

Mind  
Over *Muffin*  
*by Leanne Lisbon*

EFT (TAPPING)  
CHEAT SHEET

## *Hey Lovely*

Here's a cheat sheet to help you with the process too!

I've explained the concept and given you action steps to use plus the tapping points. There's also a video explaining how to use it and talking you through it.

EFT – Emotional Freedom Technique is all about releasing built up emotion and energy from points in your body. Negative emotions and beliefs have a direct connection to the energy flow in your body so it is important to address both mind and body when wanting to clear these things.

The energy system that EFT uses is the same as the one used in acupuncture, you may have heard them called meridians. All negative emotions such as anxiety, fear, stress, anger, shame etc will be directly linked to a disturbance in one or more of the energy lines. And as we know all of these negative emotions, beliefs and thoughts have originated from the past so could have been stored in your body for a long time.

We will be using EFT to activate the energy disturbance while you focus your mind on the problem. When you tap on the meridian line points the energy blockage will shift and you will feel the emotion, the problem, the physical connection you have to it just fade away.

You will then be able to think about that old problem completely emotion free. This also works wonders with past events/memories to break the emotional attachment.

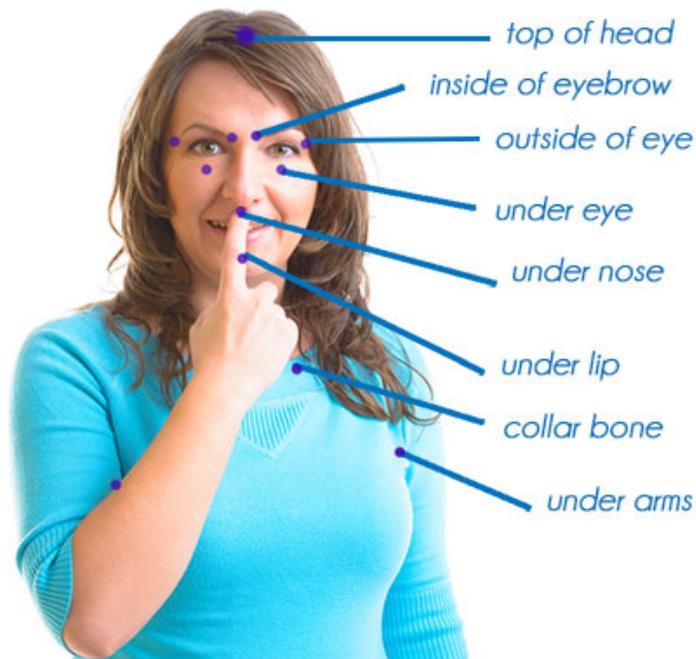
There is a set up to the process. You must stay focused on the problem so your mind is connected with what it is releasing and then when you begin the tapping it will clear, but you must remaining trying to think of the old problem.

## *The Steps*

1. Identify the 'problem' you want to work with. It can be a craving, an urge for food, emotional eating, an emotion, an event, a memory, a belief anything that is causing you a problem and has an emotional reaction. Find the feeling.
2. Now create a short, easy to remember phrase that will sum this up to you. 'E.g I have a craving for chocolate or I'm using food for stress relief/comfort.
3. Now on a scale of 0 – 10 (10 being the highest) give yourself a number of how much this is a problem right now.
4. Now use the affirmation, " I treat myself with love and respect even though I have this ...(the problem e.g stress/craving)
5. Begin the tapping process, tap each point about 5 times whilst repeating this affirmation over and over. You can say it out loud
6. Throughout the technique keep your mind focused on the old problem.
7. Experience the old problem disappear.
8. Once you've finished going through the points, ask yourself with any remaining emotion, 'What age is the part of me in charge of that feeling/behaviour'.
9. Walk over to her and imagine letting her express to you everything she has got going on. How is she feeling, what is she dealing with, what does she need to get off her chest? Watch the release take place in her.
10. Let her know you are there for her, she is loved, she is safe, she is protected, you are here comfort, her courage, her friend and anything else she needs.
11. Ask 'what else does she need?' Whatever comes to mind go ahead and give her that. (This could be love, strength, courage etc)

12. Then go ahead and give her the biggest cuddle. Tell her you love her.
13. Once she is happy and has everything she needs, she's whole, its time to grow her up to the age that you are today. So watch her grow year by year up to the very age that you are today. Bring with her everything you've just given her.
14. Once she's grown up. Imagine merging back together with her in whatever way works for you. Feel the integration take place.
15. Imagine a bright white light above the top of your head filling you up with love, healing, energy, strength and let it flow all the way through you.
16. Now open your eyes and move your body.
17. Now return to the number scale, what score do you have now? How close to 0 are you now?
18. If it still remains repeat the tapping process again, this time changing the affirmation slightly to, " I choose to let this go now'.
19. Repeat until you get to 0 or a low number you are comfortable with or until you feel the old problem has gone

## The Points



1. Top of the head with your fingers.
2. Outside of eyes, near eyebrows. Use 2 fingers.
3. Inside of eyebrows, use one finger on each point.
4. Under eye socket bone. Directly underneath your pupils. Use 2 fingers.
5. Under nose. Use 1 finger.
6. Under chin use 1 finger.
7. Collar bone. Use two fingers each side. Find the tender spot.
8. Under arms. Aim for bra strap. Use all fingers to pat the area.



9. The wrist point. Use your 3 fingers from other hand to measure distance and then use 2 fingers to tap the point.
10. Karate point. Side of hand. Use your other hand to tap the whole side of your hand.