

Emotion freedom technique using tapping

What is emotional freedom technique using tapping?

It is suggested that this technique releases pent-up emotions by tapping on meridian points that are also used in acupuncture techniques. This approach to managing pain and negative emotions is not supported by any scientific evidence. However that is not to say it can't help you. And unlike drugs it has no side effects!

Why is it important to release emotions?

We react to the world using two approaches:

i). *Conscious reasoning*. These are our thought patterns that we make consciously - our inner conversations. Often we get stuck in these conversations in unhelpful chains of thought. Cognitive behaviour therapy (CBT) and mindfulness are approaches to alleviating thought processes when they are not helpful.

ii). *Emotions*. We can be aware of our emotions, e.g. happiness, fear, anger but often emotions are working away at a subconscious level. These emotions may not be helpful to us. For example, migraine can lead to stress and anxiety which in turn can lead to more frequent migraine which leads to more stress etc. Uncoupling and releasing this vicious cycle may not abolish migraine but it may help to move it in the right direction.

This technique aims to alleviate these underlying counter-productive emotions.

What is the technique?

1. The first step is to decide on a key statement that is most appropriate for you in the format of:

"Although..*statement*..... I deeply love and respect myself."

Typical examples of a statement for migraine would be:

“although I have anxiety due to my migraine, I deeply love and respect myself.”

or

“although my life feels out of control with my migraine, I deeply love and respect myself.”

or

“although the pain in my head drags me down, I deeply love and respect myself.”

Make up the statement that is most appropriate for you but it has to be in that format.

2. Allocate a number between 0-10 for the feeling in your statement, 0 being unaffected and 10 being the worst you can imagine. This allows you to monitor any impact of your tapping therapy.

3. Tap each of the points below with two or three fingers a number of times while you are saying the statement three times concentrating carefully on what you are saying:

i). Top of head

ii). Where the eyebrow meets the nose.

iii) The outer angle of the eye.

iv). Under the centre of the eye.

v). In the mid line directly under the nose.

vii). In the midline directly under the middle of the lower lip.

viii). At the end of the collarbone just before it reaches the breastbone.

ix). At the edge of the chest wall horizontal to the nipple line.

x). In the middle of the outer edge of the palm opposite to the thumb – “the karate chop point.”

Take a slow and deep breath out after each place you tap. The frequency of tapping is not critical - not too slow or not too fast. You can just stick to one side of the body and it doesn't matter which one.

The diagram below shows these points but I have put a brief video on YouTube which demonstrates them:

<https://www.youtube.com/watch?v=dsecqaRM2Kw>

4. Reassess where you are on the scale between 0-10. If things haven't improved then you can try again. There are no hard and fast rules about how often you do this but monitoring where you are on the scale will give you a good starting point. You could do them a couple of times a day on a regular basis or just when needed.

It may be worth trying the technique when you have an attack. E.g. "although I have this severe pain I deeply love and respect myself" might be your statement.



