

What is EFT ?

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EFT (Emotional Freedom Techniques) is a new approach to uncovering and helping to relieve emotional (and spiritual) strife and upset. It has been compared to psychological acupuncture, without the needles. It can also be called a relaxation technique that frequently helps you think more clearly about your problems. It also frequently results in being able to think more objectively, which helps you to make better decisions; as well as having increased peace of mind.

You can use it as a self-help; tool, or alongside a coach / teacher or another professional. It may appear a little strange or odd, and it also seems to go against some of the conventional wisdom about psychology and related topics. But don't let that stop you from trying it. Results generally come very quickly; but not every issue results in a 'one minute wonder'.

EFT was developed as an adaptation of something called Thought Field Therapy (TFT), which was developed by Roger J. Callahan, Ph.D. (See his book: Tapping the Healer Within.) Gary Craig then developed EFT, as an easier and less costly approach to TFT. I found Gary's web site after reading Dr. Callahan's book, and then having become somewhat frustrated with the different formulas; or algorithms (tapping sequences) and trying to figure out which one fit, since I was only getting partial relief using the formulas in the book.

I'm not a scientist, so this is just a layperson's explanation. (Also please see the disclaimer - on the bottom part of this site's home page.)

We all have nervous system pathways or meridians, and EFT has a person tap (gently but firmly) on certain easy-to-reach points where these pathways are close to the skin's surface, related to those used in acupuncture. You do this while you are thinking about whatever the issue or past occurrence may be that brings about the negative emotion, or feeling. Sometimes all you will have access to is the negative emotion or feeling, and tapping on that may bring to mind a specific incident. Having a specific incident in mind isn't required, though it is generally the fastest way to get to the root of an issue. The goal is to make it as painless as possible, on the way to finding relief. Gary Craig's explanation is that: "The cause of all negative emotions is a disruption in the body's energy system". EFT helps to clear the disruption.

If you have ever found yourself rubbing your forehead or temples when you're upset or tired; or impatiently drumming your fingers on a table while you're waiting for something, you've been using the principles behind EFT without being aware of it. What EFT can do is allow you to be more aware and specific, to more easily resolve whatever issue(s) you're working with.

I think that there may be a bit of a chicken & egg aspect to it, as in: did the disruption in the body's energy system cause the negative emotion? Or did the negative emotion cause the disruption in the energy system? And do emotions have to do with more spiritual or merely physical qualities, or both? There are many books and theories on those questions, I don't have an answer.

There are some who say that one's thinking determines one's emotions, (those who advocate 'change your thinking, change your life') and to some degree that's possibly or probably true. But the more I work with EFT, the more I believe that one's feelings or emotions impact one's thinking and behavior, rather than the other way around. In fact, advertisers, politicians and others will frequently try to manipulate a person's feelings or emotions so that we'll buy their 'solution' </p>

The introduction to the EFT instruction manual says this: "You will, indeed, develop the ability to discard your fears, phobias, traumatic memories, anger, guilt, grief and all other limiting emotions. And it won't take years and years of painstakingly slow and financially draining sessions either. Often, even the most severe negative emotions vanish in minutes." (From *EFT_Manual.pdf* - *Fourth Edition* ©Gary Craig, included with the EFT Course on CD.)