

Effective EFT Techniques



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A note from Liesel

Welcome back!

I trust you've been using this wonderful new skill of EFT. How many issues or problematic events have you tried it on yet? I'm so curious to hear about your progress. Please continue to post on over at our [private Facebook Group](#) to continue receiving support on your EFT questions.

Like everywhere in life, when we learn a new skill, we can't learn everything at once. New information has to sink in before it goes on "automatic pilot".

That's why I delivered your course in bite size chunks.

Now for some extras!

I'd like to introduce you to a very effective EFT technique, developed by Gary Craig, the originator of this fabulous self-help method.

Enjoy!

Continued support from my side, and cheering you on towards inner freedom and relaxation!
Love and kindness,



Tell the Story Technique

A work of caution first

Tell the Story Technique is not appropriate for any traumatic events. It is especially not appropriate if you are trying to process traumatic events by yourself.

If you carry childhood trauma, or was involved in anything traumatic, please find a trauma specialist or EFT Practitioner who is trauma-informed, to support you through the process in safe ways.

EFT is an absolutely wonderful self-help technique. And – we need to put emotional safety first. If you were traumatised as a child, it is possible that your window of tolerance for emotional distress is smaller than for others. It is crucial that you're in safe hands for any emotional processing.

If that is you, please [contact me here to make an appointment](#) so I can help you through this safely, gently and with care.

What can it be used for?

This technique can be used for any event in your past that was stressful, where you still have some emotional intensity when you think about the event now. For more traumatic events, please work with a professional.

How does it work?

Gary Graig (founder of EFT) emphasised and re-emphasised, the **importance of being specific**. One of the biggest mistakes that newcomers to EFT can make, is to tap for a general or global issue, like "I'm not good enough" or "People just don't like me". This might lead to disappointing results and cause a person to conclude that EFT does not work for their specific problem. As Gary said, tapping globally is like trying to clear a whole forest with one swing of an axe.

The mantra of EFT is "**Be specific to be terrific**". How, then, can we get more specific with our use of EFT?

This is exactly where "Tell the Story" is incredibly useful. It's a way for us to find and tap away the **specific details of an upsetting event**. It's a useful way to start clearing your "emotional forest".

How to Use Tell the Story Technique

Find a time and place where you'll be undisturbed for 20-30 minutes. Keep a piece of paper and pen/pencil handy to jot down notes while you work. Sometimes other ideas/events surface while you're working on this one, and ideally you'd keep a note about it for a next session. It's best and most productive to work on **one event at a time**.

A small word of **common sense**. Start with an event that is not too upsetting so that you can first practice this technique before you tackle the more serious ones. On a scale of 0 – 10, start with an event that is a 5 or less. Also, it is possible that you start tapping and your feelings become more intense. In that case, keep tapping round after round until you feel calmer. Alternatively, if you feel that the feelings might be overwhelming, please consult a certified and competent EFT practitioner to help you work through this event.

It might be easiest to start with taking a few relaxing deep breaths to become present. Close your eyes, and **focus on the distressing event you want to work on with EFT. How upset do you get**, on the scale of 0-10 when you think about it? 0 is no distress, and 10 is the worst distress you can imagine. Write this number down. (Remember, start with one that is between 0 and 5).

Note **where in your body you feel this distress**. With eyes still closed, cast your eyes downwards in your body, and tune in with what's happening in the body.

- Is there tightness in the chest?
- Butterflies on the stomach?
- A knot somewhere?
- Tightness in your shoulders?
- A frown?
- A hot or cold sensation anywhere?
- Lump in your throat?
- Note everything and write it down

It's important to take note of your SUDS level (0-10) and where in the body you notice the sensations. You will use this information to test whether you're making progress or not. If you don't know whether there's progress, how will you know when you're done?



Tip:

SUDS means **Subjective Unit of Distress** or **Subject Unit of Discomfort**. It's merely a subjective number, between 0 and 10 that you assign for how intense you get when you think about your problem.

Are you too distressed already just thinking about the story? Please STOP right here and do a few rounds on your current distress. Examples:

- "Even though it upsets me just to think about it..."
- "Even though I get anxious because I know what's coming..."
- "Even though I don't like this whole thing..."
- "Even though I don't like reliving this..."
- "Even though I'm afraid to get too upset..."

Continue only when you're feeling calmer

When the distress is down to a 3 or lower, **start telling yourself the story a little while before your story gets upsetting**. In other words, if your mom scolded you in front of your best friend, start telling the story where you still felt fine, relaxed, happy or peaceful. Continue telling the story and (here's a very important part) STOP IMMEDIATELY when you start feeling any emotion.

This truly is a critical point. We are all conditioned to be brave or suppress the feeling and soldier on. If you don't stop right here and tap for what's shown up, **you miss an opportunity for healing this part of the event**. A critical part of being thorough with EFT is to tap for every upsetting piece of the event.

Identify the emotion you feel at this point (for instance fear, anxiety, anger, panic, queasiness). Create a set-up statement for this emotion, for instance "*Even though I feel this anxiety in my stomach, I deeply and completely love and accept myself anyway*" and tap through all the points. Check in with your intensity level about the anxiety after one round. If it's not down to a 0 yet, repeat the rounds until it is a 0 or very close to.

Retell this part of the story to TEST your work. If there is still some anxiety at this point of the story, you're not quite done with it. Check in to see if you can get more specific. If you felt anxious about "your mom's facial expression", add this information into your set-up and reminder phrases. For instance "*Even though Mom's expression was so angry and I feel the anxiety in my stomach, I deeply and completely love and accept myself anyway*". Tap until you can retell this part of the story with no remaining intensity.

Carry on with the story, working through each part of it in the same way. The process is complete when you can tell the entire story with no intensity.

The Ultimate Test

You can now do the ultimate test: Tell the story again and try to get yourself upset. Make the colours brighter, make the sounds louder, and intensify all aspects of the scene. This can help you to uncover some hidden pieces that slipped through until now. Repeat the tapping for those pieces.

Summary:

- Tap for each emotional point in the story until it is down to a 0 or 1
- Test that part of the story again by re-telling it. If there is still some emotion, repeat step 1 with more specific details
- Carry on with the rest of the story and stop at the next emotional point
- Repeat steps 1 - 3 until you can tell yourself the whole story with no distress

Tell the Story examples:

Here's an excellent tutorial, and demonstration of this technique by the founder of EFT, Gary Craig, who is led through the process by his daughter, Tina Craig.

Notice all the times she asks him to stop, so they can address all the different aspects of the story.

Video Demonstration

https://www.youtube.com/watch?v=c_0PE6GfO20

Tutorial:

<https://www.emofree.com/fr/eft-tutorial/tapping-roots/tell-story.html>

Uses for Tell the Story technique:

Clear a single uncomfortable event that is still distressing when you think about it

- If you're still obsessing about what you should have said or could have said (to your boss, your partner/spouse, child, mother....)
- Car or other accidents (best done with a practitioner)
- Painful childhood memories (best done with a practitioner if they're in any way traumatic)
- Divorce and other painful love relationship memories
- The day you received a medical diagnosis or other bad news
- Other times you had a shock

Clear limiting beliefs

- The beliefs that limit us today, did not appear out of the blue. None of us were born with a belief that says "I'm not good enough". It was created because of a traumatic or dramatic event (or events) where a part of you made a decision about life, yourself or others. For instance - your mother criticised you in front of your boyfriend and in that moment, a part of you decided "That means I'm not good enough for my mother". A series of similar events often serve to reinforce this belief
- If you start looking for all the events in your life where you felt "not good enough" (or whatever your limiting belief is) and work through them gradually with "Tell the Story Technique", the belief cannot and will not have a grip on you anymore! Your whole life can change for the better.

Happy Tapping!

I trust this Bonus has brought you some insight and information to guide you further on your EFT journey. If you have any more EFT questions, please feel free to visit my website, or contact me via email. I look forward to hearing of your EFT success!

Happy Tapping!
Liesel Teversham

About Liesel



Liesel Teversham is the author of "[No Problem. The Upside of Saying No](#)", a handbook for those who feel overwhelmed, exhausted and resentful because they feel guilty when they say "no" to requests. Liesel is an accredited Advanced EFT Practitioner with EFT International. She supports sensitive introverts to go beyond what they thought were possible for them, while implementing awesome self-care.