- What did he/she say to you to make you think you weren't deserving?
- When was the first time you heard or believed you didn't measure up?
- What exactly did "they" say to you?
- What specific event can you remember that taught you about your worth?

The answers to all of these questions will provide more specific, emotionally-laden targets for your **EFT** tapping exercises to clear your low self-esteem.



Other themes and questions that may help you to identify specific events that have contributed to some of your limiting beliefs about attracting success and abundance are as follows:

- **Safety**

- Why don't you feel safe becoming more successful?
- What feels safe about staying where you are?

- **Identity**

- Who will you be if you change?
- How will they react to you if you change?

- **Fear of Change**

- What else might happen in your life?
- What happened the last time you changed?

- **Fear of Success**

- What are you afraid of?
- Why is success not safe for you?

- **What is the *downside* of getting what you want?**

- **What is the *upside* of staying exactly where you are?**

- **If you could do it again...**

- Who would you like to omit from your life?
- What events stand out in your memory the most?
- When were you the most unhappy, the most scared?



# HOW TO FIND YOUR EFT TARGET

Getting more specific by identifying the best target for **EFT** will help you make more significant progress when using **EFT** to clear the emotional issues that are blocking your abundance. Try answering the questions and filling in the blanks below:

- The subject of the story with the most emotion:
  - When you think of your childhood or more recent times, what subject matter has the most “charge” on it for you? This will be the **target** for your tapping.
  - When you think of high school, which friend or classmate triggers the most intensity in your gut?
  - When you think of your family, who stands out as the one who scared you? Betrayed you? Misunderstood you?
- When you say particular words, which ones give you what feels like an **electrical charge** in your body? These will be the targets for your tapping. For example, repeat these words and measure the “charge” on them:
  - School
  - Playmates
  - Dinnertime
  - Loneliness
  - Nighttime
  - Homework
  - Breakup
  - Anger
  - Resentment
  - Unfair
- Fill in the blanks:
  - My least favorite emotion is \_\_\_\_\_.
  - My least favorite family member is \_\_\_\_\_.
  - My worst memory from grade school is \_\_\_\_\_.

- My worst memory from high school is \_\_\_\_\_.
- The person who hurt me the most is \_\_\_\_\_.
- The person I trust the least is \_\_\_\_\_.
- The person who betrayed me the most was \_\_\_\_\_.
- The family member who never understood me is \_\_\_\_\_.
- The time I experienced the most injustice was \_\_\_\_\_.

The words, names and feelings you filled in to these blanks will lead you to effective tapping targets with **EFT**.

## TELL THE STORY

**EFT** founder Gary Craig devised some wonderful techniques to help those of us using **EFT** to identify specific events without flooding ourselves with too many uncomfortable emotions. One of my favorite techniques is the ***Tell The Story Technique***.

Choose a story that gives you a significant “charge” on the 0-10 point **Intensity Scale**. Tell the story out loud to yourself, a friend or counselor, and *tap continuously while you tell the story*. There’s no need to stop and devise **SETUP STATEMENTS**, no need to check numbers or choose targets, ***just tell the story and tap while you tell it***. (You may need to do this several times before noticing that thinking about the original story and telling it out loud doesn’t create any discomfort.)

As you tell your story, you will notice that certain parts or scenes from the story will feel more emotionally charged than others at different times. As you collapse one “aspect” after another, you will be able to tell the entire story, start to finish, without any emotional discomfort.

# SAMPLE EFT EXERCISE

This **sample EFT exercise** will lead you through a typical **EFT treatment round**. It includes the following steps:

- (1) CHOOSE A TARGET**
- (2) RATE THE INTENSITY ON THE 0-10 POINT SCALE**
- (3) REPEAT THE SETUP STATEMENT (3 times)**
- (4) PERFORM THE NEGATIVE TAPPING ROUND**
- (5) PERFORM THE POSITIVE TAPPING ROUND**

Repeat out loud, "I feel anxious about all my expenses." On the 0-10 point **Intensity Scale**, how true does this feel?

*(While tapping on your karate chop point on either hand, repeat the following Setup Statement 3 times.)*

*Even though **I feel anxious about all my expenses**, I deeply and completely accept myself.*

Now tap the sequence of points while repeating the **NEGATIVE REMINDER PHRASE**, "I feel anxious about all my expenses."

## ROUND #1: Negative Reminder Phrase

*(Repeat the following reminder phrase while tapping the sequence of 8 points.)*

*I feel anxious about all my expenses.*

**Now that you have completed one full round of EFT, repeat the phrase out loud again:** “*I feel anxious about all my expenses*” and measure **how true** it feels NOW (after one round of tapping) on the 0-10 point **Intensity Scale**. Hopefully, the level of anxiety about the topic of money will have decreased. If not, continue with one or two more “negative” rounds until your Intensity Scale rating has dropped.

**Then perform ROUND #2** with positive words **reflecting your desired outcome**. Repeat a different phrase for each of the 8 tapping points indicated, from the eyebrow to the **top of the head**.

## ROUND #2: Positive Phrases

*(eyebrow) I love knowing I can feel calm about money...*

*(side of eye) I choose to feel relaxed even though I have these expenses...*

*(under eye) It feels so right to be free of this anxiety...*

*(under nose) I appreciate how much I have changed...*

*(chin) I love knowing I resolved this conflict...*

*(collarbone) I choose to release this anxiety now...*

*(under arm) It feels so right to be calm about my expenses...*

*(head) I love appreciating what I have.*