



Emotional Freedom Therapy (EFT) / Tapping

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EFT Demonstration



5 step EFT process (Church, et al., 2012)

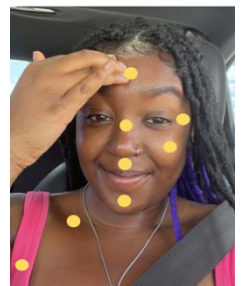
- Commence with SUD (Subjective Unit of Distress) scale, (Wolpe, 1969).**
(Rate yourself from 1 to 10 using the scale below)

Totally Relaxed	1	2	3	4	5	6	7	8	9	10	Highest Distress
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- **Relaxed** - Calm, pulse normal, no preoccupied thoughts
- **Highest Distress** - Anxious, mind preoccupied

- Acknowledge problem with acceptance**
State your problem with acceptance:

- Karate Chop 3 times, while repeating the Setup Statement 3 times**
Write your Setup Statement, it should be brief:



- Repeat Reminder Phrase, while tapping acupoints** - 7 points: eyebrow, outside of eye, bottom of eye, above lip, midline of chin and lower lip, collar



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bone, arm pit. Write your Reminder Phrase, it should be briefer than the Setup Statement:

5. Post-test SUD (Rate yourself from 1 to 10 below)

Totally Relaxed	1	2	3	4	5	6	7	8	9	10	Highest Distress
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Sources:

Church, D., Yount, G., & Brooks, A. J. (2012). The effect of emotional freedom techniques on stress biochemistry: A randomized controlled trial. *The Journal of Nervous and Mental Disease*, 200(10), 891-896. <https://doi.org/10.1097/nmd.0b013e31826b9fc1>

Wolpe, J. (1969). Basic principles and practices of behavior therapy of neuroses. *The American Journal of Psychiatry*, 125(9), 1242-1247. <https://doi.org/10.1176/ajp.125.9.1242>

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Thank you for your feedback!

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