

EFT TIPS

August 1, 2008

1. Properly applied, EFT is useful for almost every emotional and physical issue
2. The most common error made by EFT Newcomers is not narrowing down your issue to specific events
3. Sometimes human interaction is useful with EFT. Try working with a friend or professional therapist
4. If a physical symptom is not responding to EFT, it is likely that the real cause is an unresolved emotional issue. Ask yourself, "If there was an emotional issue behind this, what could it be?"
5. If your issue "comes back", after EFT you are probably dealing with an untreated "aspect". Reapply EFT for it.