



# **The EFT Quick-Start Method**

**by Chip Engelmann, MA, CNC**

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## About Chip Engelmann

Chip Engelmann has been a writer and educator in the field of nutrition and natural health for 14 years. For much of that time he and his wife Julie owned a vitamin mail order company and retail store in Indiana, Pennsylvania; then Chip went on to become a nutritionist and holistic iridologist. He was continuing his naturopathic studies when he discovered EFT in 2006.

Chip soon began to use EFT in his practice, and his work with clients convinced Chip that the benefits of EFT are widely needed. Chip's EFT practice then expanded to serve clients across the United States and Canada via phone sessions.

To help people reap the benefits of EFT while learning more about it, and to maximize in-session time with clients, Chip wrote this book, *The EFT Quick-Start Method*.

Your friends or clients may download this book free through Chip's web site at [www.ChipEFT.com](http://www.ChipEFT.com). Leave your email address to receive Chip's Health-Ezine online newsletter, which includes informative articles as well as updates on Chip's books, tele-conferences, and seminars.

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### Contents

The EFT Quick-Start Method . . . . .	4
The Basic Premise . . . . .	4
Let's Get Started . . . . .	5
The Set-up Phrase . . . . .	7
Let's Try It Out . . . . .	7
What Can You Use It For? . . . . .	10
Why It Might Not Work . . . . .	11
Psychological Reversal . . . . .	12
Core Issues . . . . .	13
Aspects . . . . .	14
Core Issues and Aspects . . . . .	14
When to See an EFT Professional . . . . .	15
Where Can I Learn More? . . . . .	16

**O**ne of the great things about EFT (Emotional Freedom Technique) is that anyone can do it, anytime, anywhere—with the caveat that there may be times when you feel foolish tapping on your face in public, like in front of a prospective employer during a job interview. On the other hand, doing so in a restroom just prior to the interview might relieve a lot of anxiety and allow you the confidence you need to give a really good impression.

The EFT Quick-Start Method is not intended to replace any of the more comprehensive EFT trainings. I highly recommend that at some point you read Gary Craig's [79-page EFT e-book](#) and subscribe to his newsletter. The EFT Quick Start Method is designed to:

- Give you the basics on using EFT so that you can start reaping the benefits as you learn more about it
- Help you understand my newsletter articles on EFT, so I can make suggestions on how to use EFT for specific issues without having to go over the basics
- Help you understand which issues you can expect to handle on your own and which may need the help of a professional
- Give you a head start so that you can maximize time spent in a one-on-one session

## The Basic Premise

*“The cause of all negative emotions is a disruption in the body’s energy system.”*  
–The EFT Discovery Statement, Gary Craig

Emotions are like internal sense organs. They help us identify situations as “good” or “bad,” so that we might take appropriate actions. Emotions of happiness and love are pleasurable and help relieve stress. Anger helps us identify situations that are outside our definition of “right.” Fear identifies physical or emotional situations that may be dangerous, and stimulates fight or flight actions.

However, suppressed emotions, far beyond what is needed to take immediate or preventative action, can be so powerful that they disrupt or short circuit the body’s energy field (also known as the biofield, chi, ki, etc.). In effect, these emotions become stored within our body’s energy field. When they do, our thoughts, emotions, and actions become “colored” by these stored emotions. Examples of these embedded emotions might be:

- A man who grew up with a critical mother might get angry with his wife every time she makes a suggestion.
- A woman ridiculed by her father finds a mate who continues ridiculing her. Because she has developed low self-esteem, she may also find a job where she gets paid less than others with similar jobs.
- A man who was given chores as punishment may feel an underlying guilt every day

at work because if he is working, he must have been bad. This might be expressed as an agitation that he suppresses with coffee, snacks, tobacco and, after work, a cocktail.

- An attractive young woman sexually harassed by a neighbor subconsciously overeats to become unattractive. Now stigmatized by her size, she tries to lose weight and, when she can't, suffers from low self-worth and depression.

These people have made choices that are “colored” by underlying emotions. If they could get free of these emotions, they might make different choices that would lead to a more fulfilling life. That does not mean that when the woman who was ridiculed by her father permanently releases the feeling of humiliation, she divorces her husband and gets a new job. Rather she starts making choices that no longer replicate the feelings she associates with her childhood ridicule.

EFT is a method of undoing the emotional short circuit. When dismantled, the misfiring suppressed emotion no longer exists, just like when you separate two sparking wires, the spark no longer exists. It cannot come back, because there is nowhere for it to live.

EFT works by a process of mentally focusing on the emotion while tapping with your fingers on certain energy points on the body. The tapping reroutes the short-circuited energy back along its normal path. The process has been likened to emotional acupuncture without the needles. It is extremely simple to do and the results can be huge and profound.

## Let's Get Started

The EFT Quick-Start Method uses a set-up point and 8 basic tapping points. While the set-up point focuses you in on the emotion you are working on, the tapping points are the ones that align your energy.

A round of EFT might go something like this.

While tapping on the set-up point, you say three times:

*“Even though I really want this cookie, I deeply and completely accept myself.”*

Then you tap your fingers about seven times on each of the 8 basic tapping points, while repeating once at each point:

*“I really want this cookie.”*

That's all there is to it. You do that, and your craving for that cookie may diminish. Repeat the process with slight variations in the wording, as needed, until you have zero craving for that cookie. Too easy, right?

Okay, let's look more closely.

For a set-up point, let's use what Gary Craig calls the karate-chop point. It is located on either hand on the side of the palm where, if you were a black belt Kung Fu master, you might break a stick to show off for your kids--well, that's not why they do it, but it's why I might break one.

This point is marked KC on the illustration to the right. You'll also see the eight basic tapping points described below. Use either side of the body to tap on, or mix and match.

**EB**--Eyebrow: located at the beginning of the eyebrow, closest to the nose

**SE**--Side of Eye: located at the outside of the eye, where the bone meets the eye socket

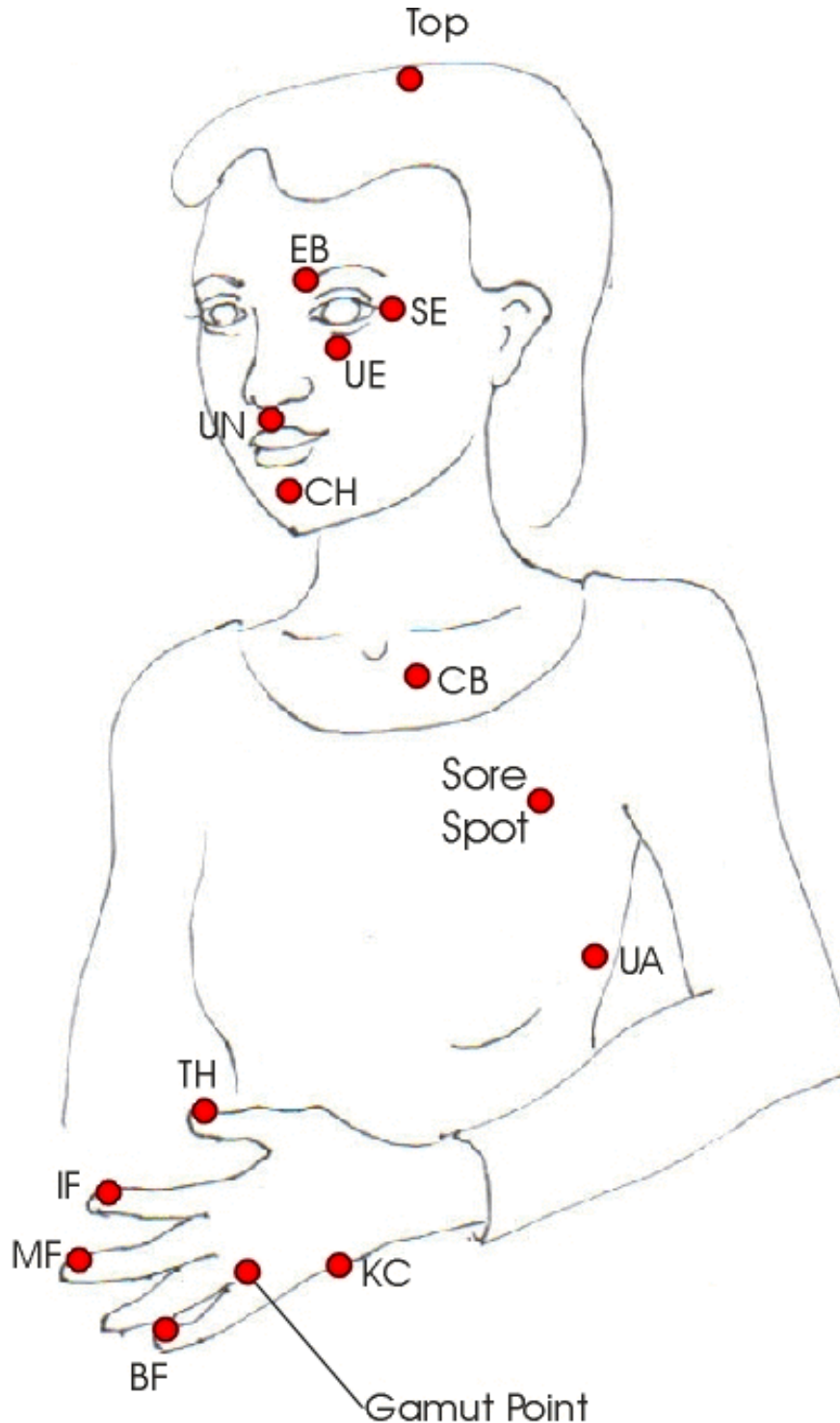
**UE**--Under Eye: located under the eye in the center, where the bone meets the socket

**UN**--Under Nose: located halfway between upper lip and bottom of nose

**CH**--Chin: located in hollow between lower lip and chin

**CB**--Collar Bone: Start by finding the hollow in the center between your collar bones. Then go one inch down and one inch to either side.

**UA**--Under Arm: [Men] located under the armpit on the seam of the shirt, level with nipple. [Women] located under armpit where bra strap crosses the seam of the blouse



**Top--Top of Head:** located at the crown of the head - use all five fingers and move around a bit.

Of these points, the one most commonly missed is the collar bone. People tend to ride up the collar bone until they are almost tapping the shoulder. The point you are looking for is just an inch off the center line. I like to tell people to tap with four fingers so that they hit the spot.

You will notice more tapping points on the illustration than we use in the EFT Quick-Start Method. You will learn the other tapping points, The Basic Recipe, when you read Gary Craig's [e-book](#).

## The Set-up Phrase

The set-up phrase for the EFT Quick Start Method follows the formula:

*“Even though [I feel this way], I deeply and completely accept myself.”*

Notice the set-up phrase has two parts. In the first part, you identify the emotion you want to work with. In the second part, you acknowledge your worth with an affirmation.

The set-up phrase focuses your attention. Yet there is a second reason for using the set-up phrase as is. It diffuses psychological reversals. What does that mean? It means that if you have a subconscious reason not to give up the emotion, that reason will not block the process.

*A PR [psychological reversal] is an objection to healing. It is a form of subtle self-sabotage, and includes any limiting belief or consideration a person is holding, that prevents them from healing and changing now.*

– John Freedom, from the [EFT archives](#), [www.emofree.com](http://www.emofree.com)

The EFT set-up phrase helps to override this psychological reversal by keeping you safe.

About one out of ten clients will object to the negative first part of the sentence. They don't want to implant a negative thought in their minds. But we are not dealing with thoughts here, we are dealing with feelings - emotions that already exist even though we want to pretend they don't. We need to identify them so we can let them go. It is likely that once they are gone, you won't have to repeat that negative phrase again. Think of it as grabbing hold of a weed so you can yank it out by the roots.

## Let's Try It Out

Go get a cookie. So much the better if it is a soft chocolate chip cookie fresh out of the oven. One

you can smell from here. Or is there something else in the house that you like even better? A Reese's Peanut Butter Cup. Doritos - barbecue or sour cream flavored. Or popcorn with butter. Or Ben and Jerry's Cherry Garcia Ice Cream.

You get the idea. Find something you really crave, but you know is not good for you. Comfort food. Some of you reading this will claim never to crave anything. You are perfectly happy eating a wholesome, square meal of meat, potatoes and vegetables every evening. Just so. You can sit in the corner and watch the rest of us. Just out of earshot if you please.

Now that they are gone, I can tell you that some people bottle their emotions so tight, they have trouble admitting that they even have emotions.

Where were we? Oh yes. Let's evaluate how badly we want that cookie (or whatever yours is). On a scale of 0-10, where 0 = not at all, and 10 = you are about to suck it off the plate without touching it, how badly do you want that cookie? Don't eat any of it, but get as close as you can so you can smell the tasty goodness.

If you said 0-3:

- you need to find something that you really crave. Or
- you snarfed down 5 already when I first started talking about it and you don't want them any more. If this is the case, you'll need to wait until the next time you crave it. Then, don't eat it - try this exercise. Or,
- go sit in the corner with you-know-who.

Let's do the set-up phrase. Tap on the karate chop point with two fingers and repeat after me:

*Even though I really want this cookie [or \_\_\_\_], I deeply and completely accept myself.*

*Even though I really want this cookie, I deeply and completely accept myself.*

*Even though I really want this cookie, I deeply and completely accept myself.*

Now we do the tapping:

1. Start by tapping with two fingers on the eyebrow point about 7 times.

*I really want this cookie.*

2. Seven times on the side of the eye.

*I really want this cookie.*

3. Seven times under the eye.

*I really want this cookie.*



4. Seven times under the nose.

*I really want this cookie.*

5. Seven times on the upper chin.

*I really want this cookie.*

6. Seven times on the collar bone (stay towards the center of your chest).

*I really want this cookie.*

7. Seven times under the arm.

*I really want this cookie.*

8. Seven times (with all five fingers) on top of the head.

*I really want this cookie.*

Now repeat the 8 tapping points - again, tapping each point with two fingers 7 times.

*I really want this cookie.*

Okay, now how do you feel about that cookie? Look good and hard at it. Sniff it. How does it smell? Take a small bite of it. Try to get a small taste of the chocolate. Now on a scale of 0-10 how badly do you want that cookie?

If you said zero, take a big bite of the cookie. How does it taste? Does it taste like it used to? How is it different?

For those of you who answered with 1-10, you have more work to do. We'll do another round.

Let's start again with the set-up phrase.

*Even though I still really want that cookie, I deeply and completely accept myself.*

Notice that it has changed. We added the word "still." We want to change the wording so that the subconscious mind can't say, "We just did that."

So, tapping on the karate chop point, say the set-up phrase 3 times:

*Even though I still really want that cookie, I deeply and completely accept myself.*

Now tap on the 8 points, twice around as before, saying:

*I still really want that cookie.*

Take another assessment, 0-10. If you said zero, try tasting it and doing anything you can to raise the number up from zero. If you can't, you're done. If you still want the cookie a little, try:

*Even though I still have some remaining cookie cravings, I deeply and completely accept myself.*

## **What Can You Use It For?**

The short answer is: anything that has an emotional component. You can find countless examples and stories on [www.emofree.com](http://www.emofree.com) covering:

- Addictions
- Anger
- Anxiety
- At risk Teenagers
- Business Issues
- Children's Issues
- Compulsions
- Cravings
- Depression
- Eating Disorders
- Family Issues
- Fears
- Guilt
- Grief
- Headaches
- Infidelity
- Lifestyle Changes
- Marital Issues
- Men's Issues
- Money/Attracting Abundance
- Musicians and theatrical performance
- Other physical issues
- Pain
- Phobias
- Pregnancy, Birth, New Families

- Prenatal and Perinatal Issues
- Public Speaking
- Self-Esteem
- Self Image
- Serious Diseases
- Sexual Issues
- Shame
- Sleep disorders
- Smoking
- Spiritual matters
- Sports and Other Performance
- Stress and Anxiety
- Test Anxiety
- Trauma (accident)
- Trauma (sexual)
- Trauma (war)
- Trauma/Abuse/PTSD
- Trust Issues
- Vision and Hearing
- Weight Issues
- Women's Issues
- Writer's and other creativity blocks

Just to name a few.

However, in practice, you will have more success with some issues than others.

## **Why It Might Not Work**

### **(That is, Why It Might Not Work for Beginners)**

Perhaps the most common reason beginners may fail to see results is that they tap on a phrase that is too general. For instance, you might try to tap on:

*Even though I'm angry at my mother, I deeply and completely accept myself.*

Your anger might be made up of many things your mother did intentionally or unintentionally from the time she missed your soccer game to the time she yelled when you got a B in geometry to the time you overheard her fighting with your father in the next room to the time the other day when she questioned your priorities. When you tap on the generalized feeling, it's going to be difficult to see progress.

By analogy, a painting with no detail would be unclear and without impact. But add just enough detail, and the whole picture can become clear and powerful. Just so, once you tap on a few defining moments in your “angry at Mom” picture, the whole thing starts clearing up.

To release the anger effectively, keep what you are tapping on specific.

*Even though I’m angry at Mom for missing the soccer championships...*

(From now on, add to each line: *...I deeply and completely accept myself.* )

You’ll find that after a number of specific instances have been cleared, the general emotion topples like a table with its legs cut off.

## Psychological Reversal

Put simply, a psychological reversal occurs when a person subconsciously believes there is more reason to keep an emotional pattern than to release it. This problem is common in people who have addictions or are trying to release body weight. Smokers rarely really want to quit. They typically use the habit to suppress a feeling such as anger, guilt, shame, or sadness. Suppressing the emotion is actually more important than their concern over the health threat of smoking.

Another example is the woman who overeats to become unattractive so she won’t be sexually harassed. She wants to lose weight to become attractive, but subconsciously she associates attractiveness with vulnerability to the pain of harassment. In order to avoid the pain, she will not allow the EFT to work.

Often I give people a homework of repeating the set-up statement. I may have them repeat the statement 3 times a day or more for three weeks.

*Even though I really don’t want to lose this comfortable, protective weight, I deeply and completely accept myself.*

*Even though I really don’t want to stop smoking, I deeply and completely accept myself.*

This idea - that a behavior has hidden, underlying causes - brings up a couple more key concepts that must be addressed if you are not getting the results you are looking for: core issues and aspects.

## Core Issues

We can use the cookie example above to talk about core issues. Tapping on your craving for chocolate chip cookies may stop that craving, but often sweets are used as comfort foods. We may eat them to suppress guilt, loneliness, anger, sadness, etc. These emotions relate to a core issue that needs to be addressed. For example, the core issue might be a trauma such as sexual assault, which produces an undertone of fear experienced as a subtle agitation. This agitation may be temporarily relieved when you eat your cookie, or bag of cookies. While EFT can stop your craving for chocolate chip cookies, you might find the same need cropping up in an increased craving for ice cream (or something else), unless you address the core issue.

A core issue may be so pervasive that you cannot get relief by doing EFT on a surface incident that is in fact just a reflection of the deeper core issue. For example:

You feel hurt and rejected when your boss tells you he won't use your idea. From his demeanor, you can tell he thinks the idea is naive.

You may be able to release the emotions by tapping on:

*Even though I feel hurt because my boss doesn't like my idea...*

*Even though I am angry at my boss...*

*Even though I feel sad that I wasted so much time...*

*Even though I'm afraid he'll never like my ideas...*

But if the event is evoking a core issue, you may not be able to tap the issue down very far at all on a scale of 0-10. Perhaps your father ridiculed your ideas, made jokes at your expense, and made you feel stupid. Unless you find and release those core emotional issues, you might not successfully release the emotions surrounding being rejected by your boss. Or if you do release them in this situation, your feelings might be just as strong the next time someone rejects your ideas.

Getting to core issues can be easy or it can be hard. If the key issues have been buried in your mind for a long time, you may not be aware that they are there. In this case, you need to see a professional EFT practitioner. Even a professional may need to see a professional. I trade sessions with another practitioner because often I cannot see in myself insights that I see every day in my clients.

However, you may be able to get to some of these issues on your own. To do this, look at the emotion you are experiencing and ask yourself when you experienced this emotion before. What does this feeling remind you of? You are looking for a specific event. Typically, but not always, the event will have occurred before you are 10 years old.

*Even though I feel ashamed that my father ridiculed me...*

is nowhere near as effective as:

*Even though I felt ashamed when my father ridiculed me for having my sock inside out in front of everyone at church...*

If being ridiculed by your father was a reoccurring theme, you may have to tap on several incidents to resolve the core issue. And when you do, you may find that many of your boss issues have been quelled.

## Aspects

Remember the four different set-up statements I gave for the example of being rejected by your boss:

*Even though I feel hurt because my boss doesn't like my idea...*

*Even though I am angry at my boss...*

*Even though I feel sad that I wasted so much time...*

*Even though I'm afraid he'll never like my ideas...*

It is very possible that you can feel sad, angry, afraid and more, all at the same time about the same issue. These different emotions are called *aspects*. If you address the anger without addressing the sadness and fear, you might still be upset about the incident. Continuing to tap on anger will do nothing to release the fear, and if you are not tuned into your feelings, the intensity of what you are feeling may not drop after tapping on one or two of the aspects. A trauma such as an accident may have 15 or 20 different aspects to clear. In such a case, you may have to tap on many different aspects before you start to feel relief. But it's worth the effort to be free of the trauma for good.

## Core Issues and Aspects

It is rare that a core issue would have only one aspect. If your father constantly ridiculed you, you might have feelings of shame for being ridiculed, fear that he will ridicule you again, anger and resentment for being ridiculed, guilt for being angry at your father, sadness because he doesn't love you, sadness because you can't get anything right, and shame that you can never be good enough for your father. Each of these aspects may take several rounds of tapping.

And as mentioned before, the core issue may be comprised of more than one experience. In addition to ridiculing you about the sock incident, he may have ridiculed your idea for a lemonade stand. He may have made fun of your boy/girl friend. He may have made fun of the way you dressed or what you liked to do. Each of these experiences may have multiple aspects.

If you don't know where to start, look at the experiences and use logic. "If my father constantly made me feel stupid, I probably resented him. If I hated my father, and hating my father is a sin (honor thy father), then I probably feel guilty." Make guesses and suppositions and try them out. "I probably resent my father." Then look closely and see if resentment is there. It's okay to guess wrong. If it's not okay to guess wrong, then maybe your father ridiculed you when you made mistakes.

Try asking yourself, "I don't know what feeling I need to tap on, but if I did, it would be \_\_\_\_."

As you get better at this self-examination, you will start to recognize your "tells," the feelings or intuitions that tell you that you are getting close to discovering a locked-up emotion.

You have to be a detective in your own emotional life. EFT can become a great adventure of exploring your inner world. What comes out the other end of this adventure? The freedom to act and feel, knowing that what you are feeling is in the moment rather than a rehash of old pain.

## When to See an EFT Professional

A professional is a person who has been there and done that. Their job is to see through your "stuff" and help you get to the core issue as quickly as possible. They act as a coach and will encourage you to use EFT on your own.

However, in certain cases it is wise to see a professional. These include:

- Dealing with trauma: war, sexual, accident
- Dealing with loss of a loved one
- Dealing with addiction: tobacco, alcohol, sugar, drugs, etc.
- Dealing with low self esteem
- Dealing with an emotion that is always with you, like anger, sadness, guilt, shame, depression, dread, feeling overwhelmed, or feeling victimized by life
- Weight issues
- Chronic pain

This is not to say that you can't make headway on your own. Rather, that a professional will help you find the right places to look for the solutions. They will help you zero in on your core issues.

## Where Can I Learn More?

Gary Craig, the founder of EFT, has put together a spectacular website, and I encourage each of you to look around it. Start by watching the [movie](#). Then [download his 79-page manual](#). You will also receive his newsletter, which is full of excellent information and techniques.

To get a better sense of EFT, or to learn advanced techniques, check out the video trainings. Gary Craig offers several [video series](#) that are reasonably priced.

From time to time I hold workshops and tele-conferences, some free and others for a fee. There you can learn the basics, practice, and ask as many questions as you like. Go to [www.ChipEFT.com](http://www.ChipEFT.com) and sign up free to keep updated. I hope to see you there!

Please feel free to call or email me with your questions, your contact information and a good time to get back to you. I offer private sessions by phone throughout the United States.

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