

EVIDENCE
BASED
EFT™

Tapping into Creating Wealth

DR PETA STAPLETON

Emotional Freedom
Techniques to
release your block
to abundance



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How to use this eBook

These questions are the start of your journey.

Take some time when you won't be interrupted, and let your mind wander thinking of the answers. Jot down as many ideas that come to mind – these will all represent issues you can apply the tapping or EFT technique to in a short while.

Often the reason we are not attracting into our lives what we want, is related to decisions we made as a young child or teen.

The point of these questions is to uncover some of those decisions, and then use the tapping technique to resolve them.

You may find the questions call certain memories or times in your life to mind – write those down.

You may begin to feel some uncomfortable or even distressing feelings. Write those down too. It is not a sign that you should not be doing this technique – it is your unconscious letting you know what is underlying your present day issues.

Questions to Answer

Do you secretly fear that if you became wealthy your family and friends might not like you anymore? What comes to mind when you think of this?

When you grew up, were you ever told things like “We may not be rich, but at least we’re honest!”? What other sayings did you hear about wealth and money?

If relevant, did your religious upbringing teach you that it is noble to sacrifice now, and that your reward will come in the afterlife? What do you think or feel if you consider NOT sacrificing in this life?

Did you (or do you) feel guilty when you started to earn more than your parents did? What comes to mind when you think of this?

Questions to Answer

Were you raised to fit in and not do anything to stand out?

Did you grow up liking shows like Dallas, Dynasty, Gilligan's Island, MASH, and The Beverly Hillbillies, where rich people were always presented as unscrupulous and conniving, or pretentious and bumbling? What do you think/feel about those type of people?

Do you have chronic health challenges that doctors can't seem to solve?

Did you ever get jealous of people with expensive clothes, cars and houses — which may have led you to develop a subconscious "I hate the rich" mentality?

Questions to Answer

Go with your first gut response to this question On some level, do you think it is somehow noble, romantic, or spiritual to be poor?

Did you ever end a negative relationship—then immediately replace it with another one with a person just like the last one?

Have you sometimes used judgmental expressions like “poor as a church mouse,” “filthy rich,” or “obscenely wealthy”? Do you describe money as “dirty” after you handle it?

Have you ever made excuses for failure by saying things like “you have to have money to make money,” “you have to know someone,” or “you have to get in at the top”?

Questions to Answer

Do you relish being the underdog and fighting against the odds all the time?

Have you sometimes used judgmental expressions like “poor as a church mouse,” “filthy rich,” or “obscenely wealthy”? Do you describe money as “dirty” after you handle it?

Is it possible that you are experiencing health challenges, financial challenges, or business failures in order to evoke sympathy and attention from the people you are close to?

Do you relish being the underdog and fighting against the odds all the time?

Questions to Answer

Recall a time in your childhood that involves a memory of money. How has that impacted on your life? Have you rebelled or honoured those family patterns?

On a scale of 1 to 10 – where 1 is totally disbelief and 10 is absolute 100% belief, how much do you believe:

Money flows to me easily

There is plenty for everyone

My money is an expression of my spiritual values

Unexpected money comes to me, often

I love money and money loves me

I live in abundance every day

Now... to The Tapping Technique

Disclaimer

Emotional Freedom Techniques (EFT) is still considered experimental in nature although it is gaining in scientific support it is not yet widely accepted as a formally validated scientific technique.

All information in this ebook is intended to promote awareness of the benefits of learning and applying EFT – however, the general public must take full responsibility for their use of it. This material is for your general knowledge only and is not a substitute for traditional medical attention, counseling, therapy or advice from a qualified health care professional. Neither EFT nor the information here is intended to be used to diagnose, treat, cure or prevent any disease or disorder.

If you experience any unusual symptoms practicing the technique you should seek the advice of a health professional. Although the results of our research indicated that many people benefiting from the use of EFT with their food cravings, weight loss, anxiety and depression, the responses to the technique are individual. A lack of result or progress may mean you need professional assistance.

If you have any concern regarding your health or mental state, it is recommend that you seek out advice or treatment from a qualified, licensed health care professional. Before making any dietary changes or discontinuing, reducing or increasing prescription medications it is recommended that you consult with a doctor, pharmacist or other qualified medical or health professional first.

The Tapping Technique

EFT – stands for Emotional Freedom Techniques

We commonly call it Tapping

EFT (Emotional Freedom Techniques) is a brief novel intervention combining elements of exposure and cognitive therapy, and somatic stimulation. It is often referred to as 'Tapping' as it uses a two finger tapping process with a cognitive acceptance statement.

EFT has been researched in more than 10 countries, by more than 60 investigators, whose results have been published in more than 20 different peer-reviewed journals. See [here](#) for a comprehensive EFT research site.

Australian research has found EFT for obesity and food cravings (Stapleton, Sheldon, Porter and Whitty, 2011; Stapleton, Sheldon & Porter, 2012) and smoking (Stapleton, Porter & Sheldon, 2012) to be extremely successful and durable over time. See http://works.bepress.com/peta_stapleton/ for Australian research.

Efficacy has also been established for phobias, Post Traumatic Stress Disorder, Anxiety, Depression, and pain.

So – How Does it Work?

EFT appears to affect the amygdala (stress centre in the brain) and hippocampus (memory centre), and both play a role in the decision process when you decide if something is a threat. EFT has also been shown to lower cortisol levels, which is the stress hormone. Too much cortisol can result in lowered immune function and ultimately affect our physical health.

Because Tapping is a tool which is practical, hands-on, and easy to apply, it is a unique way to assist people from all walks of life. It has an immediate calming effect and can be used with children as young as 3–4 years of age.

The Tapping Technique

5 Steps

1. Acknowledge there is something to change and rate distress/discomfort out of 10 (10=most distress, 0=no distress).
2. State problem in setup statement while tapping on karate chop point (3 times).
3. Tap through all 8 EFT points while saying a short reminder phrase.
4. Take a breath and rerate your distress out of 10.
5. Tap again until rating is 0

Points are stimulated by tapping on them with 2 fingers, the index and middle fingers. The strength of tapping should be comfortable and you should be able to feel a resonance spreading out across the adjacent area of your body from the point you are tapping.

Tap on each spot approximately 7 times before moving on to the next spot.

The setup statement you use in EFT usually looks like this –

Even though I have this problem (insert actual issue), I accept myself anyway

What Can EFT be Used For?

Every Feeling Thing, i.e. everything you have a feeling or sensation about –

- Food Cravings
- Body Shapechange and fat burning
- Stress and Anxiety
- Sports Performance
- Trauma, Memories
- Physical Pain
- Illness and addiction
- Beliefs you have adopted as a young child (eg related to money)

The Tapping Technique

The Generalisation Effect

After you address a few related problems with EFT, the process starts to generalize over all those problems. For example, someone who has 100 traumatic memories of being abused usually finds that after using EFT...they all vanish after neutralizing only 5 to 10 of them.

Why Do We State the Negative?

- Tapping doesn't affirm the problem.
- It states the truth and acknowledges it.
- Taping calms the physiological response.
- Once released, cognitive shifts (reframes) that come from the client will surface.
- Going positive too soon will only bring on a palliative result.

The Tapping Technique Points

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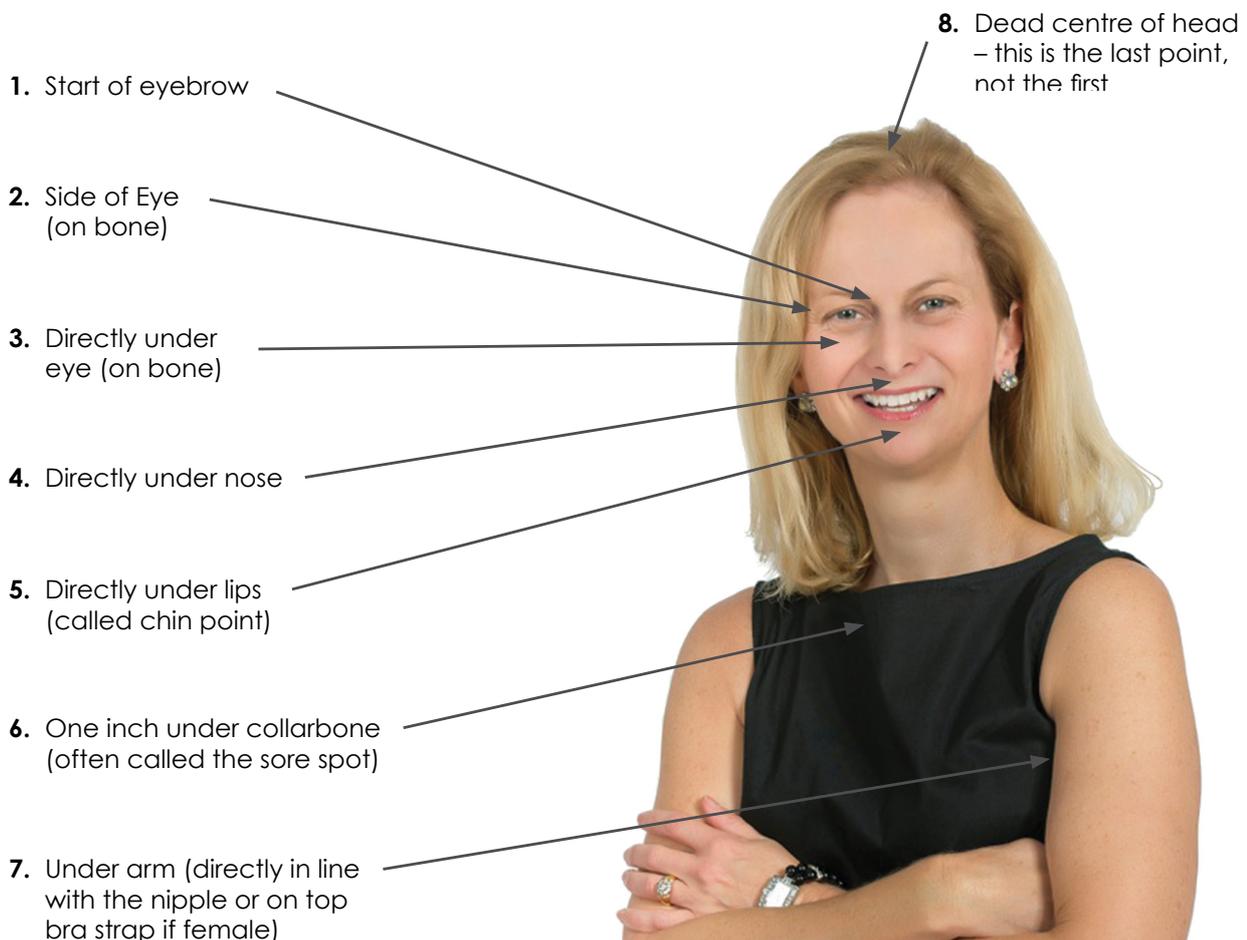


The karate chop point,

Tapping – The 5 Steps

1. Acknowledge there is something to change and rate distress/ discomfort out of 10 (10 = most distress, 0 = no distress).
2. State problem in setup statement while tapping on karate chop point three times.
3. Tap through all eight EFT points while saying a short reminder phrase,
4. Take a breath and re-rate your distress out of 10.
5. Tap again from the eyebrow point until rating is 0.

The 8 Tapping points



Note – You can use any hand and any side of the face/body

A Worksheet for your Answers

Date: _____

Issue/Feeling or Problem I need to work on:

My Setup statement

My Reminder Phrases:

Intensity rating 0 to 10 where 10 is worst can imagine and 0 is none:

Round 1 –

Round 2 –

Round 3 –

Round 4 –

Round 5

If you get stuck at any particular intensity rating for several rounds then ask yourself whether something else has come up or another aspect has become more important that you may need to focus on first. If so start again with a setup statement for this issue.

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Frequently Asked Questions

- Does it matter which hand I use? **NO**
- Can I switch hands while tapping? **YES**
- Can I tap with both hands? **YES**
- How many taps on each spot? **7 is most common but sometimes more is better**
- Is the SETUP essential? **Not always, but necessary in cases of “Psychological Reversal” (where there is a secondary gain from keeping your problem)**
- Will EFT take away natural (and healthy) emotional responses to situations? **NO**
- How long do treatment results last? **As long as people want them too. Untreated aspects can make it appear like it “comes back.” Keep tapping!**
- Does the treatment need to be repeated? **Sometimes if there’s a different aspect, but it’s often less intense and if it worked once, it usually works with the “new” aspect.**
- Can you use alternate taps like in EMDR? **YES**
- Do I have to believe in the treatment for it to work? **NO – it still appears to work (sometimes it is worth doing some tapping on ‘not believing’ or doubting it will work, or worry that it won’t work for YOU)**
- So do I use the same EFT process for every issue? **YES, just modify the set up phrases for each issue.**
- Can you tap on the positive? **YES – best done after you have cleared the negative**
- Do you have to say it out loud? **NO, but it might have more power and work faster!**
- Why tap with a negative phrase? **The negative phrase is truth of your feeling. EFT works with what really is, not what we wish it to be.**

Where to from Here

For more research on the mechanism of how EFT works, please see:

The effect of emotional freedom techniques on stress biochemistry: A randomized controlled trial – <https://www.ncbi.nlm.nih.gov/pubmed/22986277>

EFT Research Bibliography –
<http://www.eftuniverse.com/research-studies/eft-research>

Peta's research publications – http://works.bepress.com/peta_stapleton/

EFT Masters

Carol Look – Intuitive Energy Healer, Psychotherapist, and EFT Master
<http://www.carollook.com>

Margaret Lynch – Transformational speaker, coach and author –
<http://margaretmlynch.com>

Jack Canfield – coauthor of the #1 New York Times bestselling Chicken Soup for the Soul series, which has sold more than 500 million copies in 47 languages –
<http://www.tappingintoultimeatesuccess.com> and www.JackCanfield.com

Pamela Brunner – Success Coach and cowrote EFT book with Jack Canfield –
<http://makeyoursuccessreal.com>

Dr Dawson Church – award-winning author, is a blogger for the Huffington Post, and maintains the website EFT Universe <http://dawsonchurch.com>

Dr Patricia Carrington – leading psychologist and pioneer in Energy Psychology and Modern Meditation <https://patcarrington.com/>

Nick Ortner – New York Times BestSelling Author of the Book “The Tapping Solution” and producer of the documentary –
<http://thetappingsolution.com/cmd.php?Clk=5390924>

■ About the Author

Peta Stapleton, PhD, has 25 years of experience as a registered clinical and health psychologist in Queensland, Australia. Peta has also spent the last 15 years in academia and is associate professor in psychology at Bond University. She is a published author, certified practitioner of Neuro-linguistic Programming, Timeline Therapy, and Emotional Freedom Techniques (and an EFT Trainer). Peta is the Hay House author of *The Science Behind Tapping: A Proven Stress Management Technique for the Mind and Body*, and is Australasia's leading EFT researcher and academic.

Peta is a world leader and researcher in EFT. In 2014, she was awarded the Harvey Baker Research Award for meticulous research in Energy Psychology and also became a Gold Coast Business Events Ambassador for Gold Coast Tourism. In 2015, she received the Global Weight Management Congress Industry Professional Award of Excellence, and was named the Gold Coast Women in Business–Woman for Change Winner. In 2016, she was awarded the greatest contribution to the field of Energy Psychology by the Association of Comprehensive Energy Psychology. In 2018 Peta was named the Gold Coast Women in Business Innovation and Technology winner for her online therapy trials and work. In 2019 she was named Psychologist of the Year by the Australian Allied Health Awards.

Peta is on most social media and would love to connect!

Website: www.petastapleton.com

Training: www.evidencebasedeft.com

Email: admin@evidencebasedeft.com

Facebook: <https://www.facebook.com/drpetastapleton>

Instagram: <https://www.instagram.com/petastapleton/>

Twitter: <https://twitter.com/PetaStapleton>

LinkedIn: <https://www.linkedin.com/in/petastapleton>

YouTube:
<https://youtube.com/c/DrPetaStapleton>

Research publications:
<https://research.bond.edu.au/en/persons/peta-stapleton>

Dr. Stapleton's clinical food craving program based on research trials: <http://www.weightmanagementpsychology.com.au/onlinecourses/tappingforweightmanagement>

