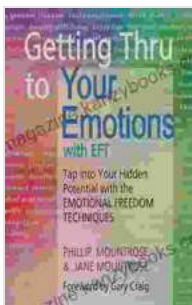


# Tap Into Your Hidden Potential With The Emotional Freedom Techniques

Are you ready to embark on a journey of self-discovery and transformation? The Emotional Freedom Techniques (EFT) offer a powerful way to release emotional blockages and unlock your true potential.

EFT is a gentle and effective therapy that uses tapping on specific acupressure points on the face and body to reduce stress, anxiety, and other negative emotions.



## Getting Thru to Your Emotions with EFT: Tap into Your Hidden Potential with the Emotional Freedom

**Techniques** by Phillip Mountrose

★★★★☆ 4.3 out of 5

Language : English  
File size : 2542 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 268 pages  
Lending : Enabled



When we experience negative emotions, our energy system becomes disrupted. EFT helps to restore balance to this system, allowing us to release these emotions and feel lighter and more at ease.

EFT can be used to address a wide range of issues, including:

- Stress and anxiety
- Phobias and fears
- Traumatic memories
- Emotional eating
- Chronic pain
- Low self-esteem
- Relationship problems

The benefits of EFT are numerous. In addition to reducing stress and anxiety, EFT can also help to improve sleep, boost energy levels, and increase focus and concentration.

EFT is a safe and easy-to-learn technique that can be used by anyone, regardless of age or background.

If you are ready to make a change in your life, EFT is a powerful tool that can help you achieve your goals.

## **How to Use EFT**

Using EFT is simple. Follow these steps to get started:

1. Identify the issue that you want to address.
2. Rate the intensity of the emotion on a scale of 0 to 10, with 0 being no intensity and 10 being the most intense.
3. Tap on the karate chop point (the fleshy part of your hand, just below your pinkie finger) while saying the following setup statement: "Even

though I have this [issue], I deeply and completely accept myself."

4. Tap on the following acupressure points while saying a reminder phrase that describes the issue:
  - Eyebrow: "This issue"
  - Side of eye: "Even though..."
  - Under eye: "I choose to let it go"
  - Under nose: "I am safe and loved"
  - Chin: "I forgive myself"
  - Collarbone: "I am worthy of love and happiness"
  - Under arm: "I am letting it go"
  - Top of head: "I am choosing to feel better"
- Repeat steps 3 and 4 until the intensity of the emotion has reduced to 0 or a manageable level.

You can use EFT as often as you need to. It is a safe and effective technique that can help you to improve your emotional health and well-being.

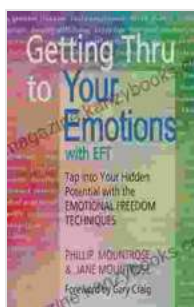
The Emotional Freedom Techniques are a powerful tool for personal growth and transformation. If you are ready to make a change in your life, EFT is a valuable tool that can help you achieve your goals.

To learn more about EFT, I recommend reading the book "The Emotional Freedom Techniques" by Gary Craig. This book provides a comprehensive

overview of EFT and includes step-by-step instructions on how to use the technique.

I hope this article has been helpful. If you have any questions, please feel free to contact me.

Wishing you all the best on your journey of self-discovery and transformation.



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