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Two Simple Ways to Use EFT

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Focusing on a specific memory is one of the best ways to use EFT to bring about noticeable results. That being said, there are times that you can use EFT without focusing on a specific memory or experience.

Sometimes we have feelings and simply cannot identify the source. So instead of focusing on a memory, the focus will be on the emotion you are experiencing in that moment (sadness, anger, fear, anxiety) *and* the place in your body where that feeling seems to "live". For example, some people experiencing anger will notice a tension in their throats or heart or abdominal area, (but it can be anywhere). So suppose when you feel angry, you feel it in your stomach. The EFT phrasing would be "Even though I feel this anger in my stomach, I accept myself." Then at each treatment point, repeat "this anger in my stomach".

This next suggestion is for those times when you are already in the midst of a very strong emotion. Since we use words to connect you to your emotion, in this case, you don't need them because the strong emotion is already present. So focus on the feeling you're having and just tap on the treatment points until your intensity comes down or clears. No words necessary!

So give these a try and let me know how they work for you!