



WELCOME TO THE EFT ONLINE WORKSHOP

EFT is a revolutionary behavioral change and emotional release technique. EFT is known as a vital secret for emotional wholeness and physical relief. After completing this workshop you will have a greater awareness to take your own physical and emotional wellbeing into your hands.

WHAT IS EFT

EFT is thought to be effective as we are communicating directly with the amygdala, the part of the brain that decides whether something is a threat and when to mobilize fight or flight.

Tapping on EFT points as you trigger fight or flight response sends the message that the amygdala can deactivate, even though the threatening thought is still present. With repetition the hippocampus gets the message: **this item previously filed as “dangerous” is not really a threat.**

The amygdala learns to not set off the alarm. You remain calm, and the hippocampus now categorizes the experience as non-threatening. The event is now filed “as no big deal”

It can seem that the technique appears to focus on negatives, when ultimately we always want to move to a more positive headspace, but these unprocessed emotions, beliefs and traumas are still operating and controlling our lives and we need to address them. **EFT helps us to look at them, admit they are there and work through them in order to clear them.** We aren't focusing on the negative, but acknowledging they are there. We start to not see them as a “negative” but more a “truth”, a “truth” of what you believe or a “truth” of what happened. By exploring this “truth” we make more it more empowering, and sometimes by simply acknowledging this “truth” in itself is enough to heal the concern.



EFT ONLINE WORKSHOP

Welcome to the EFT Online Workshop, I am so excited for you to join this LIVE event.

Please print this PDF Workbook and bring to the LIVE Session.

Please wait to join me in the LIVE session to complete the Workbook to give your intentions more power.

STEP: Please write a situation that is causing you to feel worried, stressed or anxious

STEP: How worried about this situation on a Scale of 1—10 are you? 10 being very worried/stressed/anxious and 0 being very relaxed about the situation

STEP: Create an 'even though' statement using one of the options from below.

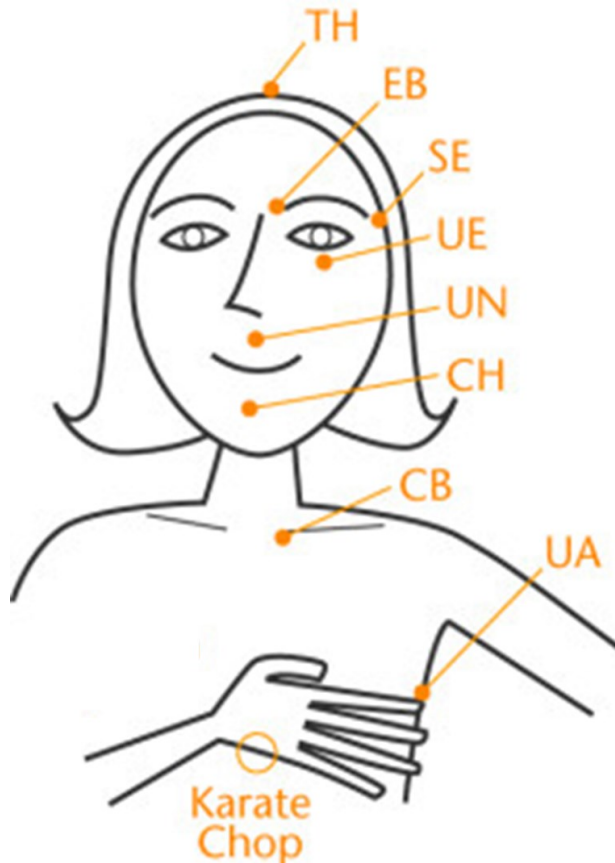
Insert what you are worrying about in the blank space.

Even though _____,
I choose to _____.

STEP: Write 8 short reminder phrases or reminder of your worry:

1. I worry _____
2. I am nervous _____
3. I dislike _____
4. _____
5. _____
6. _____
7. _____
8. _____

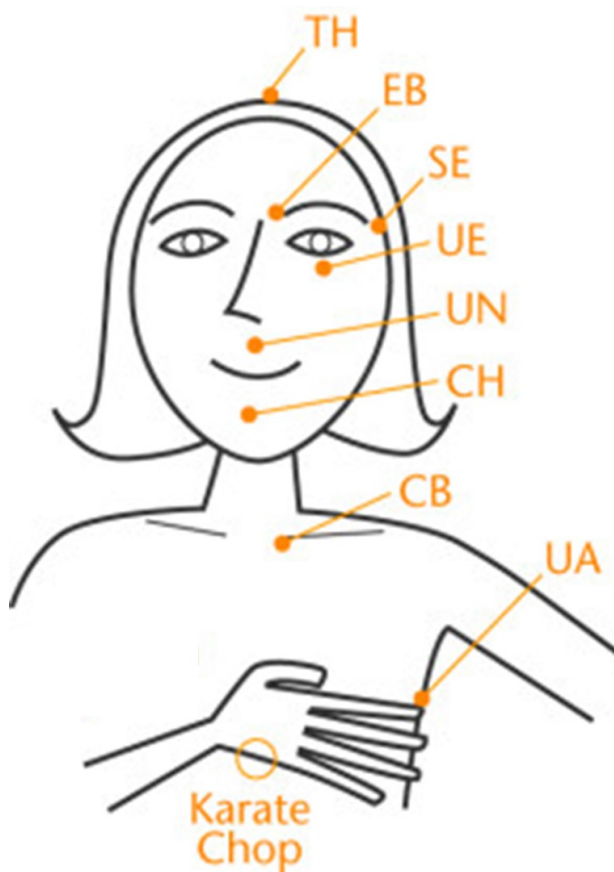
STEP: Lets start tapping!



STEP: Write 8 short reminder phrases or reminder of your worry:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

STEP: Lets start tapping!



Once your stress score is 0, repeat tapping process with the below 8 positive short phrases.

STEP: Write 8 short phrases of how you would be without this worry:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

STEP: Please describe what your ideal future would look like without this problem:



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