



EMOTIONAL FREEDOM TECHNIQUE (EFT)

Tap. Release. Reset.

Name: _____

Date: _____

Today I feel: _____



What is EFT?

Emotional Freedom Technique (EFT) is a form of Energy Psychology (Ford & Curtois, 2020) that utilizes tapping on the various meridian points of the body for sources of emotional regulation. This occurs through the re-mapping of the hyper-arousal states associated with trauma by altering the limbic system via new memory association.

Benefits of EFT

- ✓ Reduces stress and anxiety
- ✓ Helps regulate big emotions
- ✓ Supports trauma recovery
- ✓ Promotes calm and clarity
- ✓ Can be used anytime, anywhere



You Have The Power Within

EFT can help your body and brain feel safer, calmer, and more connected.

How EFT Works

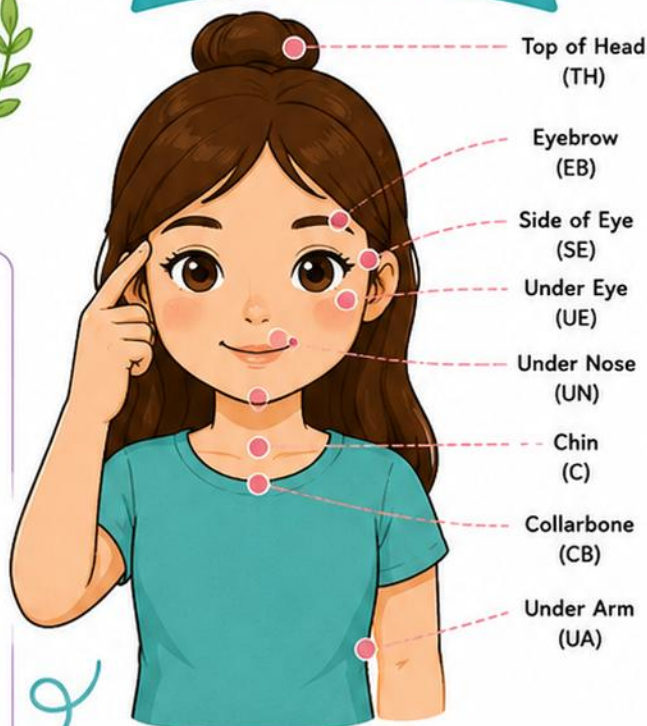
When we experience trauma or stress, our body can get stuck in "fight, flight, or freeze." EFT tapping sends calming signals to the brain and body, helping to release emotional distress and create new, healthier patterns.



EFT TAPPING STEPS

- 1 Identify the Issue**
What is bothering you today?
Write it down.
- 2 Rate Your Intensity**
On a scale of 0-10, how intense is this feeling?
- 3 Setup Statement**
Tap on the side of your hand while saying a setup statement.
- 4 Tap the Points**
Tap each point while repeating a reminder phrase.
- 5 Take a Deep Breath**
Breathe deeply and check in with your body.
- 6 Re-RATE**
Check your intensity again.
Notice any changes.

EFT TAPPING POINTS



You are safe. You are healing.
You are enough.

MY EFT TRACKER

What issue or feeling am I working on?

Before Tapping: How intense is this feeling? (0-10)

0 1 2 3 4 5 6 7 8 9 10
○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

After Tapping: How intense is this feeling? (0-10)

0 1 2 3 4 5 6 7 8 9 10
○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

What changed?

What helped the most?



SETUP STATEMENT EXAMPLE

Even though I feel _____,
I deeply and completely accept myself.

You can change the first part to fit what you feel.

Examples: "Even though I feel overwhelmed..."

"Even though I feel scared..."

"Even though I feel sad..."



REMINDER PHRASE EXAMPLES

- ★ I choose to feel calm.
- ★ I release this and allow healing.
- ★ I am safe and in control.
- ★ I let go and I breathe.
- ★ I am stronger than I think.
- ★ I open my heart to peace.



REFLECTION

How do I feel now (in body and mind)?

What will I do for myself today?



EFT is a tool you can use anytime, anywhere.



With practice, it becomes easier to feel better, faster.

