

The 7 Biggest Mistakes EFT Newcomers often Make

And how to remedy them



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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 any new skill, it takes practice and trying and experimenting to get to a level of proficiency where you no longer have to "think hard" about how to do it. It needs to be used for your brain to put it on automatic pilot.

Keep tapping, trying it for every problem you can think of. It gets easier and easier with more use and more and more effective – as you no longer have to concentrate on the process.

EFT has created miracles for thousands of people all around the world. Sometimes those miracles take 5 minutes, sometimes 5 hours, and sometimes weeks. It's still a miracle if you've tried everything else for the problem without success.

Here's how to use this short manual

I've described some **common mistakes** that people often make when they start using tapping. As an EFT Trainer, I have gleaned them from interaction with many students, many hours of teaching and people asking the same questions in many different forms! Perhaps you've come up against some of them.

For every one of those 7 possible mistakes, you'll find possible tapping ideas and phrases below each description. For instance, if you think that you're doing tapping wrong (Mistake #1), it will lead you to feel stressed and even stop using EFT. The whole point of tapping is to help you feel less stress. Use the tapping phrases below Mistake 1 to help you past this feeling. Gary Craig used to say that most thoughts and feelings are tappable issues!

I want to keep reminding you that tapping is a powerful technique and that you can use it for absolutely any problem that is stopping you from moving forward!

I send you continued support from my side and I'm cheering you on towards inner freedom and relaxation!

Love and kindness,



Mistake #1

Newcomers often think "If I can just find the right words, they will cure my problem". Then they spend hours on the internet, or buy more programs, in search of the magic words that will fix their problem.

Solution # 1

The right place to find the right words is inside of you!

The "right words" are the words you'd use to explain your problem to a good friend. There is no magic outside of you, or in specific words. The real magic is to **stay tuned in to the problem while tapping**. Tell the truth while you tap and stay tuned in to the feeling. How does it FEEL when you think about the problem? Focus on that feeling or sensation in the body while tapping. The words are only "helpers" to keep you tuned in to the problem.

If you need to, write your problem down. Use all the descriptive words you can find to give life to what you're going through. Rant, rave, use negatives, put it all down on paper. No-one ever needs to see this.

NOW you have the "magic words". Start tapping and just do many rounds while you read your own words to yourself.

The magic is in YOU, not in someone else's perfect script. No-one can be tuned in to your problem in the same way that you can.

Simple words are often the best. "Even though I have this pain in my neck, I deeply and completely love and accept myself".

With time and practice, you will get more proficient with finding more words to describe your issue. For a start, use simple words and sentences. You'll probably find that there will be a natural progression, with no force, towards more words or sentences.

Remember – you didn't get up and walk perfectly after taking your very first steps. You fell down (a lot!), and did it again and again. Learning EFT is the same – only better! You have a tool now to help deal with the discomfort of learning...

Useful Tapping Phrases #1:

If you're trying to find "the right words" or a script for your problem, try these tapping phrases to calm your mind and being about that.

- *Even though I doubt I can find the right words myself, I deeply and completely love and accept myself anyway*
- *Even though I'm afraid I'm going to use the wrong words*
- *Even though I want someone else to tell me what the right words are....*
- *Even though I don't learn easily...*
- *Even though I'm not smart enough to learn this...*

Mistake #2

Newcomers are often not specific enough with their problem.

Solution # 2

There's a mantra we often refer to: "***In order to be terrific, you have to be specific***". It's vital to understand that we mostly state our issues in very global terms. For instance

- "I don't have enough self-confidence"
- "All my boyfriends have rejected me"
- "I always attract people who are not emotionally available"

These are common issues but if we use EFT on these globally stated problems, it will be like trying to chop down a whole forest with one swing of an axe.

A far more effective approach is to get really specific about your problem. Break it down into the smallest bits possible. Then use these "small chunks" in your EFT setup and EFT rounds.

If your problem is "I don't have enough self-confidence", one of the ways to get more specific is to write down every single event where you can remember that this was a problem. Give each event a title, as if you were making a movie of it. Write down the "SUDS" level for each event. Use "Tell the Story" Technique or "The Movie Technique" to discharge all and any emotion you feel as you tap for this event.

Working in this way, you will remove the emotional contributors to your issue. When you no longer feel an emotional charge on each of the contributing events, it is impossible to continue experiencing the problem. The belief that you don't have self-confidence will simply drop away as you remove the "charge" that is keeping the belief in place.

Useful Tapping Phrases #2:

If you think you might not be specific enough and you don't know how to do it differently, it may lead to stress for you. Stress is exactly the thing that tapping can help us with. Try these tapping phrases first, to help calm your mind.

- *Even though I don't know how to be specific, I choose to give it a go and do my best*
- *Even though I'm afraid I won't be specific enough, and mess up, I choose to do my best with what I know now*
- *Even though being specific is hard because it means I have to face that thing I don't want to face, I choose to be gentle with myself*
- *Even though I don't want to bring up memories that are hard for me to face, I choose to do my best and maybe bring in the help of someone who can support me*
- *Even though I'm reluctant to get specific because then I'd have to feel the feelings of long ago and I'd rather avoid that, I choose to remember I can go as slowly as is comfortable for me*

Mistake #3

Newcomers give up if on EFT if it doesn't "cure" their problem in a round or two.

Solution # 3

Persistence and patience are often necessary. I know people who tap for months for one issue. They simply do not give up, because they know that EFT works.

It is also true that the "real" issue is sometimes hidden from ourselves. We cannot see what the problem really is, because it is often in the subconscious parts of our minds. Beliefs about life and ourselves are held in the subconscious mind, where it runs on autopilot. It's not easy to discover our own "autopilot" programs because we're so used to them that they feel 100% normal.

It sometimes takes someone else (a great practitioner) to point out our autopilot programs to us. Only when we're aware of them, can we start to work on them with great kindness and care. These programs have been serving us our entire lives and a great practitioner will tread gently and take it one step at a time.

If you choose to tap for yourself for certain issues, please be aware that it's sometimes hard to really go deep. There are parts of us that are protecting us from feeling past pain. Working with a qualified practitioner will help you to discover the "unchartered territory" inside, while you can continue doing your own homework in between sessions.

I do my own regular homework, AND I visit an experienced practitioner to work on the bigger issues. I've often found that even just one question from this person is a great eye-opener.

We can't always do everything for ourselves. Sometimes we need a bit of support!

Useful Tapping Phrases #3:

If you have been feeling impatient and think that EFT is not working for you, try these tapping phrases first, before continuing on your journey of patience and persistence.

- *Even though I'm despondent because EFT is not working for me, I choose to be a little more patient and just do it anyway*
- *Even though I want EFT to work immediately, and I'm not a patient person, I choose to be open to a new idea*
- *Even though I'm impatient for results, I choose to continue working in small steps that are just right for me*
- *Even though persistence is boring and I don't want to bother, I choose to be amazed with the results that persistence brings me*
- *Even though I've been trying and it isn't working, I choose to be open to the idea that I might need professional support to get the results I'm after*

Mistake #4

Newcomers don't understand yet that issues are like puzzles, comprising many different pieces. They can fall into the trap of working on one piece of the puzzle and expect the whole puzzle to disappear.

Solution # 4

Our issues are like puzzles that consist of many different pieces. In EFT terms, we call these different chunks "aspects". Our issues are often more complex than we realise, almost like a spider's web with strands going in many different directions, connecting to other issues as well.

If you have a fear of spiders, for instance, the different aspects might be:

- All the events you have experienced where you were frightened by the presence of a spider
- All the visual aspects – do hairy spiders freak you out more than those without hair? Long legs? Short legs? Brown? Black? Red? Small? Big?
- Movement – is a running spider worse than a sitting one?
- Sounds – which sounds do you associate with spiders? Scuttling? Maybe pots and pans being thrown at it? Or some other sounds you've come to associate with them? Your mom's scream when she sees one?
- What body sensations come up for you in relation to spiders? How would it be if one ran over your foot? Can you imagine touching one?

If you work only with "Even though I have this fear of spiders....", can you see how many pieces of the puzzle you might be missing?

Every aspect needs working with in order for the whole problem to disappear.

It's true that we can encounter a "one minute wonder". Someone might tap for a fear of spiders and in a couple of rounds of general tapping (for "this fear of spiders"), the fear might disappear completely, never to return. That certainly does happen.

It's not the rule. Unless we tackle the different aspects, we will not have consistent positive results. And we might think that "EFT doesn't work for this particular problem".

Nothing could be further from the truth. EFT works and if it doesn't, we have to tweak our use of it.

Useful Tapping Phrases #4:

If you feel like it's too much to find all the aspects, and pieces of the puzzle, try these tapping phrases first to calm your mind, body and being.

- *Even though it feels like a mountain to find all the pieces of the puzzle, I choose to relax and do one piece at a time*
- *Even though I'll never find all the pieces, I choose to be open to find as many as I can on my own*

- *Even though it might be hard to find all the aspects, I choose to be open to guidance and get some help if I need it*

Mistake #5

*Newcomers sometimes think that “it’s bad to focus on the negative”. We’ve all heard the message over and over from *The Law of Attraction*, *Abraham* and films like *The Secret*. They spell out we should focus on positives instead of harbouring negative thoughts.*

Solution # 5

I totally understand the concern about focusing on the negative. And with EFT, what we’re really doing is to focus on the negative for a very short while, in order to release it. And then we can move on with our lives!

What normally happens is that we try very hard to focus on the positive, or on the goal we want to achieve. And we succeed for very short periods of time. All the time, the “real thoughts” are brewing under the surface. So if you’ve been trying to get away from your past, you might be using your conscious mind to think thoughts like “I am a lovable person” for short periods.

Out of 24 hours, you might achieve this for maybe 30 minutes in total. However, the “real affirmations” are those thoughts that come out of nowhere, like a whole committee in your head. Thoughts like “NO you’re NOT”, “Yes but...”, “Who are you kidding, you have ugly thighs”, “Well, why does your boss treat you like this then?”, “Don’t be ridiculous – you know underneath nobody likes you”.

And then you quickly think a positive thought again, thinking that this bit of positive thinking will certainly counteract all the (hardly noticeable because it’s so normal) negative thoughts that have been running riot in your head.

EFT allows us to *briefly* give the negative ALL our attention. We really LISTEN to and welcome the negative for a short period, because it’s been shouting loudly for our attention.

Is it not true that the more you ignore someone, the more they try to get your attention? Our thoughts and bodies are the same... The more we ignore the message, the louder it will shout to get help.

Once we have neutralised the negative emotional charge, by tapping while we focus on the problem, we are free to move on. The negative will not have a hold anymore. We can now TRULY focus on the positive without interference from a desperate messenger who’s been trying to get your attention forever.

EFT is like updating an out-dated file on your computer. You need to open the correct (Word) document to make a change, and then close it. That’s what we do with EFT – you open the correct document, by focusing on it, and then make the change in the system by doing the tapping, and then we close the file.

Remember – EFT works only when we focus on the issue.

Another part of this Mistake is that we seem to think that our issues or feelings are “bad” or “negative”. We judge our anger, frustration and irritation as being “bad”.

I’d like to mention two things about judging.

Judging something has never worked to let something leave. If it did, we would have no problems. If blaming myself for a problem worked, I would not have that problem anymore. Blaming, judging, criticising or thinking it’s “bad” unfortunately only serves to compound it.

“You cannot remedy anything by condemning it” -- Dr Wayne Dyer

It’s only a point of view or belief system that emotions can be “good” or “bad”. All things are from God and as such, there’re really no “bad” or “good” emotions. It’s all just pieces of our lives that need loving attention – and with EFT, that’s what happens. We give those cast-out, suppressed emotions a bit of loving care and they’re always happy to leave us alone then.

Useful Tapping Phrases #5:

If you’re afraid to focus on your feelings because you think it’s negative, use these tapping phrases first to calm your mind and nervous system. Then, continue the journey of tapping for what is holding you back!

- *Even though people say I mustn’t focus on the negative, I choose to be open to the possibility that EFT empowers me to release the negative so I can move forward*
- *Even though it’s scary to focus on the negative, so many people have warned me about it, I choose to remember that I have been struggling to release the negative anyway, and maybe this is a way to do it*
- *Even though I feel uncomfortable to focus on negatives, I really want to believe that EFT is a way to update my negative files to positive ones so I can feel better more of the time*

Mistake #6

Newcomers often find it hard to get to the core issue by themselves. Core issues are the deep-down beliefs we have like “I’m not good enough”, “I’m not lovable”, “I’m bad”, “I’m unworthy”, “I don’t deserve to be successful”, “I’m not important”. Often our presenting problem is merely a symptom of a deeper, underlying issue.

Solution # 6

If you have been trying EFT on an issue that is just not shifting, no matter how long you tap, chances are that the current issue is not really the problem. Chances are that this is only a symptom of a deeper underlying issue. Said another way - this issue or person reminds you of someone or something from the past.

If you keep treating the symptom (the current issue) EFT will appear ineffective. The cause (a previous issue or person) is still lurking beneath the surface.

To give you an example:

I was incredibly angry with an ex-colleague a little while ago. She did something that had me fuming and sleepless for days. I replayed the scene over and over in my mind. After much tapping, I realised that usually EFT works a lot faster to resolve my feelings. I asked myself the question: “Who or what does this remind me of?”

It was not easy to identify but after mulling it over, I realised she reminded me of my Dad, who was always exerting his authority and making us “wrong”. I had exactly the same feeling from this experience. I felt invalidated, “told what to do”, wrong, judged, not good enough.

All the above are “core issues”. I experienced this same thing many, many times in childhood. And that is where the real healing will lie – not in working with the current problem (my ex-colleague), but in working with those childhood memories and resolving them.

Good questions to ask yourself in this case:

- Who does this person remind me of?
- What does this event remind me of?
- When else have I felt like this? Go back to an earlier memory where you felt the same
- Find the feeling in the body. Close your eyes, really “drop into” that feeling. Follow the feeling like a time-line, back into your history. When was another time you can remember having this feeling?

The answers might surprise you. Use what comes up in your tapping rounds in order to deal with the REAL issue.

Sometimes we also need help or support to find the core issues. It's often much easier for an objective person (like a trained practitioner) to ask the questions that might elicit the real truth underneath. Consider going for at least one private EFT session if you suspect there's a deeper issue at play. Especially if you notice certain patterns behaviour in your life ... a specialist can help you find the patterns and work out how to best use EFT to resolve the issue.

Reminder:

If you had a traumatic, painful childhood and your primary caregivers were not nurturing, please do not attempt this work on your own. Going back to early childhood memories are best dealt with in a safe space where a caring human being is with you, and can support you through processing them.

Useful Tapping Phrases #6:

If you feel that there's a deeper issue you're not finding, you may be getting frustrated. And that stress is exactly what EFT is great to relieve. Try these tapping phrases first, before you continue to tap for your challenges.

1. *Even though I'm frustrated because I suspect there's a core issue but I can't find it, I choose to relax and let it come to me when I'm ready to hear it*
2. *Even though I might have so many core issues that it's scary to start dealing with them, I am open to the possibility that EFT can deal with it gently and kindly*
3. *Even though I don't know what my core issues are, maybe I can be open to the possibility that I could,*
4. *Even though my childhood was painful, I choose to be kind to myself, and be open to the idea that I might need professional support*

Mistake #7

Newcomers watch a professional in action on a workshop or DVD. When they try EFT by themselves and don't get very far, they think that "EFT is hard" or "I'll never be able to do this" and they give up trying.

Solution # 7

Newcomers forget that every professional started as a Newcomer as well! No-one was born with EFT skills.

Yes – it takes practice to become proficient with EFT, just like any new skill. And yes, some people have an easier time to learn because they might have other skills or strengths that help them along.

The trick with learning EFT in the beginning is to keep it really, really simple. We hear so often that people don't know what to say next. Our minds check in and think "Am I doing this right? No, I'm not... someone else would do this better ... I don't know what to say next...." And with all this mind chatter, we're not being present in the moment.

Here are a few tips to help you along.

1. Always let the words come from inside of you (use your own words)
2. That means – just telling the truth, exactly how you think and feel
3. Start simply and use the same simple words on every point ("this fear of spiders")
4. Watch the Gary Craig DVDs or other professionals as often as you can for ideas and tips
5. Tap for your own fears and uncertainties ("Even though I can't do this...")
6. Stay present with your body – check in with how your body is feeling if you don't know where to go next
7. Clues like breathing changes, colour changes, facial expressions, tapping foot, fiddling with fingers are all signs that something important is being touched on

Useful Tapping Phrases #7:

If you're finding it hard to learn and want to do it perfectly and it's causing some stress, try these tapping phrases a few times. Then, continue with your own tapping journey.

- *Even though EFT seems really hard to learn, I choose to take it one small step at a time*
- *Even though I'll never get this right like the pro's, I choose to stop comparing myself, and do my best*
- *Even though I can't get it right yet, I choose to remember that everyone starts somewhere and my best is good enough*

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.