

Frequently asked questions about EFT.

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FAQ

- [What is EFT?](#)
- [How does it work?](#)
- [How effective is it?](#)
- [What kinds of things is it successful for?](#)
- [Does it really help with serious physical problems?](#)
- [How often should I use emotional freedom techniques?](#)
- [Who invented emotional freedom therapy?](#)
- [Can I use it on my children?](#)
- [Can I use it on my self?](#)
- [Can I use EFT on my pets?](#)
- [How accurate do I need to be with the points?](#)
- [What happens when it does not work?](#)

### **What is EFT?**

Emotional Freedom Techniques (EFT) is a new way for you to change your emotional responses, how you feel about certain situations or experiences in your life. Its popularity is growing due to its ease of use and effectiveness. Often it has worked when nothing else has in your past.

It involves at basic levels a simple process that is very easy to remember, you only need to remember to do it, instead of what you habitually do.

You will notice your problem. Calibrate on the intensity of your emotions, say what you feel and stimulate by usually tapping on a few places on your body.

Then notice by how much your emotions have reduced and if it has not gone do it again.  
For the full EFT basic procedure [click](#).

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### **How does it work?**

Emotional freedom techniques work by using a combination of many techniques delivered in a simple elegant package.

It is generally described as changing your energetic flow in your body mind system by stimulating acupuncture points on your body.

In reality it also includes advanced techniques of hypnosis, self hypnosis, NLP, [provocative therapy](#), coming of [autopilot](#) and common sense.  
As well as removing or neutralising [secondary gain](#) and removing [tailenders](#).

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### **How effective is it?**

For most people it is very effective in reducing the emotional pain or problem problem or issue that they are experiencing in life.

The convincer for most people come when they have a [consultation](#), during which I will show them how to turn off or dramatically reduce some problem they have been having in their lives.

If you down load the free manual then you can begin to play and experience some of the dramatic results every advanced practitioner has experienced.

Emotional freedom techniques, like any tool only works if you use it. If you know it but don't use it then it is like anything else in your tool box. The techniques are very powerful and effective however, you have to do your drills or you don't get the skills.

Usually when it appears not to be effective it is usually due to [secondary gain](#), fix this glitch and it is

Frequently asked questions about EFT.

remarkably effective. It is your [personal responsibility](#) to use it.

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### **What kinds of things is it successful for?**

As Garry Craig has originally said "try it on every thing" and if you go to the eft web site you can search for what ever issue you have and discover it's effectiveness, for your self.

Since then it's effectiveness and the data base on what it has been successful in treating has dramatically grown.

As it is emotional freedom therapy it is often used for emotional issues, fears, anxiety's, worry, grief and guilt, all the usual things. That most therapists get asked to help with. It is very useful in dealing with emotional issues: in [relationships](#), at home, work, or [business](#). It is increasingly being used to improve peoples [health](#) and life style choices.

It is useful when helping children and even good for [stinging nettles](#) when they sting you.

At the moment we really do not know what the limitations are on these amazing techniques as no one really knows how far the body-mind emotional systems connect.

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### **Does it really help with serious physical problems?**

We have to be very careful in giving advice on serious conditions, and we do not give medical advice, as always you must consult with your doctor and follow the advice given by them.

We can assist in dealing with the emotional issues surrounding illness, by that I mean the emotional discomfort, the stress, anxiety, worry fear and uncertainty that you may experience.

There is growing evidence that your emotional states do have a direct effect on many of your body's functions and can for example effect your immune system, do your research and always consult with your GP.

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### **How often should I use emotional freedom techniques?**

How often you do your drills depends on you.

I always recommend that at least three times a day, even if you have no problem at all you do your basic drills as you say.

"Even as I am right now I love accept and appreciate my self".

Do your drills whenever you need them. Whenever you value yourself whenever you decide to do them.

If your problem occurs ten times a day then do your drills ten times a day, as they will only take a minute or so each time you really have no reason not to do them.

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### **Who invented emotional freedom therapy?**

Garry Craig is generally recognised as the inventor of this amazing energy psychology system. It developed from his work and study with many people along with a keen mind on his part. He has been teaching his method since the early 1990s and with great success.

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### **Can I use it on my children?**

Yes, it is very effective when used on children, either through direct tapping drills or when used as "[surrogate](#)" EFT.

This is a system that a parent can use to work on the child indirectly and is incredibly effective. Our kids usually respond very well to using this system as it can effectively be used as a game, so they

Frequently asked questions about EFT.  
enjoy playing.

Of course many emotional problems that children experience are caused by the parents and emotional freedom techniques are an ideal way for parents to constantly change and adapt to the challenging task of being a parent.

[EFT for Children.](#)

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#### **Can I use it on my self?**

That is the main purpose you can use it any time day or night without a therapist being present. The basic drill will help you to turn down or remove your emotional level of distress. One of the great joys of this system is that it encourages and maybe demand's personal responsibility for your life.

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#### **Can I use EFT on my pets?**

Yes.

As strange as it may seem emotional freedom techniques can and daily is used by many to help their pets. It is a form of surrogate EFT.

Of course it is your responsibility if your pets need veterinary care to get it to a vet as soon as possible.

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#### **How accurate do I need to be with the points?**

When starting out great accuracy is not required, just doing the drills and taking action to change your emotional state will have dramatic results.

This is for a variety of reasons I will not go in to here, as it comes under the subject of advanced emotional freedom techniques.

You will get good results from tapping on the general areas as described on many web sites. If you are a client of mine then you will learn how to do emotional freedom therapy with pin point accuracy.

This of course will improve your effectiveness.

Years ago I studied acupuncture and am a [martial artist](#) so I can hit your points to incredible precision and you will be taught to do this also.

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#### **What happens when it does not work?**

Good question. This is where we get in to the other side of EFT. The basic method is just that, basic. Human beings are very complex creatures. There is a big difference between using emotional freedom therapy at it's basic level, which is still very effective, and the knowledge and experience, that an experienced practitioner has.

We have many other E.F.T techniques at our disposal, there are other patters and drill's used other than the basic drill, and other diagnostic techniques that we use. Real effective therapy in this area uses a mixture of other techniques, many coming from hypnosis and NLP, along with some of the more advanced energy psychology field techniques, and years of experience helping people to overcome their problems.

However, there will be a page on what happens when Emotional Freedom Techniques [does not work](#) and what you can do to remedy this situation.

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