

Quick-Reference Guide to the EFT Techniques

On the [eftuniverse website](#) are mentioned several different techniques for approaching and working on problems. This is meant to be a quick-reference guide to jog your memory as to these possible ways to approach problems when working with others. For further explanations on each technique click on each title.

Movie Technique - Ask person, “If this incident were a movie, how long would it last? What would the title be?” Evaluate intensity level and then do rounds for “this _____ movie”, inserting the title the person has chosen in the blank. Then have the person tell the movie, stopping and working on it anytime there is emotional intensity.

Daisy Chain – Shifting from issue to issue. When finished with one issue ask “What does that remind you of?” Keep asking after each issue is resolved. Make sure each issue is completely resolved before moving on.

Borrowing Benefits – Many others tap along with one person’s issues. It is found that the others receive benefits from the tapping even though their issues are not the exact same as the person they are tapping for and with.

Tell the Story Technique – Person narrates a SPECIFIC EVENT. Stop to tap anytime there is emotional intensity.

Personal Peace Procedure – Make a list of every bothersome event in your life. Title each one. Starting with the most troublesome one, tap for it until the intensity level is down and then move on to the next.

Choices Method – Instead of using the traditional ending phrase of “....I deeply and completely love and accept myself,” a choice is substituted such as “...I choose to be relaxed and peaceful.” Dr. Patricia Carrington developed this method and she has really taken it in wonderful directions.

Tearless Trauma Technique – Have the person GUESS what their intensity level would be IF they were to imagine a specific event in vivid detail. The person should not actually imagine it. Have the person develop a 3 or 4 word phrase to describe the incident and then tap for this _____ incident for one round. Have the person GUESS the intensity level again. Continue until the intensity level drops to 0-3. Once there have the person now imagine the incident in vivid detail and continue with tapping on what comes up.

Turbo-Tapping – Have the person tell everything they can about the particular issue to be addressed. While they are talking write down all phrases that refer to and describe the issue. Ask questions such as why, when, where, how, smells like, looks like, feels like, sounds like, tastes like, etc. Include all phrases or sentences that seem to relate in. When ready lead the person through many rounds of quick tapping using the phrases and sentences. Use intuition as to which ones to stay on longer or where to turn to for the next phrase. End the session with a positive choice statement. *By Ryan N. Harrison*

Tap While You Gripe – Pretty self-explanatory. Tap while you gripe. Tap while you complain. Tap anytime you tell a story with negative aspects to it. *By Rick Wilkes*

Quick-Reference Guide to the EFT Techniques

Brick Wall Technique - Have the person imagine a wall of bricks with each brick representing a negative event in their life that contributes to them not feeling “good enough”. Each row represents a year of their life starting from the bottom up. Tap on each “brick” or event as close to the bottom as possible with the idea of collapsing the wall if you clear out enough bricks at the base. *By Rehana Webster*

Double Bubble Technique - This technique is highly useful in working with chronic problems. You identify conflicting thoughts and work with each side of the issue. *By Colette Streicher*

Argument Tapping Tapping while voicing both sides of an argument around an issue of self-esteem, doubt, or potential. Basically, just have an argument with yourself.

Dr. Carol Look’s Top 10 Tapping Tips - For a wonderful page of several more tapping ideas go [here](#).