

# EFT Tapping Glossary

**Below are short descriptions of terms commonly used in EFT Tapping.**

**Acupuncture Points:** A term derived from traditional Chinese medicine referring to points on the body located along the energy meridians. Stimulating these points balances the flow of energy through the meridians and restores normal function to various parts of the body, along with balancing the emotions.

**Aspects:** In EFT, the term “aspects” is used to refer to the different related parts of an event or experience. So, aspects are different pieces of the same issue, just like the different pieces of the puzzle. It is important to identify and address all “aspects” of an issue with EFT to clear the emotional charge in them so you can experience complete relief, just as you need to find all the pieces of the puzzle for it to be complete.

For example, if you have physical pain because you had an accident, the different aspects will include:

- ◇ The physical pain symptom you have (where it is located, its intensity, its quality: dull, sharp, heavy etc.)
- ◇ The feelings you feel about this pain symptom (anger, frustration)
- ◇ The specific incident because of which you have the pain (the accident story)
- ◇ Your feelings about the people that caused the accident
- ◇ Your beliefs about this pain
- ◇ Your worries and fears about this pain etc.

A mistake many people make using EFT is not addressing all the different aspects of the pain. They then think that EFT didn't work when most likely the case is that all the different related aspects were not addressed.

**Being Global, Being Specific:** In EFT “being global” refers to addressing problems broadly and “being specific” refers to addressing problems specifically.

For example, if you say, “I have anger issues with dad,” it is considered that you are “being global.” If you say, “I had this angry argument with my dad last night”, it is considered “being specific.”

Another example for being specific is when you are tapping for a physical pain, you will get better results by being specific and saying: “Even though I have this pain in my lower left back...”, rather than being global and saying, “Even though I have this back pain...”.

Generally, to get great results it is best to be specific whether you are talking about physical pain or emotional pain. However, there are times when being global is preferred.

Here are 2 scenarios:

*1. When you can't think of something specific.*

For example, you remember you were a very anxious kid in your earlier childhood days, but you can't remember any specific incident that brought you anxiety as a kid, you can be global and tap and say:

“Even though I had all this anxiety growing up, I deeply and completely love, forgive, and accept myself.”

As you tap globally maybe some specific incidents may pop up and then you can tap more specifically on it.

*2. When the specific incident/memory is emotionally intense or traumatic you can be global and tap.*

For example, instead of being specific and recalling the details of a traumatic car accident, you can be general and tap and say:

“Even though I have this car accident trauma, I deeply and completely love, forgive, and accept myself.”

Being general and tapping a couple of rounds about the “car accident” helps to take the emotional edge off the incident a bit. Once the intensity is reduced, it is possible you may be more able to look at the specifics and address the different aspects of the car incident in more detail to experience significant shifts.

**Borrowing Benefits:** This is a concept in EFT when you tap along with others either by watching them in a 1-1 session, live on stage, in a video, or in a group situation and you simply tap along with them. They could be tapping on a completely different issue or topic than what you are focusing on. However, once you follow along and tap with them, you find that your own situation improves.

**Chasing the Pain:** When you are using EFT to tap on physical aches and pains, it is quite common that the pain moves to other locations in your body. For example, when you tap for pain in your lower back with a level 8 intensity, after the tapping the pain may move to your left leg with a level 5 intensity.

Moving pain is an indication that EFT is working. You need to keep “chasing the pain” and tapping on the new locations it moves to. You chase it until the pain intensity is close to a zero or some low number.

You may also find that as the pain moves, the quality of the pain may also change. Let's say you started out with a sharp pain in your lower back and after the tapping it feels like a dull ache in your left leg.

*Why does the pain keep moving?*

There is no certain answer. One theory that I have heard is that since the pain is a result of "stuck energy," as you tap and clear the energy, it begins to flow until it hits another blockage in another location. As you "chase the pain" and address clear the next blockage and the next, the energy begins to flow smoothly and creates ease and harmony in your system and your body.

**Choices Method:** This method is an EFT technique developed by Patricia Carrington. This was established because many times people didn't feel comfortable saying the traditional EFT Set Up Affirmation "Even though... I deeply and completely accept myself."

For example, if you felt very guilty and ashamed about something you did and you tapped, "*Even though I feel so much guilt and shame about what I did, I love and accept myself,*" it may not necessarily resonate with you. You may think "How can I love and accept myself when I feel so guilty and ashamed?"

The "Choices Method" allows you to tweak the EFT affirmation so that you can say:

*"Even though I feel so much guilt and shame about what I did, I choose to acknowledge and accept how I am feeling right now, and I choose to be open to the possibility that I can love, forgive and accept myself in the future."*

This may be more acceptable to say because you are consciously making a different choice, one that you feel more resonance with. Because right now you just can't 'love and accept yourself' and that's ok.

The Choices Method is therefore key in bringing significant shifts in your pain intensity because unless you say what feels true for you, you will not experience significant shifts in your issues.

**Core Issues:** In EFT the “core issues” refer to deep underlying unprocessed emotional issues. A core issue is truly the crux of the problem, its root or heart. Core issues are not always obvious but careful detective work can often uncover them, and once discovered, they can be broken down into specific events and handled routinely with EFT. Once the “core issues” are identified, they can be addressed and resolved or dissolved using EFT.

**EFT:** Emotional Freedom Techniques are basically a blend of ancient Chinese acupuncture techniques along with modern psychology. EFT is also known as “Emotional Acupuncture.” You tune in emotionally to what’s upsetting you, and you tap or physically stimulate your body’s energy meridian points with your fingers. This clears out any friction in your body’s energy and brings it back to flow, thus healing the body.

EFT is a mind-body self-help tool that anyone can learn to use and apply to address and resolve physical and emotional challenges. It is so easy to use, my kids have been using it since they were 6 and 7 years of age.

**EFT Set-up Statement:** A “Set-Up Statement” in EFT Tapping is where you “set up” the problem that you want to work on. That is, you state what the issue is that you want to address. A Set-Up Statement helps you consciously direct your focus to the problem/issue that you are choosing to focus on. The Set-Up Statement phrase has two parts:

Part 1- You acknowledge what is going on with you physically, emotionally, mentally, and spiritually.

Part 2- You state your acceptance of what is. Basically, you are saying that you accept that this is where you are right now.

The Set-Up Statement always starts with “Even though...” with an acknowledgement of the specific problem, plus acceptance of yourself even though you have this problem.

So, let’s say if your problem is a knee pain, you can create a Set-up Statement and say: Even though I have this knee pain, I deeply and completely love, forgive, and accept myself.

You can tweak the set-up phrases in several different ways, but you want to make sure that the phrase contains both the problem statement plus the acceptance statement.

**Forest and Trees Metaphor:** Gary Craig came up with the concept of the forest and the trees metaphor to explain how you can begin to address emotional problems.

We all carry our emotional past baggage with us as we move forward. Gary Craig refers to this upsetting emotional past as a diseased forest which is made of individual negative trees. To be healthy and pain free we need to cut down those negative trees in our emotional forest and create space for growing positive, supportive, and nurturing trees.

To clear the forest, you can’t cut down the entire forest at once. You need to take down one negative emotional tree at a time. That means you need to address one specific bothersome emotional event at a time, to not overwhelm yourself.

As you chop down the negative emotional trees, one incident at a time, you begin to feel happier, lighter, and free from pain.

**Generalization Effect:** This is again a concept related to the Forest and Trees metaphor.

Let's say your emotional forest about "issues with dad" has 40 emotionally upsetting incidents or trees. To feel at ease and peace with dad, you don't have to go and take down each of those 40 emotional trees. It's possible that if you just chop 10 of the trees which have the highest negative emotional charge, the process starts to generalize over all the 'issues with dad' trees. Now when you think of the remaining trees, they just don't upset you as they did before.

This is known as the Generalization effect.

**Meridians:** These are invisible pathways or channels through which energy flows in your body. In EFT, it is believed that the cause of every negative emotion and physical symptom is a block or disruption in the flow of energy through these meridians. So, when you tap with your fingertips on key points of these "energy channels" you stimulate them which clears the blocked energy in your body and allows it to flow freely again and you experience mental, physical, and emotional peace and harmony again.

**Movie Technique or Tell-the Story Technique:** These are 2 of the more advanced techniques in EFT which are similar to one another.

In both these techniques you recall a specific bothersome incident, event, memory, in your mind. The difference between the two is that in the Movie Technique, you watch the incident in your mind like you are watching a movie. In the Tell the

Story technique, you narrate the story out loud. You tap on any emotional charge that shows up.

You know you are done when you can “watch” the entire movie, slowly, in depth and it doesn’t bother you, or it seems distant. The Movie Technique is probably the most-often used EFT technique of all.

**Personal Peace Procedure:** This is another valuable EFT tool. It is basically a process to make peace with what happened to you in the past. It involves listing every specific troublesome event in your life and systematically using EFT to tap away the emotional impact of these events. It’s a fantastic tool for discovering and clearing out the core underlying issues and experiencing the relief you want and so you can move forward with peace, clarity, and confidence.

**Reminder Phrase:** A “Reminder Phrase” in EFT is basically a word or a short phrase that reminds you about the issue you are working on. You say this word or phrase out loud as you tap on each of the sequence points.

The Reminder Phrase keeps you tuned in to the current issue and helps you to avoid getting distracted.

For instance, if you have knee pain, the reminder phrase would be “This knee pain...” If you are addressing the fear of public speaking, the reminder phrase would be “This fear of public speaking...”

**“SUDS” OR 0-10 SCALE:** “SUDS” in EFT stands for Subjective Units of Distress Scale. In EFT, to keep track of changes, you have to measure your degree of emotional, physical pain or discomfort on a scale at the beginning of each tapping round. You do this by using a 0 -10 scale where 0 means no discomfort or pain and 10 means extreme discomfort/pain. It is a way of measuring and



monitoring the changes in your emotional or physical pain intensity before and after the tapping.

This is a subjective scale. It is based on a guess you make about your pain, discomfort intensity. There is no right or wrong measurement here.

For example, you may have a headache that feels to you like an 8 intensity. After the tapping it feels like a 6. You know that your discomfort level is down, so you are making progress. The change can also be in the quality of the pain. Initially you may describe your headache as “intense.” After the tapping it feels “dull.” Again, this is a subjective description that lets you know that there is some shift in your intensity.

**Secondary Benefits or Secondary Gains:** The term “secondary benefits or gains” in EFT is similar to the more popular concept of self-sabotage.

Secondary Gains refers to the benefits of being stuck with your problem.

Even though consciously you want to get over the pain, you want the promotion, the relationship, you want to write your book – whatever your desire may be. However, subconsciously you may harbor fears that if you get what you want, it will also possibly bring other unpleasant, unwanted changes.

So, secondary gains refer to the fact that you have something to gain (safety, security, freedom from responsibility etc.), by staying stuck in pain or the problem at hand.

Secondary gains are a bit like Psychological Reversal and sort of keeps us stuck and prevents us from achieving our goals and wishes.

## **Tabletop and Table Legs**

Gary Craig uses the metaphor of the “Table Legs” and the “Tabletop” to explain what are “general or global issues” and what are “specific incidents”. This analogy helps explain how we can collapse a “general issue” by working on “specific incidents”.

Let’s say you want to work on the issue of “Anger at Dad”.

So, the “Tabletop” is Anger with Dad.

The “Table Legs” might be the following specific incidents:

- ◇ Dad insulted me in front of my friends
- ◇ Dad criticized my project
- ◇ Dad never showed up for my school performance
- ◇ Dad compared me to my cousin and said I was lazy

If you use EFT to tap on each of these “table legs”, the “tabletop issue” would collapse too.

**Tailenders:** In EFT this refers to the hidden and unconscious part of an affirmation. It is the negative self-talk that comes up after you say an affirmation.

For example, you say the affirmation “I can be pain free!” As soon as you affirm this, there may be a voice in your head that says, “Good luck with that!” or “So far you haven’t seen any progress” or “Do you really think you can be pain free?”, or “But the doc said otherwise!”

These are called “tailenders” as they pop up at the tail end of the affirmation.

In EFT we pay attention to these “tail-enders” because they point the way to unresolved issues or core issues. Once these core issues are addressed and cleared with EFT tapping, healing can occur.

**The Sequence:** The “sequence” simply refers to the rest of the EFT acupuncture points on the body excluding the karate chop point. This includes:

1. The eyebrow point
2. Side of the eye point
3. Under the eye point
4. Under the nose point
5. Chin point
6. Collarbone point
7. Under the arm point
8. Top of the head point

These are called the Sequence Points because when you are learning EFT for the first time you tap on these points in the sequence given above that makes it easy to memorize them. Once you know these points, you can tap in any sequence and get the results you want.

**Try It on Everything:** This is a phrase used by Gary Craig and now by the EFT community. It is basically encouraging you to try EFT on any issue, even if you think it will not work on that issue. This is because EFT has worked effectively for so many issues- physical pain, chronic illnesses, PTSD, Fears, traumas, performance issues, overcoming roadblocks to success, tooth pain, itchy eyes, weight problems, improving golf scores, and so many more issues that you are encouraged to try it on your issues.

Note: If you are a newcomer to EFT, you don't want to try EFT to help others heal their deep trauma issues. Use common sense. Do not go into areas you are not qualified to.

