



## How to Get the Most out of EFT

With EFT, we often get results of 80% or higher. Even better results are possible by using a few key tips. Whether you are just beginning, or have been using EFT for a while, here are some helpful Tips so you can get the best possible results:

- **Keep doing the Set-up phrase every round as you're starting out.**  
While there are EFT short-cuts that can be effective, don't skip the Set-up phrase. As you're learning, you make the tapping most effective when you use the Set-up phrase every round. In addition:
- **Make the Set-up phrase as specific and feeling-focused as you can.**  
It can be tempting to tap on a problem all at once, like "My fear of public speaking." That can work, but it can take much longer. It's more effective to break a problem down. For example: if you're feeling nervous about speaking in public, start with one specific thing that makes you the most nervous, like "This nervousness about talking in front of people." Then:
- **Be sure the Set-up phrase sounds and feels right to you.**  
Use language that really hits the nail on the head. Instead of "this nervousness about talking in front of people," it could be more precise and powerful to say "Even though I feel nervous when I stand up to speak and they're all staring at me..." When you can feel the Set-up in your body, or when you just know you've got it right, use that wording and you'll have better tapping results.
- **Be aware a related "Core Issue" might come up.**  
You may have experienced a "Core Issue" popping up, seemingly out of nowhere. You might start with one problem, like feeling nervous about public speaking. As the tapping eases the anxiety of being stared at, suddenly you may recall a time when you felt humiliated speaking in front of a class in 4<sup>th</sup> grade. Such connections are very common with EFT. If that happens, working directly on the older memory that holds a Core issue can help free up a whole range of related problems. Often, the original problem becomes fully freed up as well, and public speaking with ease suddenly becomes a new reality.
- **Keep tapping!**  
Sometimes more complex or deep problems call for many rounds of EFT. We can get used to quick results – and they are frequent! – but often we need to be persistent to feel a shift in a problem's intensity. Don't give up! Change the Set-up phrase if it's not feeling quite right, and do several more rounds of EFT tapping to feel results.