



# EFT

(EMOTIONAL FREEDOM TECHNIQUES)

# GUIDEBOOK

An easy guidebook to use for anyone who is wanting to  
align their Mind, Body & Soul

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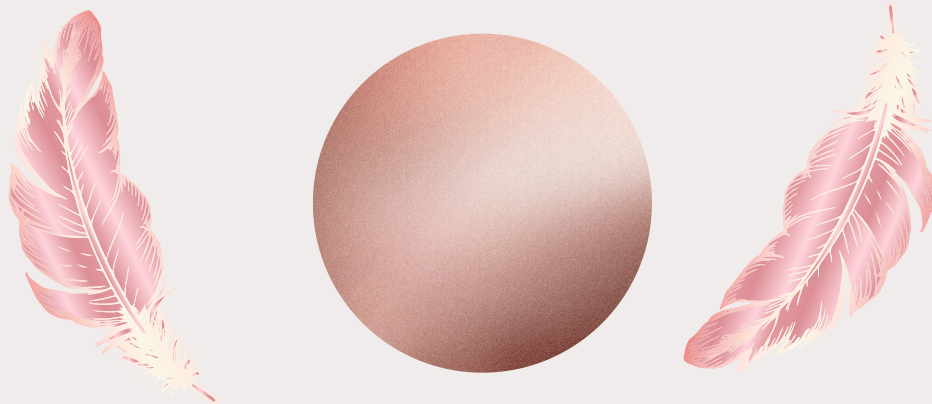
My journey into emotional freedom techniques (EFT) began when I had a series of limiting belief episodes.

At the time I was going through a major life change in my career and was seeking a way to find peace in my mind and to belief in myself.

Since I have started EFT, my career path has as grown beyond my wildest dreams.

Our need for understanding and resolve will be touched on in this free-guidebook, however, if you are interested in new techniques and ways to change your life whether it's personal, career, finically, relationships, health, I would suggest booking in for a EFT Masterclass.

*Nicola Paull*



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Further your knowledge into EFT tapping techniques with a  
1:1 Masterclass 1 hour session with Nicola



## Introduction to EFT (Emotional Freedom Techniques)

The emotional freedom technique (EFT) is an alternative to the traditional treatment for healing pain and emotional distress.

EFT is commonly referred to as tapping or psychological acupressure.

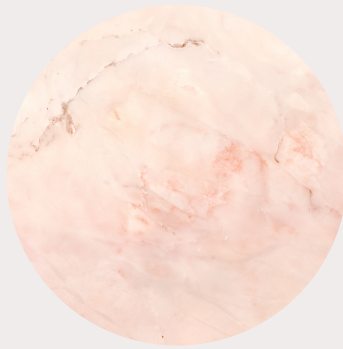
EFT uses the fingertips to stimulate energy points in the body.

EFT works by tapping on the supposed paths through which “life energy” is believed to flow in the body (meridian points) to release blockages.

These specific pathways of energy or meridians help balance energy flow to maintain your health.

Imbalance of energy flow can result in disease or sickness.

Tapping with the fingertips on these meridian points is believed to release the blockage, which then release the pain and stress.



## Rate the intensity

Use this process before and after tapping:

- 1 - Not great
- 5 - Could feel better
- 10 - Incredible

On a scale from 1 - 10 rate your intensity:

How did you feel in this moment?

Which area on your body was a rate of 1?

Which area on your body was a rate of 10?

How do you feel right now?

## Try this Simple Practice

Before tapping, you need to establish a setup phrase that describes the current issue you are facing.

The two main goals you need to focus on are as follows:

- Recognising the issues
- Accepting yourself despite the problems

### Tapping sequence:

This means that you need to start by tapping the top of the head, moving down to the eyebrow, and then downward. While tapping each point, you have to repeat the reminder phrase, which can be quite simple as 'I'm open to the possibility of accepting myself' or 'I am worthy of love'

1. Karate chop: small intestine meridian
2. Top of the Head: governing vessel
3. Eyebrow: bladder meridian
4. Side of the eye: gallbladder meridian
5. Under the eye: stomach meridian
6. Under the Nose: governing vessel
7. Chin: central vessel
8. Beginning of the collarbone: kidney meridian
9. Under the arm: spleen meridian

# Emotional Freedom Technique Phrases

## Loneliness and Emptiness Set Up Statements:

- Even though I feel this deep loneliness I completely love and accept myself
- Even though I feel lonely and completely empty inside I love and accept myself
- Even though food keeps me company and stops me being aware that I am alone and afraid, I completely love and accept myself

## Anxiety and Stress Set Up Statements:

- Even though I can't stop feeling anxious/ can't control my anxiety I completely love and accept myself
- Even though I am afraid and I won't know what to say and will make a fool of myself, I choose to accept myself anyway
- Even though I'm afraid that I will lose control I completely love and accept myself anyway

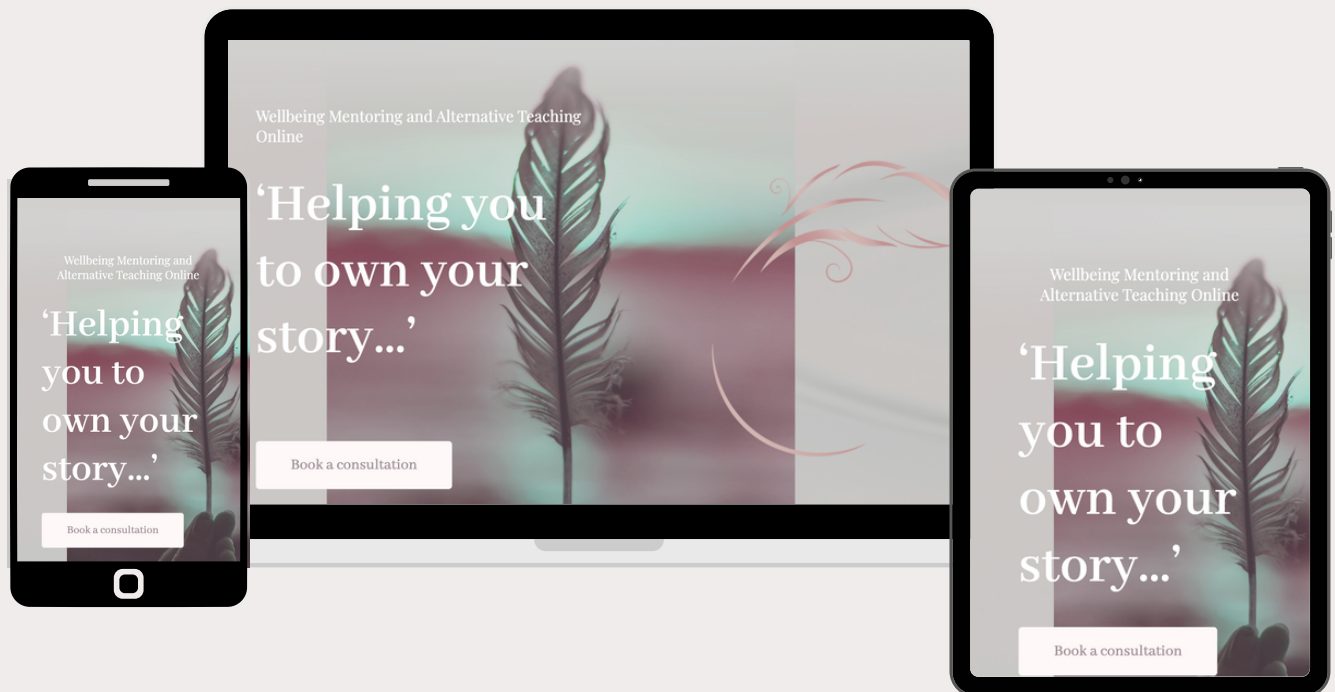
## Exercising and Motivation Issues Setup Statements:

- Even though I loathe exercising, I deeply love and accept myself
- Even though I feel fatigued and too tired to exercise, I choose to know that my energy levels will improve as I get fitter and I choose to be fit and healthy anyway
- Even though I have no motivation to exercise, I completely love and accept myself

## Tapping and Money Blocks Setup Statements:

- Even though it hurts to not have enough money for all that I want and need, I deeply and completely love, accept and appreciate myself.
- Even though my life feels so restricted because of not having enough money, I deeply and completely love, accept and appreciate myself.
- Money needs me as much as I need it, I deeply and completely love, accept and appreciate myself.





## Take a Masterclass in EFT. Original Price £75 Limited time only £37.50

Here's your invitation to the masterclass, where you will learn how to use tapping techniques. In this one-to-one online session, we will dedicate 1 hour to going through a tapping process. By the end you will understand how emotional freedom techniques can be beneficial to your everyday life.

[JOIN MASTERCLASS](#)