Emotional Freedom Technique Worksheet

### The Basic EFT Confession

*Even though I have this problem of (state the issue/problem), I fully and completely accept myself, just as You, Jesus, accept me. I release this ­­­ (issue) to You, Jesus, and I receive Your healing touch. I completely forgive and love (the person, animal or equipment involved, including myself). I repent of my anger toward (them, God, self) over this situation and I release (them, God, self). I thank You, Jesus, for this release!*

### The Procedure – We Tap as We Speak

As you are speaking the above, you are tapping on the nine acupuncture points around your head and chest as described [in this free short tapping training video](http://www.emofree.com/eft-tutorial/tapping-basics/how-to-do-eft.html).

On the first acupuncture point (the edge of your palm - which is not pictured in the diagram to the right), you speak the entire statement above, and on the following eight points, you only speak a “reminder phrase” of the complete statement. The “reminder phrase” is any part of the statement which comes to you spontaneously, which will be the part which needs re-affirming until it deeply penetrates your heart.

Repeat “reminder phrases” over and over while tapping on each point, until you feel you “own” what you are saying. “Owning it” means “your heart has accepted it.”

### Some Examples of “Reminder Phrases”

* **Pain:** Even though I have this pain in my leg …
* **Emotions:** I fully and completely accept myself… I forgive myself … I forgive the driver of the truck … I forgive you, God, for allowing this to happen … I release my anger to You, God… I release the anger I have against myself…
* **Beliefs:** I see why *(person’s name)* did this… I see the brokenness in *(person’s name)* heart… I see *(person’s name)* did not mean to hurt me… I release God’s grace to *(person’s name)* … I pray God’s healing oil be poured into the cracks of *(person’s name)* heart… I see the good God has brought to my life through this …

You can cycle through the nine points numerous times speaking sections of the above until you have come to peace and calm. The process can go from 5 to 45 minutes. Your pain/anxiety level should be determined before you begin, on a scale from 0 -10, with 10 being “intense” and “0” being “all gone.” The goal is to bring the intensity down from 7 - 10 at the start to 0 - 2 by the time you are through.

You will likely move on to adjusted and/or additional phrases as you cycle through the 9 acupuncture points several times. You often discover yourself moving from statements about pain to statements concerning emotions underlying the pain and then ultimately to the beliefs you hold concerning the situation.

Ask for and receive God’s beliefs, His emotions and His healing power. God especially wants you to forgive and release yourself, others, events and Him, so that healing can flow unhindered (Mk. 11:25; Matt. 11:35). Compassion heals (Matt. 14:14). Jesus will help you forgive and see the situation from His perspective. Since God causes all things to work together for good, He will help you see the good that has come out of the experience. A hurt is healed when you can see the good that God has brought through the situation (Rom. 8:28).

### Using the “Language of the Heart”

My heart accepts things most quickly when I am using the language of my heart (i.e. pictures, emotions and flow). With 1302 Scriptural references to *heart* or *spirit* and only 144 on *mind*, I truly want to resolve things on a heart level, and not simply a mind level, for out of the heart flow the issues of life (Prov. 4:23).

* **Picturing**involves seeing the painful memory or focusing on the painful spot on my body.
* **Feeling**involves sensing the emotion or the connected pain.
* **Flow** involves tuning to spontaneity and seeing Jesus assist me in the transactions taking place. Jesus is accepting me, and is taking my anger, resentment, unforgiveness and exchanging it with mercy and love and He is taking the emotional and physical pain as I thank Him.

### A Summary of the Key Steps in EFT, Correlated to Scriptural Principles

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| **The Step** | **Emotional Freedom Technique** | **Biblical Principle or Counterpart** |
| Healing touch | Tap on acupuncture points. | Jesus touched/healed … (Matt. 8:3) |
| Truthfully admit and state current situation. | Even Though I … (have this problem – state it specifically) | David FULLY owns and admits his need/issue/problem (Ps. 73:1-16). |
| No Judgment – Rather unconditional love … | …, I fully and completely accept myself. | “I have nothing against myself” (1 Cor. 4:4). I am cleansed by His blood. |
| Re-experience the emotions by picturing the hurtful scene. | Identify emotionally with the issue by picturing it. You must “feel it” to break the energy. | Peter – re-identifies with his sin (Lk. 22:54ff) – by reliving a 3 fold denial in the PRESENCE OF LOVE (Jn. 21:2-17). |
| Move forward as stressful emotions subside. | Releasing pent up emotional stress opens healing channels. | Releasing Christ’s healing emotions of love, joy, peace (Gal. 5:22). |
| Honor and follow flow. | Allow statements to change. | Follow Holy Spirit’s flow (Jn. 7:37-39). |
| Interrupt negative patterns so life flow is re-established. | Healing occurs as stress energy is released and statements change. | Jesus felt energy released when woman touched him (Lk. 8:46). |
| Repetition deepens | Repeat morning and evening, until pain is mostly or totally removed. | Repeat morning and evening (1 Chron. 23:30). |

### A Specific Christian Adaption of the Steps in Emotional Freedom Technique

1. **Honestly Admit:** Begin by accepting and honestly speaking forth what my current situation is, so I acknowledge it, stating, “Even though I have this condition … I fully and completely accept myself, just as Christ loves and accepts me.” Healing occurs in the presence of compassionate love.
2. **Experience the Emotion:**I visualize the trauma so I can feel and honor the presence of these emotions (emotions follow pictures), and I **repeat** any of the phrases in the prayer I need to in order to deepen and fully “feel” the reality of the need.
3. **Trace from Fruit to Root:** Recognize that generally **physical** ailments have **emotional** roots, and these emotional roots are based on unbiblical **beliefs** in the heart, so I seek to have uncovered these underlying emotions and limiting beliefs.
4. **Ask for Revelation:**I specifically ask the Holy Spirit to bring to my remembrance underlying scenes which fuel the emotional stress that is behind the physical condition. “Lord, what are these scenes?” As scenes pop into my mind, I ask Jesus to show up in the midst of them and show me what He was doing. I use the identical process with limiting/unbiblical beliefs. “Lord, what are the unbiblical beliefs I am holding which are fueling this problem in my life?”
5. **Follow the “Flow”** of the Holy Spirit (Jn. 7:37-39) while processing through the above. I don’t rush forward speaking things I am not yet feeling. I speak where I am at. I ask God to give me the strength, wisdom, comfort and deliverance that I need. I tune to His flow, receive and respond with “Yes, Lord” to the things He is asking me to do. I affirm as true God’s beliefs and pictures. This displaces the negative pictures and beliefs.
6. **Dismiss Demonic Forces**: Demons attach themselves to traumas, sins and bodily weaknesses. Now I say, “I dismiss all demons in Jesus’ name. Be gone now, in Jesus’ name.” I simply assume that demons are attracted to all sin and darkness, so they will need to be commanded to leave whenever I repent of sin. I repent of sin **and**cast out demons as two back to back functions.
7. **Repeat Until Healed:**Pray this prayer for 5 – 15 minutes, both morning and evening, until it has fully taken root and I am experiencing God’s emotions of love, joy, peace, and release from pain in my spirit, soul and body. Thank You, God, for Your compassion, wisdom and power to do what I am unable to accomplish on my own.

### Why Might the Above “EFT Prayer” Be More Effective Than “Normal” Prayers?

1. **It begins by having you honestly admit sins and infirmities:** You “own” your problem, so you can deal with it through repentance and restoration.
2. **It immerses you in unconditional love:** It begins with your unconditional loving and accepting yourself right where you are at, rather than self-judgment. We know that living in judgment and unforgiveness attracts demons (Matt. 18:34,35).
3. **It utilizes healing touch:**Jesus healed through touch.
4. **It utilizes heart modalities:** It utilizes vision which in turn engages emotions which are both heart modalities. “Flow” is also a heart modality. EFT also utilizes repetition which is a biblical technique for deepening realities, moving them from your head to your heart.
5. **It encompasses the Holy Spirit’s revelation:** It encourages you to follow “flow” which allows the Holy Spirit to reveal to you root underlying issues to remove through repentance.
6. **It honors the reality within you:** You repeat phrases within the prayer, thus honoring and staying in touch with the emotional and physical reality present within yourself, rather than seeking to cover it up or ignore it or rush on before it is fully processed.
7. **It provides for extended focus:** It encourages you to repeat the entire prayer process, **morning and evening**, day after until the new reality takes full root within your life.