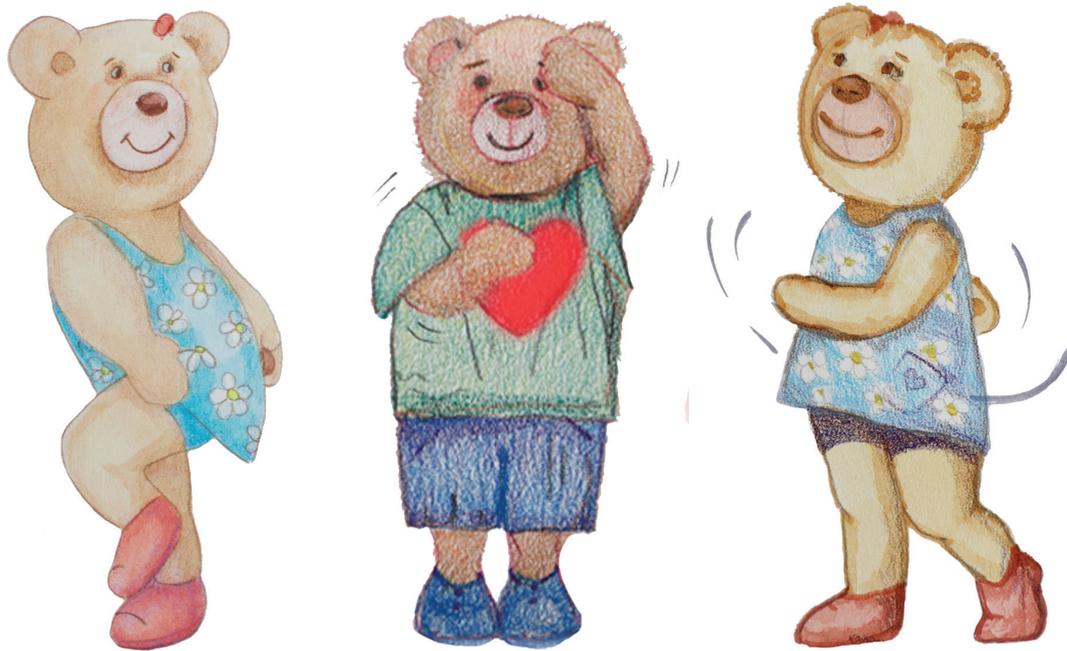


# EFT FOR KIDS

EMOTIONAL FREEDOM TECHNIQUE

**CALM AND PEACE**



**MONICA BATISTE**



*Your vision will become clear when you look into your heart.*

*Who looks outside, dreams. Who looks inside, awakens.*

*Carl Jung*

# INTRODUCTION

A bit like falling in love; the fastest way to feel better is to use Emotional Freedom Technique.

Emotional Freedom Technique (EFT) is a simple technique to clear stress from the brain and body. EFT is based on energetic healing.

EFT evolved from Thought Field Therapy, which was created by US psychologist Roger Callahan. Gary Craig, who studied with Callahan, identified certain energy points that when pressed or rubbed would help to release pent up stress and emotions. These energy points can also be found in acupressure, acupuncture, and kinesiology.

Gary Craig began EFT with war veterans who suffered from PTSD so severely that they were unable to function effectively. Through EFT they released the crippling impact of trauma and began reliving their lives.

The EFT sequence begins by talking about the problem whilst rubbing or tapping on acupressure points that allow the feelings to 'get online'. Following this, is tapping on the points along the face, body and fingers with a statement such as, 'Even though I have this (insert problem here), I love and accept myself.'

The tapping discharges the negative emotion that is trapped within the tissues and the brain. The positive message is inserted into the pathway that previously held a negative pattern or belief, which will change the feeling around the issue. You won't lose the memory of the experience, but you will lose the negative charge around it.

Once the triggering emotion is released, the mind-body naturally resolves it. You can extend tapping by adding another round of how you want to feel or how you prefer the situation to be.

This simple technique can be the beginning of miracles for you and your child. Dissolving the negative charge around memories and beliefs will give you the opportunity to create change without sabotage patterns or negative beliefs.

EFT helps to re-wire the brain, which allows you to access more of your talent, intelligence and skills.

EFT is continuously evolving with various therapies.

This book explores the addition of movement, sound, affirmations, prayer, and meditation.

EFT is a wonderful tool to add to your emotional tool-box. It's easy, fast, and you can teach it to children. Once you've learned the EFT sequence it's yours for life.

You can tap anytime anywhere. It takes from 3 – 10 minutes and the severity of the problem will determine how many sessions it will take. Some issues have many layers and aspects which can be addressed in subsequent taps or with your Kinesiologist, or other Health Care Professional. Every time you do EFT the situation will improve.

Many psychologists and therapies incorporate EFT into their therapy with amazing results.

EFT has been the subject of over 60 peer-reviewed trials with outstanding success.

Love and accept yourself,  
deeply and completely, Just the way you are.



# HOW TO USE THIS BOOK

Start by experiencing the entire tapping sequence. Check how you feel about the problem before tapping, and how you feel about the problem at the end of tapping. If you don't experience any changes in the way you feel, add the optional extras to help access your feelings.

Remember, a ship that changes its course by 1 degree, will eventually turn 180.

Start wherever you are, and celebrate every shift and turn in the direction you prefer.

Once you have mastered the experience of tapping, you will be able to tap for, or with, your child. Teach your child *The Simple Tap* so they can have an immediate tool to support learning and emotional development.

Don't worry, you cannot get it wrong and you will always have an opportunity to grow.

If you set your intention to release stress, gain insight or clarity, your mind-body will comply and you will be guided to the right steps for you.

EFT can be used generically:

*'Even though I am stressed, I love and accept myself.'*

EFT can be used specifically:

*'Even though I feel anxious when I do public speaking, I choose to love and accept myself.'*

Other variations can be:

*'I love and accept myself deeply and completely.' Or, 'I accept myself, right here and now, just as I am.'*

EFT can be used for mental, emotional or physical pain.

*Shel had constant headaches. He did EFT during a headache and within 10 minutes, the headache went away.*

Children can do EFT when angry, sad, frustrated, or having a stress response to a trigger. Young children can do a simple tap, older children can do the general tap, and adults can do the longer tap, or tap on behalf of their children.

*I rang my daughter, and the children were crying in the background.  
"Do EFT," I suggested.*

*'I don't know how,' she said.*

*I asked for permission to do it for them and I did 10 minutes of EFT and called her back.*

*'They suddenly calmed down," she said.*

EFT helps to clear learning blocks because stress shuts down the brain's ability to process information and store into long-term memory.

EFT can be used to support character changes to build self-esteem,  
to let go of being a bully, or to let go of being a victim.



*I AM FREE*

# How Does EFT Work?

*'The cause of all negative emotions  
is a disruption in the body's energy system.'*

Gary Craig

Emotions are like electrical currents that run through the body. These currents lay foundations in the brain and body for beliefs and patterns of behaviour that connect us to particular emotions or experiences.

For instance, if you went to a park when you were small, and a big dog frightened you, you might 'believe' all dogs are dangerous, or only big dogs, or even that the park is dangerous. You might forget the experience, but keep the emotions. You would grow up and say, *'I've never really been into dogs, I don't know why, I'm just not.'* Or you might reject a house that was next to a park, but not know why. You might say, *'For some reason, I don't like this house, it gives me a bad feeling, so I won't buy it.'*

EFT won't clear every experience or trigger in ten minutes; but it will offer relief. Sometimes several rounds are needed to 'take the edge' off a problem. The wonderful thing about EFT is it disperses the pain around a situation, which allows you to find a solution and feel better.

If we don't fully express our emotions at the time of an experience, some of those emotions will remain in our energetic field. They become trapped in our tissues. If we allow ourselves to fully express how we feel, even if it's after the event, we won't have issues in our tissues.

EFT gives us the opportunity to access trapped emotions and release them, which allows us to heal. You cannot get away with holding in and holding back without there being consequences. Feeling better is the first step towards healing. Profound shifts have taken place through this simple technique.

# Caring for your Child's Emotions

As your child is releasing emotions, he or she may feel scared or angry. Allowing your child the space to release without judgment is important. The reason these emotions and experiences were held back in the first place was because your child did not know how to release, or felt it was not safe to release.

Your acceptance gives your child permission to let go and return to themselves.

You can offer support by naming feelings, *'You feel angry/sad/scared.'*

You can offer support by giving permission, *'It's okay to feel that way.'*

You can offer support by asking, *'What do you need?'*

Allowing children to move through feelings at their own pace helps them to grow their emotional intelligence, for it supports resilience and introspection. Feeling feelings and understanding them helps children grow compassion, acceptance and empathy.

# Caring for your Emotions

You are the most important person to take care of. Love and accept all of your feelings, even the ones you wish you didn't have. Love and accept all of your body, even the bits you want to change. Love and accept all of your habits, *especially* the ones you want to improve.

Loving yourself is the only way through to the better side of life. When you love you, everything improves. Loving yourself doesn't mean vanity, although liking the way you look is important too. Loving yourself is about being gentle and kind to yourself, no matter how you feel or what you do.

As you tap on your own issues, you are naturally dissolving these issues for your family.



# Tapping Options

Tapping can be simple or complex. It's up to you.  
Start with the simple tap and work your way up.

## **Simple Tap.**

Tapping can be a quick fix by tapping on two points; the heart and the head.  
This is the best tap to teach small children.

## **Body Tap**

Tapping on all the body points. This tap is used when children are more experienced, or have more complex feelings.

## **Body and Finger Tap**

Tapping on all body points plus fingers. This tap helps you to go deeper into issues and get to the root of problems.

## **Whole Tap**

Tapping on all body points plus fingers plus humming and counting with eye rolls. This is the most complex tap and can be very effective for some issues.

*EFT helps you shift blocked emotions  
so that you can step forward into the life you deserve.*

# Tapping Solutions

1. You experience or see a problem that you want to resolve with tapping
2. Determine how strong the feelings are around this problem
3. Tap on the *Set Up* points and talk about the problem
4. Choose the tapping option that is right for you or for your child

## How Do You Feel?

Before tapping, take a deep breath and ask yourself how you feel about your problem. Score the emotional or physical intensity from minus 10 to plus 10

-10 -9 -8 -7 -6 -5 -4 -3 -2 -1 0 1 2 3 4 5 6 7 8 9 10

Minus 10 is the worst you could feel, with 0 being neutral, and 10 being you feel great, the best you could feel.

This will help you recognise how much of the problem has released.

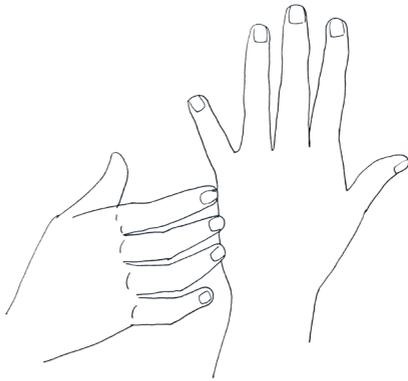
After EFT, take deep breaths and place your hand on your heart. State *'Even though I have (this problem or condition) I deeply and completely, love, accept, approve, respect, and forgive myself and anyone else that may be involved.'*

# The Set Up points

Once you've determined the issue to resolve, the *Set Up* points allow the issue to get *online* and release any reversals of feelings you might have that could sabotage your success.

**Tap on the KCP** or **rub the KMP** as you talk about the problem and how it feels. Don't judge, allow it to flow. **Do this for about 20 seconds.**

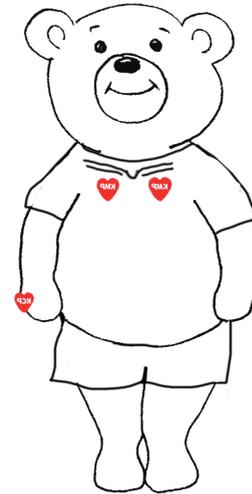
## The Karate Chop point KCP



### KCP

The KCP is along the ridge of the hand below the small finger. Use the right hand to tap along the Karate Chop point of the left hand.

## The Kindness Matters points KMP



### KMP

The KMP is a sensitive spot just below the middle of the collar-bone and above the heart. Use the fingers of your right hand to massage the Kindness Matters point on the left side. KMP is known as K27 in Kinesiology.

Example: (Whilst tapping or rubbing), *'I'm feeling (name feeling) right now. This happened, that happened and it's made me feel like this, and this, and this.'*

## Your Affirmation or Statement

Once you've got your issue online, you start tapping. During the tapping session you will talk about the problem, and add a positive statement to it.

Your statement will be in response to how you feel and what you want.

*'Even though I have (this condition or this problem) I choose to accept myself.'*

You may want to elaborate.

*'Even though I (feel these feelings), I deeply and completely, love, accept, approve of and forgive myself, deeply, profoundly and completely.'*

Your statement is repeated on every acupuncture point. Your statement will change as you think of more things, and sometimes you will be thinking it rather than speaking it.

# Simple Tap

For Children aged 3 +

1. Score the emotional intensity from minus 10 to plus 10

-10 -9 -8 -7 -6 -5 -4 -3 -2 -1 0 1 2 3 4 5 6 7 8 9 10

2. Tap on one of *Set-Up* points whilst talking about the problem (20 - 30 seconds).

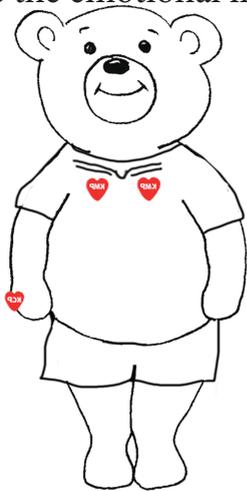
3. Tap on the heart and head whilst stating the problem plus a positive statement. *'Even though I have this (feeling/problem/condition) I deeply and completely love and accept myself.'*

Repeat your statement as you alternate tapping from heart to head, taking deep breaths (from one - three minutes).

4. Place hands on heart and say, *'Even though I have this (feeling/problem/condition) I deeply and completely love and accept myself.'*

Take a deep breath in... and release...

Score the emotional intensity from minus 10 to plus 10 to see if the problem has shifted.



**Set Up points**



**Heart and Head taps**



**Hands on Heart**



*I love and accept myself deeply and completely*

# Body Tap

For Children aged 9 +

1. Score the emotional intensity from minus 10 to plus 10

-10 -9 -8 -7 -6 -5 -4 -3 -2 -1 0 1 2 3 4 5 6 7 8 9 10

2. Tap on one of *Set-Up* points whilst talking about the problem (20 - 30 seconds).

3. Tap on all of the body points whilst stating the problem plus a positive statement.

*'Even though I have this (feeling/problem/condition) I deeply and completely love and accept myself.'*

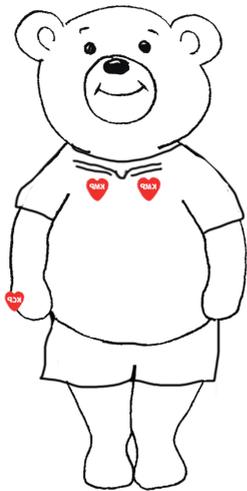
Repeat your statement as you tap from point to point, taking deep breaths.

Three rounds are usually enough for most issues, but of course you do what is right for you (two - ten minutes).

4. Place hands on heart and say, *'Even though I have this (feeling/problem/condition) I deeply and completely love and accept myself.'*

Take a deep breath in... and release...

Score the emotional intensity from minus 10 to plus 10 to see if the problem has shifted.



**Set Up points**



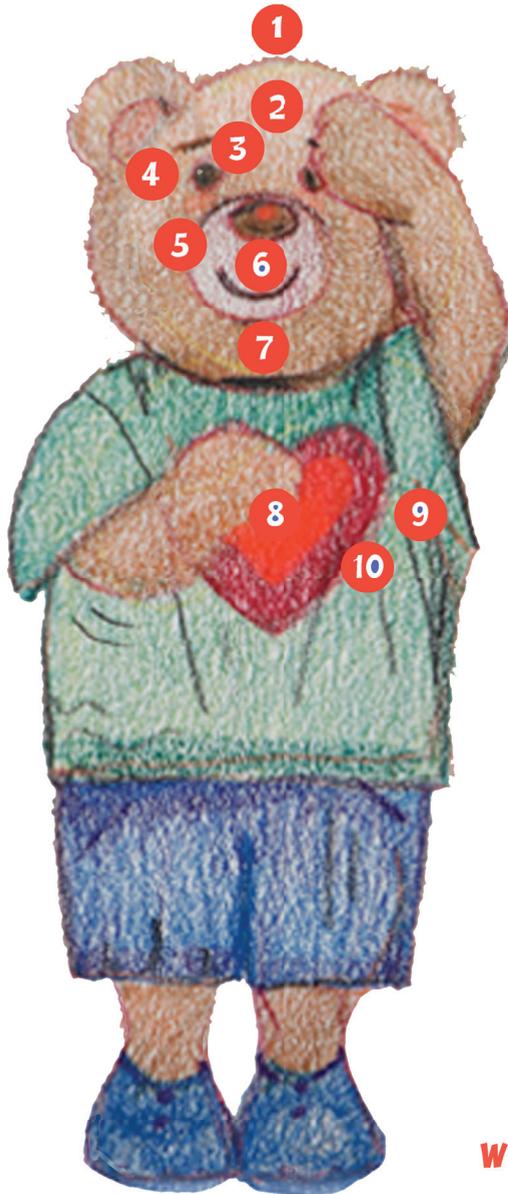
**Whole Body taps**



**Hands on Heart**

# EFT FOR KIDS

## Acupressure Points



Tap on the acupressure points along the face, body and fingers. On each point repeat your statement, *'Even though I have this (condition or problem) I choose to love and accept myself.'*

Or you may want to elaborate, *'Even though I have this condition/problem), I choose to love, accept, and approve of myself, deeply and completely.'*

### Tapping Points

1. The crown of the head
2. Third eye
3. Inner corner of eyebrow
4. Outer corner of eyebrow
5. Under the cheek bone
6. Between top lip and nose
7. Between lower lip and chin
8. Heart
9. Under the arm
10. Under the left breast on the edge of the rib cage
11. Finger taps (see next poster)

# Body and Finger Taps

*For Children and adults  
aged 12 +*

1. Score the emotional intensity from minus 10 to plus 10

-10 -9 -8 -7 -6 -5 -4 -3 -2 -1 0 1 2 3 4 5 6 7 8 9 10

2. Tap on one of *Set-Up* points whilst talking about the problem (20 - 30 seconds).

3. Tap on all body points PLUS the fingers whilst stating the problem plus a positive statement.

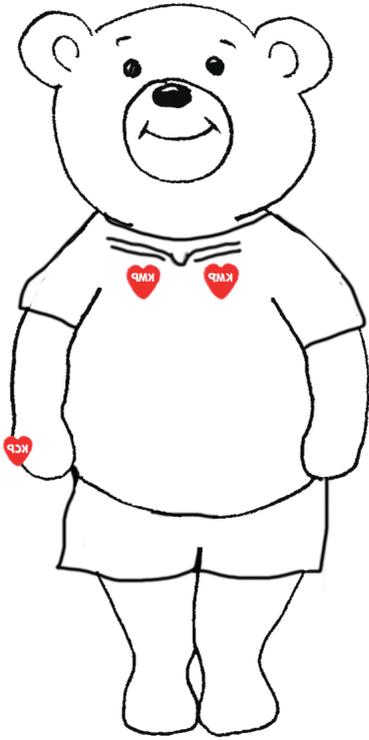
*'Even though I have this (feeling/problem/condition) I deeply and completely love and accept myself.'*

Repeat as you tap from point to point, taking deep breaths (from two - ten minutes).

4. Place hands on heart and say, *'Even though I have this (feeling/problem/condition) I deeply and completely love and accept myself.'*

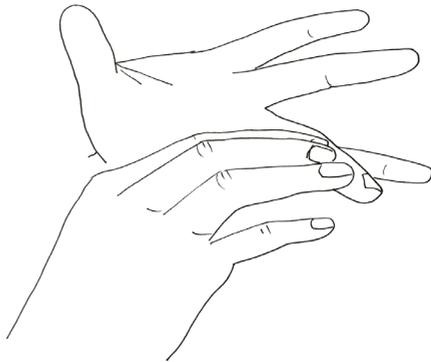
Take a deep breath in... and release...

Score the emotional intensity from minus 10 to plus 10 to see if the problem has shifted.

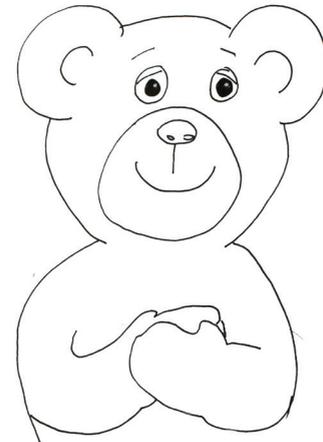


**Whole Body taps**

**Set Up points**



**Finger taps**



**Hands on Heart**

# Finger taps

1. Inside of the thumb
2. Inside of the first finger
3. Inside of the second finger
4. Indent between second and third finger (as the meridian stops there)
5. Inside of the fourth finger
6. Gamut point

**Finger taps** are done at the end of the body tap and are optional. Add the finger taps when an issue isn't resolving and you want to go deeper.

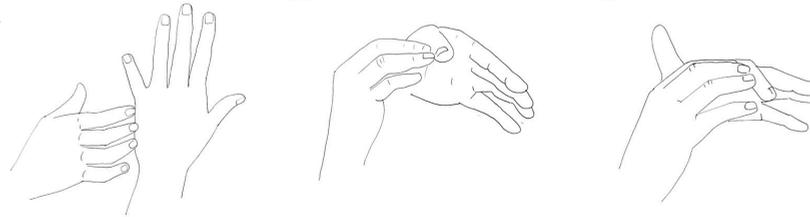
***The Gamut point*** is one of the finger taps and is a point that energises the entire system, which gives you an opportunity to go even deeper for issues that need it.

You will know when more is needed, because the issue isn't feeling better.

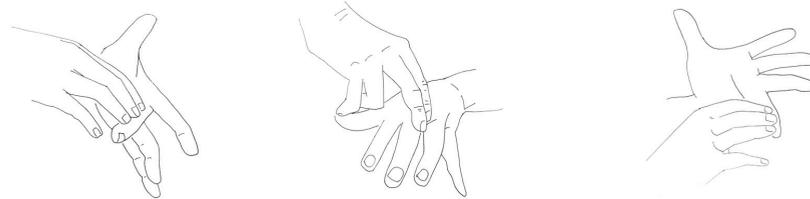
When you need more, you can add *humming and counting* on the Gamut point in round two.

# EFT FOR KIDS

## Finger Taps



### SET-UP TAP THUMB FINGER 1



### FINGER 2 FINGER 3 FINGER 4



#### Eye Rolls with Gamut point on round 2.

While stating your affirmation; eyes open, closed, look right, left, up, down, around one way, then the other.  
Hum. Count. Hum.

### GAMUT POINT EYE ROLLS

Tap on the setup point whilst talking about the issue. Then tap on each point with your statement; *'Even though I have this (insert issue here) I deeply and completely love and accept myself.'*

Finger taps are tapped after the body tap. There are three body and finger tap rounds. On the second round of finger taps, add the eye rolls with the gamut point.

# The Gamut point

*For difficult issues aged 12 +*

Some issues seem to *stick* and they are harder to resolve. Adding extra options can help to unstick these emotions and help them move on.

The *gamut point* is the indent between the third and fourth finger between the knuckles and can energise the whole system. By adding activities that access the whole brain during this tap, the issues are likely to be accessed to be released.

Whole brain access is found during eye rolls which access the whole brain, humming (which access the right brain), and counting (which access the left brain).

The gamut point is tapped on during all three rounds, but in round two, whilst tapping on the Gamut point, you add **eye movements** whilst repeating your statement and after the eye rolls you **hum**, **count**, and then **hum** again.

## Eye Movements

As you tap on the gamut point in round two, eye rolls or movements will help you access more of the brain.

Tap on the gamut point, make your statment and affirmation and follow this sequence;

Tap with;

Eyes open

Eyes closed

Eyes open and look hard right

Eyes open and look hard left

Look all the way up

Look all the way down

Roll eyes clockwise

Roll eyes anti-clockwise

# Humming and Counting

After eye movements, sing or hum (any song or make one up) for 20 seconds, count (any number combination) for 20 seconds and repeat; song, count.

*Eye Movements* help to access the entire brain. You can add eye movements to the gamut point, or whilst tapping on heart and head with small children. You can place photos or hues around the room for children to look at when doing eye rolls.

You can also ask children to follow your fingers for eye rolls, and make the shape of an 8 as you trail. When children blink excessively, this may be an indication that there is a block in that point. Stay there for a few rounds of affirmations before you continue.

*Humming* activates the right brain, *counting* (any number combination) accesses the left-brain. This gives your affirmation a chance to access both sides of the brain. Finish with your third full tap, place your hands on your heart and take a deep breath.

*Humming and counting is placed during the second round of finger taps, but if you are intuitively guided to do it with one or two other points – do it!*

*Your clever mind–body knows exactly what to do.*

*Trust yourself. Go with your intuition.*

*You've got this.*

Check in.

How do you feel?

-10 -9 -8 -7 -6 -5 -4 -3 -2 -1 0 1 2 3 4 5 6 7 8 9 10

*EFT helps you move towards your greatest good and their highest joy.*

# *Optional Extras Music and Hues*

Different hues affect and stimulate the brain.

RED is stimulating

ORANGE helps children connect

YELLOW helps to open the mind for learning

GREEN is calming

BLUE is calming

PURPLE opens the imagination

PINK is calming

Adding blues, greens and pinks during tapping can help children feel calm.

Using red and yellow when tapping on learning can help to stimulate the brain.



**MUSIC** creates neural pathways and can help children feel calm whilst learning or tapping. *Bach* music has been shown to contain the perfect harmonics for learning and relaxing.

The heart will match the beat of the music. Choose music at 60 beats per minute to help lower stress and switch on the alpha brain wave, which is perfect for learning.

How to know which music? You will know by your response. How do you feel? How does your child feel. Trust yourself.



*You are already beautiful and perfect, just as you are.*

# Tapping for Self-Esteem

You can tap on anything. Tapping for self-esteem or any other issue can be used at any time. Tap on any point to imbue your self-worth.

I am WONDERFUL

I am BEAUTIFUL

I am AMAZING    I am ME

You be YOU and I  
will be ME

**I AM AWESOME**

**I AM AN AWESOME KID**

**I LOVE MYSELF**      *life is good*

I am worthy of LOVE

**LOVE is ME and  
LOVE is YOU**

I follow my dreams / *follow my heart*

**I AM WORTHY OF LOVE AND  
RESPECT**

# Shake and Shout

Before or after tapping, invite children to express themselves and move their body to help shift trapped emotions.

Children LOVE to do these activities, and sometimes, it's all that is needed.

## ROAR LIKE A BEAR

Sing affirmations

## MOVE YOUR BODY

Wriggle like a worm

## Shake like a tornado

Sprinkle like rain

## JIGGLE LIKE JELLY



# EFT Tapping as a Proxy

Tapping as a proxy means you tap on yourself, but you state that you are tapping FOR someone else. In essence you become the other person.

You can tap for children when they are too young to tap or when they are not ready. You can tap for your partner or a friend, but you must always ask permission. When you have a yes, go ahead and tap on yourself, but set it up as being for the other person.

If you cannot ask for permission directly, ask in your mind, and tune in to a yes or a no. Trust your intuition. If you intuit a yes, then go ahead, even if they are not in the room it will work. If you feel a no, then do EFT on yourself about how you feel about this situation.

Tap on a *Set Up* point and say; *'I am doing this for (Name).'* And talk about the problem. When you do this, you will often pick up on the feelings or thoughts of the person you are tapping for, and you can use this to know what to say during each round.

Tap on each point, just as you would for yourself.

*'Even though I have this issue (name the feeling or experience), I deeply and completely love, accept, and approve of myself (or your blend of affirmations).'*

This might feel a bit weird the first time, but it really does work and you will be amazed.

When you have finished, state that you have finished doing EFT for (Name) and are now yourself again.



# Tapping on an Injury or Disability

You can tap directly on points of your body to release the emotional wounds that are carried within it. It doesn't matter how long you've had it, you will help yourself move forward either physically or emotionally by releasing underlying emotions.

You can also tap on issues you have always had (born with) to help release experiences or thoughts that have come through, with, or because of this.

When you tap on the emotions, thoughts, or resistance inside your muscles/tendons/organs, you will unravel the layers that have bound to the tissue.

*Freedom will inevitably be the result because freedom begins within.*

You can do EFT as a proxy for your injured or disabled loved one. Ask permission first. If you have permission, you can tap on or near the injury or disability and use the same words you would use in an EFT round.

*'Even though I (as yourself or your loved one) have this (name the condition), I deeply and completely love, accept, and approve of myself.'*

*'Even though I feel (insert feeling anger/sad/shame/grief/rage/sadness/whatever) I am willing to let go. I am willing to accept myself. I am willing to be free.'*

Trust yourself that what you need to say will come to you.

Trust yourself that the image or memory that comes to you during EFT has a connection, even if you don't understand it.

*My shoulders were tight and mobility was decreased. I did EFT on the painful areas. I tapped directly on the pain and said, 'Even though I have this pain, I deeply and completely love, accept, and approve of myself.' A memory of myself at 15 years old came up. At first I ignored it and kept tapping. 'Even though this is sore, I deeply and completely love myself.' The memory came up again. 'Okay', I said, 'I'm paying attention.' I kept tapping on the painful areas and said 'I am 15, I love, accept, and approve of myself.' I had a feeling of betrayal, so I went with it. 'Even though I felt betrayed at 15, I deeply and completely love, accept, and approve of myself.' More memories came up. I continued to tap on my shoulders. 'Even though this terrible thing happened (and I talked about my experience), I forgive myself. I love myself. I am sorry. I love you. I wish it could have been different. I love, accept, and approve of myself. I forgive myself and everyone else involved.' I started to cry, which I always see as a good thing, because I know it means I have accessed the block and it is being released. I continued to tap through the crying, without words. My body knows what to do.*

This whole process took about 10 minutes.

For the rest of the day, when I felt pain, I nurtured myself through it. I didn't deny or dismiss it. I looked for ways to love me.

The following day, the pain was less, but still there. I continued to tap and use the same process.

The pain eventually resolved, I continued to do energetic releases, kinesiology and whatever else came to me, and now there is more freedom in my body.

*Trust yourself, you are more than you know*

# Hōponopono

## I LOVE YOU

## I'm sorry

## Please forgive me

## Thank you

*Hōponopono* is a Hawaiian prayer based on love, forgiveness and reconciliation. Based on the work of Dr. Ihaleakala Hew Len, who used Hōponopono to heal his patients, you can use Hōponopono with yourself, your family, or any situation that causes stress.

The prayer is:

**'I love you  
I'm sorry  
Please forgive me  
Thank you'**

You can use this prayer instead of your statements as you tap on each point.

I find this prayer useful to help me connect to a loved one that I am having conflict with.

Saying 'I'm sorry' doesn't have to mean you've done something wrong. You could be sorry that the conflict is there. You could be sorry you've lost touch. You could be sorry that they cannot understand you. Sorry means sorrow. Forgiveness is about letting go of pain.

Saying 'I forgive you' is also not about being wrong or someone else being wrong. It's about letting go of the pain inside of you. 'I forgive you; I am willing to let go.'

I've used this prayer inside a tapping session on behalf of someone who I had difficulty forgiving. I imagined that they were saying it to me.

Even though it might not be *true*, it doesn't matter, because the purpose of this prayer is to help you heal.

I have used Ho'oponopono for myself, for others, as a proxy, and added my own words.

*I was having conflict with my daughter. I did some rounds of EFT using Ho'oponopono. On each tapping point I said 'I love you, I'm sorry, Please forgive me, Thank you.'*

*Through this, I realised what was blocking me, I used my courage to face it. I diverged into several rounds of EFT on the blocks between us. I repeated Ho'oponopono many times and I worked through related issues with EFT and Kinesiology.*

*We worked through it. Healing is an ongoing process of refinement. We are still loving and healing and growing.*

*With EFT, Ho'oponopono and expressions of love and caring, my daughter and I moved closer to each other, and I was so grateful.*



*I love you*  
*I'm sorry*  
*Please forgive me*  
*Thank you*  
*ho'oponopono*

You'll never stop expanding and you'll never say it's done.  
In the end, these things matter most:

*'How fully did you love?  
How fully did you live?  
How deeply did you let go?'*

*Gautama Buddha*

# The Stress Response

***The Stress Response*** is triggered when the mind–body is alerted to danger.  
*It is an immediate response.*

## **The Fight response**

When danger is recognised, various physiological changes occur. Heart rate quickens, breath shortens, and the running and fighting muscles are activated. The digestive response switches off as blood is diverted to activated muscles.

*You will be ready to fight in an instant to protect yourself and loved ones.*

**Children may alert you that they are in the stress response of fight when they are angry or fighting with little or no provocation.**

## **The Flight Response**

**When children are avoiding a task, procrastinating, crying and wanting to ‘get away’ they may have activated the stress response of flight.**

## **The Freeze and Faint Response**

When the fear is so great that fighting and running are not possible, a person may freeze (like a deer in the headlights) or faint. In this response, a dulling of senses is activated so that the pain and fear is not experienced as acutely.

**When children are limp, lethargic and unresponsive to their surroundings, they may have activated freeze or faint.**

## **The Please Response**

Another response to danger is the *pleasing* response. This is where a person activates a need to please others, to keep themselves safe.

**An overly helpful and/or timid child who continuously dismisses their own needs may have *pleasing* activated.**

*I was babysitting for a family of four foster children. The 7 year old girl couldn't have helped me more. When I washed the dishes she dried them. When I asked them to take a bath she turned on the water and helped. We chatted during the dishes. I told her she was very helpful. She told me that there was another brother that was sent away.*

*'What happened?' I asked.*

*'He was very naughty. He screamed a lot. They sent him back.'  
She looked at me and said. 'I don't want to be sent away.'*

When stress is activated, logic and reason are switched off because the brain diverts energy away from the frontal lobe and towards the back of the brain to the emotional brain and the primitive response.

Stress causes the brain to deactivate processing and long-term memory. When chronic, this can present as a learning difficulty in children, or as a failing memory in adults.

# Post-traumatic stress

## **Post-Traumatic Stress**

In PTS the stress response is activated as though the original danger or experience is still present. This occurs through *triggers* that remind the brain of the original experience.

If a child experiences a stress that causes a deep and unresolved feeling, every time an experience that is similar to the original experience occurs, the child may have their stress response switched on.

It may be caused by association or mapping.

## **Association and Mapping Stress**

*Mapping* occurs when a traumatic experience happens at the same time as another experience, and they are mapped together in the brain.

For example, a dog that frightens a child in the park can cause the child to be scared of the dog AND the park, even though it was the dog that caused the fear. The child may respond with stress every time a park is visited and every time they see a dog. If this stress is never resolved, parks and dogs will trigger stress and be avoided.

Another example is when you experience food poisoning and can never again eat that food you once loved. Even though you know it's not the same experience, your brain rejects the food.

Some mapping is easy to recognise, like food poisoning or a barking dog. Some are harder to find; here is a personal example.

*I loved exercise and dance. And for reasons I couldn't explain, I lost all desire and motivation for a number of years. Every time I tried to return to my previous love of movement, I had emotional pain.*

*This had dire consequences for my health and fitness. It seemed that no matter what tool or trick I used to motivate myself to want to exercise, I wasn't budging and the emotional pain remained.*

*I avoided exercise. I didn't know why I felt this way. I thought I had lost motivation. I was getting older, and maybe this is what happens when you get older? I couldn't explain it.*

*I eventually changed careers and became a yoga teacher (I didn't view this as exercise.... the mind is weird...) and I loved being a yoga teacher.*

*I really wanted to do some strength training at the gym to get my strength back, so I tackled this stress with EFT.*

*As I tapped, I was surprised that a past memory kept popping into my mind. Many years before, when I was working in a gym, I went through a painful breakup. Every day I went to work, taught exercise and trained at the same time my heart was broken. Time went by and I moved on. But the joy of exercise shrivelled up until it was eventually gone.*

*I tapped on the experience, and as I tapped, more unresolved feelings about this break up came up.*

*This complex experience had never been fully dealt with, and my body was remembering how it felt everytime I went back to the scene.*

*It took a several months to completely resolve. It felt like every pain wanted to be heard and healed. I perservered. It took time, but I started to shift and started moving again. I began piking up weights again. And eventually, I danced, and was free.*

# EFT to deactivate the Stress Response

Tapping on stress and post-traumatic stress can take more than one session, however each session will lessen the trigger.

## **Tapping for yourself**

Tap on a Set Up point as you talk about the trigger. Follow with the usual rounds of tapping stating your affirmation. Take deep breaths to help your brain deactivate the stress response.

*'Even though I am triggered into fear/anger/fight (use your own words and details of the experience here), I choose to know I am safe and all is well.'* Take deep breaths.

Tap on every acupressure point and repeat how you are feeling, and how you want to feel.

*'Even though I am scared (or fearful) I deeply and completely love, accept, and approve of myself.'*  
Take deep breaths.

After every round place both hands on heart and say;

*'I am safe. It is over. It is completely over and done. I am safe now. I can let go.'*

Take several deep breaths and visualise peace. Relax your breath, tummy, hip flexors, shoulders and jaw.

Repeat as many times and as often as needed. Be aware your statement will change as you release feelings. Other thoughts or experiences may appear to 'jump in' to your tapping. This is normal and useful. Tap on the new thoughts that have jumped in.

Your clever brain knows which experiences are attached to your stress. Keep going and as new thoughts, feelings and experiences move into your tapping you will become aware of how they are connected. Don't worry if you don't know or understand. You will release anyway.

*I love you just as you are*



*art by [www.monicabatiste.com](http://www.monicabatiste.com)*



*Breathe deeply*



*Find peace*

# Tapping for Children in Stress

You can tap **with** a child in stress. Or you can tap **for** a child in stress by becoming their proxy.

Start by tapping on a *Set Up* point and state that YOU are the child. Then do the simple tap or a whole session. Use the child's words, even if you don't personally agree with them. For example, when a child says *'they hate someone'* it can hurt our own feelings. Especially when it's someone we love deeply. But allowing a child to express their feelings will help them shift. The feeling they call *'hate'* will release, and help them shift into love, peace, or acceptance.

When I am doing a proxy, I feel the emotions of the child. I say whatever is coming to me, I use the child's statement with all the feeling it comes with, and add love and acceptance.

This usually sounds like *'Even though I hate my (brother/sister) I deeply and completely, love and accept myself. Even though life isn't fair and I hate my life, I deeply and completely, love and accept myself.'* And on it goes... I say whatever comes to me as I trust the process. I feel so angry and full of rage and frustration as I feel the child's feelings. I keep going until I feel calm. It has always helped the actual child feel better, even when we are not in the same room. When I finish I tap on one of the *Set Up* points and repeat that I am no longer tapping for (Name) and am now myself again. I place my hands on my heart and take deep breaths. I send us both love.

If your child cannot verbalise what is happening to them, ask them directly, or indirectly if you can do it for them.

*'Can I tap on this for you?'*

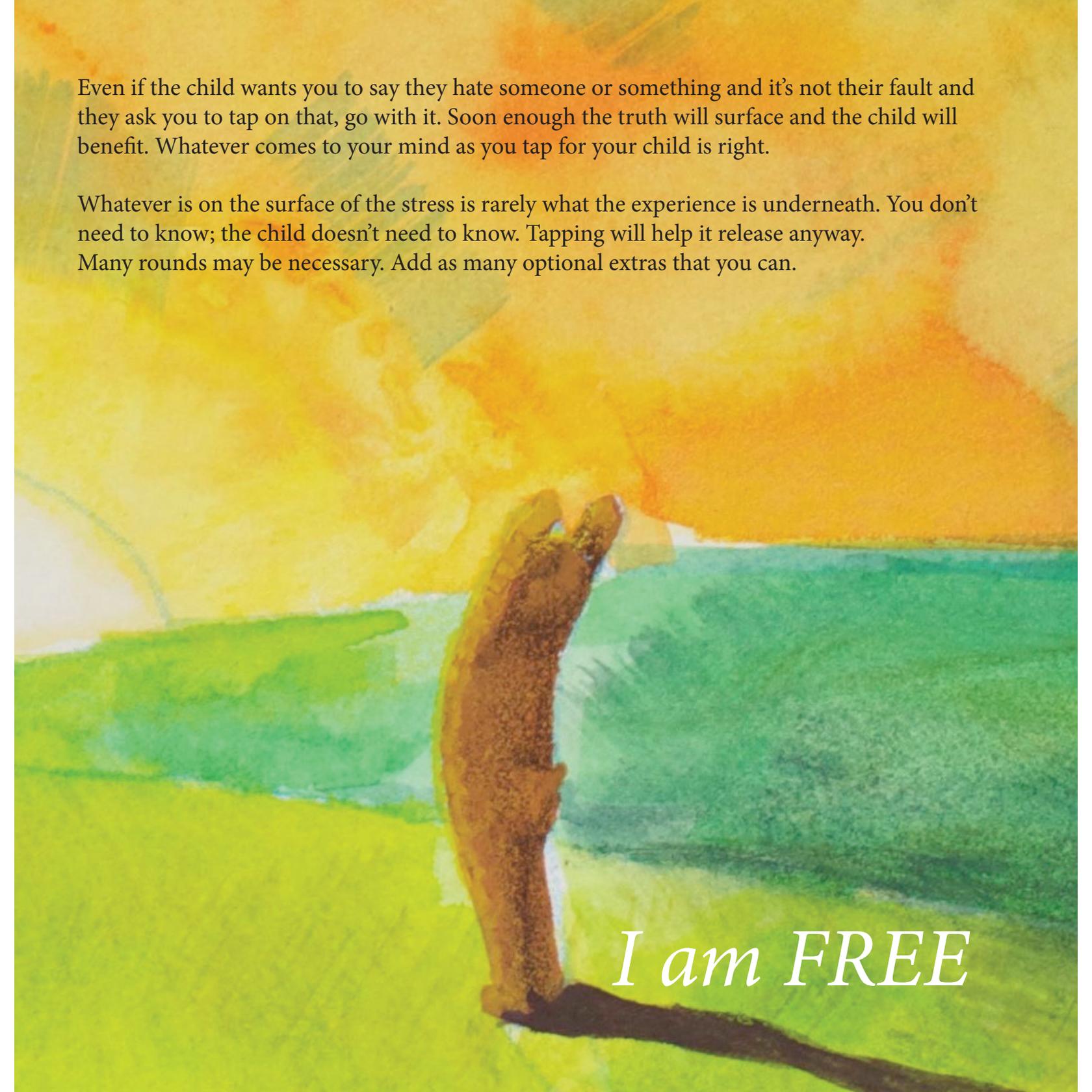
*'Tell me how you feel?'*

*'Tell me what happened?'*

Use the same tapping sequence as you would for a proxy, and follow your own guidance as to the right words to say and use. The child will give you clues as to what to tap on by their feelings.

Even if the child wants you to say they hate someone or something and it's not their fault and they ask you to tap on that, go with it. Soon enough the truth will surface and the child will benefit. Whatever comes to your mind as you tap for your child is right.

Whatever is on the surface of the stress is rarely what the experience is underneath. You don't need to know; the child doesn't need to know. Tapping will help it release anyway. Many rounds may be necessary. Add as many optional extras that you can.



*I am FREE*

# Changing your Mind

If your child needs to *re-frame* an experience and tune into their power, you can do this with a visualisation.

*My grandson was troubled by something his cousin said. He couldn't let it go. He kept talking about how much it annoyed him.*

*I asked him if he would like to re-frame it. He asked me what that meant.*

*'It's where you go back to the scene and change it to what you wish had happened.'*

*'Okay,' he said.*

*I tapped on his behalf and we kept talking about it. We returned to the scene, and when the trigger occurred I asked,*

*'What do you wish you had said?'*

*He told me, and we tapped on that. We played the scene in a new way until he was satisfied.*

*The negative energy was discharged. He relaxed. He felt better. He stopped talking about it.*

This will work best for triggers that are easy for you and the child to visit. If the trigger is deep and difficult, a session with a kinesiologist or health care professional might be a better option.

After tapping on a trigger, bring your child into a meditation by asking them to take deep breaths and relax. Breathe with them. After about one minute, ask them to imagine that they are at the original stress – but this time they are a powerful super hero (or whatever works for them). And as a SUPER HERO they have the power to CHANGE the past. Take back their power. BE whoever they want to be. They can and will WIN against the danger.

Re-create the scene but with a powerful outcome. Do whatever is needed, use all the tools in the universe because this is imagination and there are no limits. You can guide them through this by inviting them to tell you what is happening in their vision and giving them the tools they need.

Afterwards, do the simple tap and use statements of empowerment and peacefulness to let the mind–body spirit know that the original stress is OVER. They are safe. All is well.

They can LET IT GO. It's done. They've won. They are at peace. Invite them to take deep breaths. Relax thighs and legs. Relax tummy and body. Relax jaw, shoulders and back. It is done. You've won. You are safe now. Encourage a big SIGH.

*Most of our emotional and physical problems  
are caused by unresolved specific events,  
the vast majority of which can be easily handled by EFT.  
Gary Craig*

## *From Monica's Diary*

*'Today I had a facial, I was left alone and decided to meditate. Often when my mind is left to wander, I find myself in a courtroom fighting for my right to be heard. It's never resolved and I fight every time. When I found myself there again, I decided to visualise my spirit and stare down the prosecutor. As I moved into my spirit it suddenly expanded and I became a dragon. I grew into a fierce massive dragon like Tooruk in Avatar. I filled the room with my fierceness. I roared so loud. I grew bigger and bigger until I reached the universe. I spread my wings and flew. It felt so amazing and free. I spun and twirled and swam in the universe. I was powerful and free. It was exhilarating. When I returned to earth and saw the small powerless body I came from, I had a moment of sadness knowing I was going back there. I stood beside her for a moment and sent healing to her body. I was reluctant to return but had a surge of intention and returned. I was still in court but felt massively powerful. The prosecutor looked terrified. And in all my decades of replaying this scenario, for the first time, he had nothing to say. He said to the judge 'I have no questions your honour' and the judge banged his gavel and said 'case dismissed.' I roared a mighty roar and I was free.*

EFT, meditations, and visualisations can invoke crying or trembling as the mind-body processes emotions out. This is normal and necessary for it to be released. Relax and allow it to unfold. Be mindful of not hurrying it along because feelings are uncomfortable.

Hurrying it along can cause feelings to bury or partially bury again, and the problem will persist. Let it go. Feel the feelings. Believe it is over and done.

*Empowerment happens in increments  
during mindful and purposeful responses.*



# Switching on the Peaceful Response

When stress is activated, remove the child and other children from danger and provide the safest space available for the triggered child.

Although you cannot *reason* with a triggered child, keeping calm yourself will help. Tapping on yourself using the affirmation of '*calm*' can help you de-activate stress. You can tap on yourself as a proxy for your child, even during a tantrum, by tapping on your heart and repeating '*peace*', or '*I am safe*.'

Deepen your breath and;

- Invite the child to breathe with you
- Use your calm and supportive voice
- Be present for what they are going through
- Listen to what they are saying and reflect it back to them
- Keep taking deep breaths and allow them to sync with your breath
- EFT on yourself as they speak
- Switch on music with a binaural beat or Bach music
- Move into a quiet space
- Walk in nature

When the child is calm, you may be able to do the simple EFT tap, meditate or move the body to free the emotions.



# Self-Regulating



Children have their own unique way of self-regulating. EFT with, or for your child will help them know what helps them soothe. Tapping on yourself to ease the stress of an injured child will help you soothe into solutions as well.

Tapping during stress can be as simple as tapping on one of the *Set Up* points and taking deep breaths.

During stress you can place your hand on your child's forehead and tap on the muscles along the spine as they talk about the issue. If the child is able to, ask them to tap on their heart as they speak, cry, or breathe.

*From Monica's Diary*

*This morning as I was teaching yoga it started to rain. We moved our class into the rotunda and continued the class.*

*The rain turned to thunder and lightening and one of my students started to scream. She moved into the fetal position and began to cry. I instructed the class to move into their own postures as I sat beside her. I tapped on her heart and her head and took deep breaths.*

*I said 'Even though it's raining, I am safe and protected.' I repeated this statement and began tapping on her spine. I asked her to tap on her heart as she cried. I continued to tap for her, as I repeated various affirmations on rain, thunder, lightening and on being safe and protected.*

*After a few minutes she said 'I am okay now.'*

*The sun came out and we continued the class. By the end of class, she was breathing deeply and smiling.*

*We won't know for sure if this has helped until the next time she experiences thunder and lightning, but in the meantime, she moved through a stressful experience with support, which will help her the next time she experiences stress.*

## **Connection**

Connection is acceptance and presence. When you connect with yourself, you are uniting your mind, with body, and spirit. Connection is lining up your passion, with your actions, with your words, with your intentions.

When you connect with your child through mindful presence and acceptance, children settle and find their own ability to connect with themselves.

*Acceptance is key.*

Walking through nature can help a child de-frazzle from a stimulating environment and re-connect with themselves.

## **Presence and Mindfulness**

When you tune into the present moment by focusing on each sense for a few breaths, you naturally release stress and increase happiness.

Take deep breaths and tune into your breath. Listening. Breathing. Feeling the sensations on your skin. Feel the way your breath moves in and out of your body.

Breathe into tight spaces and let go.

## **Feeling your Feelings**

Feeling your feelings can be uncomfortable at first, but if you relax and allow, you will fully process emotions and allow them to release.

## **Art Play**

Art therapy is about using paint or clay or found objects or any material that your body wants to experience, to explore your feelings and let them go. Think how satisfying it is sometimes to smash something. Instead of losing a good plate, you can throw paint onto a canvas.

## **Play**

Allow children to resolve experiences through replaying them and talking about them.

Give children the space to explore and express feelings and situations without interrupting them. Play can help children process and move on.

## **Non-Competitive Sports and Games**

Taking out the competitiveness in a game allows children to fully express themselves and have fun.

## **Laughter**

Laughter releases stress and increases happy hormones.

Laughter therapy is more fun than you imagine. Create a group of friends and explore the different ways to laugh. When you are deliberately exploring laughter, begin with a ha ha ha and invite everyone to join in. Within 20 seconds there will be genuine laughter. Next try ho ho ho, then he he he, invite children to lead the group with any form of laughter.

This activity is hilarious and freeing.

## **Acceptance**

Accepting yourself and others, just as they are, allows the stress to dissolve and the brain to relax. Acceptance isn't easy to achieve. It can take many rounds of EFT on judgements and triggers to find acceptance. Begin with yourself, and as you let go of the judgements around yourself, you will naturally let go of judgements towards others. When children experience the acceptance of who they are and how they feel, they naturally gravitate towards accepting themselves and others. Following this is unity, harmony and compassion.

## **Meditation**

Breathing fully and deeply for a few minutes, experiencing the breath and quieting the mind, naturally lowers stress and increases happiness. Add meditation music to help the brain move into a relaxed state.

Going along to meditation classes will help you explore the various breaths and techniques to help you add tools to your personal development.

## **Music**

Listening to Bach music, live music, and music set to 440HZ allows your entire being to relax, let go, and experience joy.

## **Kinesiology**

Kinesiology a form of energetic healing. It is gentle and effective.

## **Chiropractic with NET and Cranial Sacral Therapy**

Perfect for healing the brain and repairing reflexes that may not have developed due to stress.

## **Yoga**

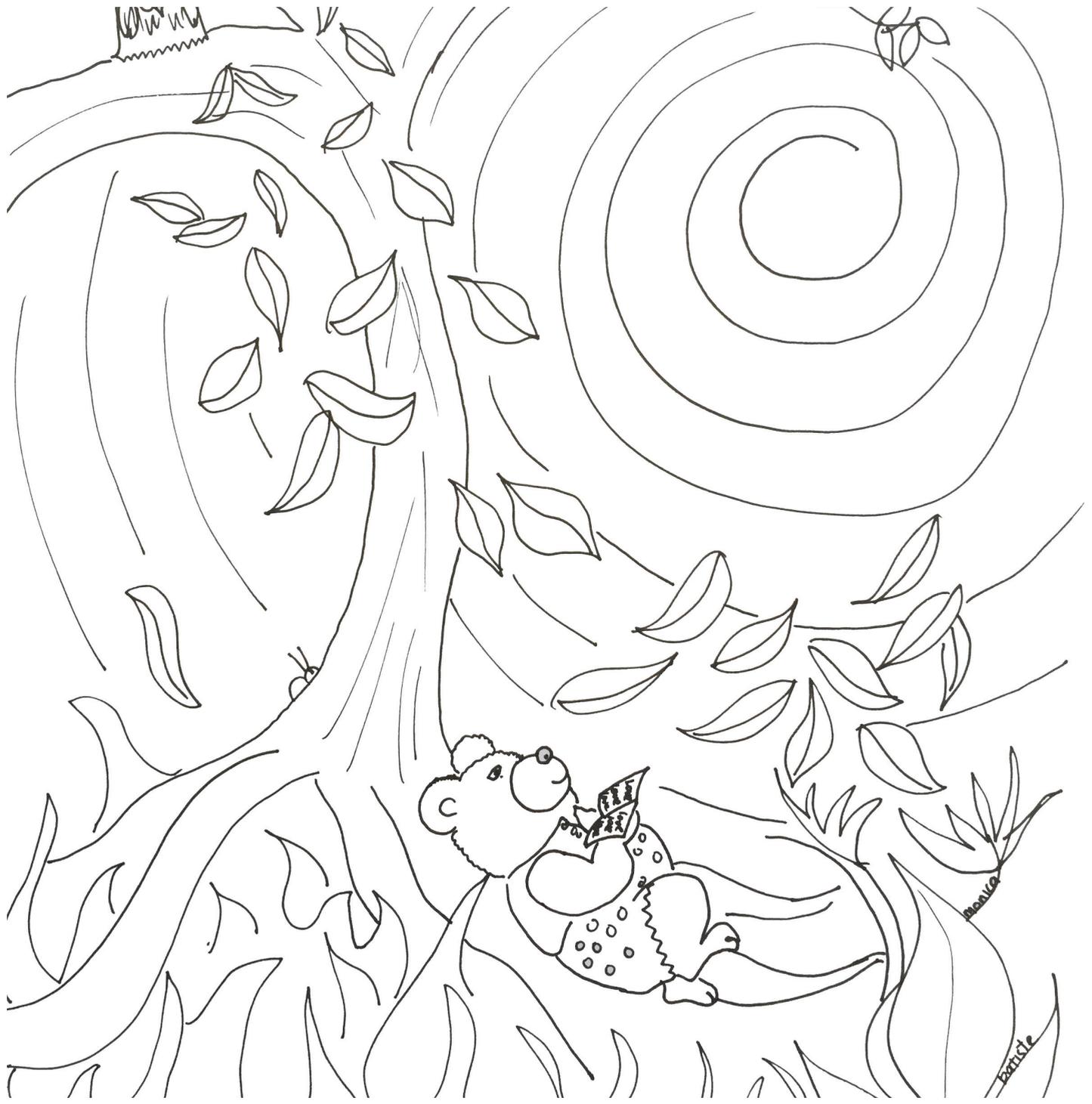
A wonderful practice of moving the body, releasing tension and resolving stress. Yoga also strengthens the body and increases flexibility and mobility. Yoga helps to activate the brain to find peace.

## **EFT**

EFT anytime, anywhere to support your emotional journey.

Silvia Hartman says in her book *Energy EFT* that if you tap until you feel 100% positive about the situation – you will shift completely.

For example, once you've rated your issue from -10 to +10, keep tapping until you reach exaltation about this issue (that would be +10).

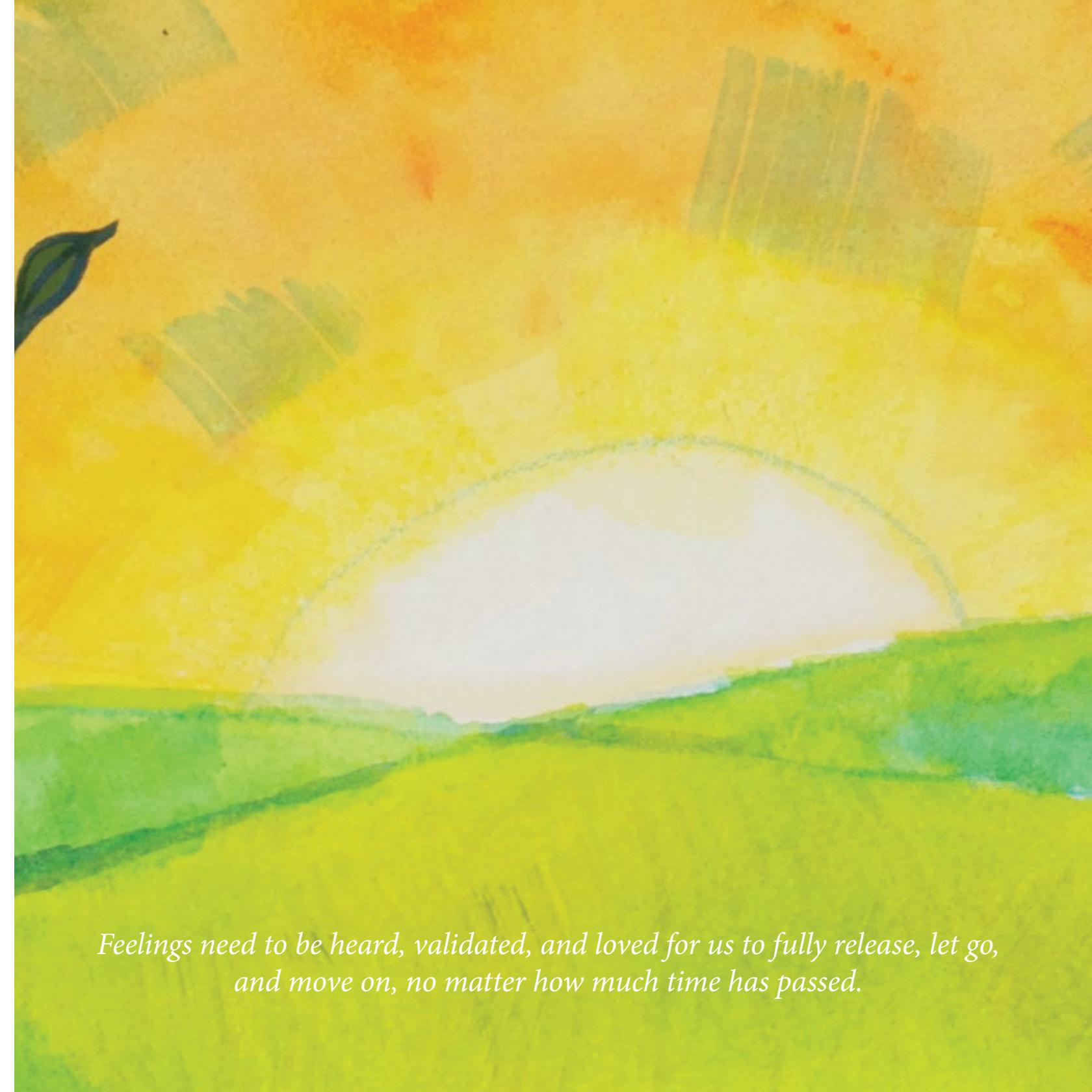


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*John was frustrated by the mess of his creative daughter. 'I don't know how to deal with it?' He said. His friend showed him how to do EFT, and they kept going for 20 minutes, until he was laughing and joyful (+10). John said he felt great. He went into his daughter's room and felt love. 'It's amazing!' He said. 'I've been troubled by this for years!' John was so grateful that he could let go of his judgment, and focus on their relationship instead.*





*Feelings need to be heard, validated, and loved for us to fully release, let go,  
and move on, no matter how much time has passed.*

# Love your Brain



## **Movement**

Keep your brain active and healthy by moving. When you do actions that cross the midline, your brain switches on and becomes more alert. *Perfect for learning and happiness.*

## **Water**

Your brain is almost 90% water. Drink lots of filtered water for a healthy happy brain.



## **Breathing**

Deep breathing activates and relaxes your brain.

## **Love**

When you think about things you are grateful for, and when you are doing things you love, your brain (and your gut) produces *happy hormones*.



*Freedom is discovering how beautiful and powerful you really are*

# Tips

There is no need to do everything. Do what you can, when you can, where you can. There have been many times an issue has presented itself to me at inopportune times (like at the shops) and I can't do a complete round. So I place one hand on my heart as I walk around, take deep breaths and say to myself *'Even though I have (this trigger) I love and accept myself.'*

I do this for a minute or so and keep shopping.

*Everything helps.*

Everything.

Deep breathing and an intention are all you need to get started.

Remember *you are more powerful than you know.*

## About this book

Monica learned EFT in 2000. She used it over the years and learned more about it during her sessions of kinesiology, various therapies, during studies and experience.

This book was first created in 2015 and has been revised and updated as more information comes to light. The illustrations are created by Monica using gouache, prismacolor pencils and ink. All illustrations are original designs by Monica.

Monica teaches EFT in her classes, and there are instructional recordings on her website.

EFT works very well with *Brain Activation* exercises and *Breath Work*.



# About Monica Batiste

## **Author Artist Teacher**

Monica has worked in the health and fitness industry for over 30 years. For the past 15 years her focus has been on helping children develop self-esteem and emotional intelligence through language, movement and creativity.

Education includes Fitness and Health, Personal Development, Natural Health, Teaching, Fine Art, Illustration and Design, and Creative Writing.

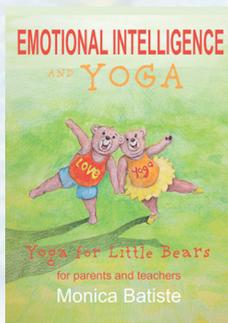
Monica lives with her husband Andreas. Between them they have four daughters and seven grandchildren.



Dedicated to my Family,  
You inspire me to be all that I can be.  
Thank you. I love you.

# Free resources

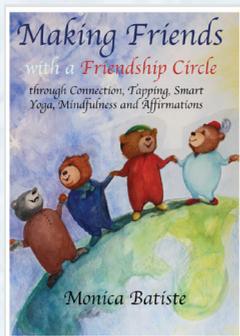
## Emotional Intelligence and Yoga



Emotional Intelligence is the capacity to recognise your emotions, to have the ability to make healthy choices based on those emotions, and the resilience and intelligence to keep growing in a positive way.

Yoga is a combination of postures and lifestyle. Each posture in yoga is designed to support the emotional connection to self and others.

## The Friendship Circle



The Friendship Circle is a short and simple activity to help set the groundwork for connection and self-esteem. Use the Friendship Circle however you like, as often as you like, and add your own magic touches. The Friendship Circle uses connection, yoga, EFT, and affirmations. It will take from 5 – 10 minutes, and you can use the various activities sprinkled throughout your day.

# Stay in Touch

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TTP

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INSTA

[https://www.instagram.com/emotional\\_intelligence\\_books/](https://www.instagram.com/emotional_intelligence_books/)

## Publishers info

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For educators and children: educational; fitness; motivation; personal development.

For educators in the home and classroom. Categories: Health and personal development

Title: Emotional Freedom Technique EFT for Kids

Published by: Art & Words Publishing, Margate QLD Australia 2015, 2018, 2021

PAPERBACK ISBN 978-0-6483734-7-6 Author and Illustrator: Monica Batiste

# Resources and References

The National Library of Medicine revealed that more than 60 research articles on EFT showed that Emotional Freedom Technique offers a staggering 98% efficacy rate for physical and emotional conditions.

Stapleton P1, Crighton G1, Sabot D1, O'Neill HM2. Psychol Trauma. 2020 Mar 12.

## OBJECTIVE:

In a direct replication of Church, Yount, and Brooks (2012), this study examined changes in stress biochemistry and psychological distress symptoms. They allocated fifty-three participants randomly to one of three 60-min group interventions: Emotional Freedom Techniques (EFT), psycho education (PE), and no treatment (NT). The Symptom Assessment-45 (SA-45) was used to assess psychological distress symptoms.

## METHOD:

Researchers administered Salivary cortisol assays 30 min pre- and post intervention to test cortisol levels. The original study by Church et al. indicated the EFT group showed statistically significant improvements in anxiety (-58.34%,  $p < .05$ ), depression (-49.33%,  $p < .002$ ), overall severity of symptoms (-50.5%,  $p < .001$ ), and symptom breadth (-41.93%,  $p < .001$ ). The group also experienced a significant decrease in cortisol (-24.39%) compared to the PE group (-14.25%) and NT group (-14.44%).

## RESULTS:

The present results indicated the EFT group experienced a significant decrease in cortisol greater than the original study (-43.24%,  $p < .05$ ), but these results were not mirrored by subjective reports of psychological distress. The EFT group reduction in cortisol was significantly different from that of the PE group (-19.67%), and as expected, the post treatment cortisol level detected among the EFT group was lower than that of the NT group (2.02%); however, there was not a statistically significant difference between the 2 groups. Additionally, there were no significant improvements in cortisol reduction among the NT and PE groups.

## CONCLUSIONS:

Findings support the original study. They indicated EFT to be an efficient and effective brief treatment for reducing biological markers of stress.

Research continues to prove that Tapping promotes physical and measurable changes in our body's biochemistry.

Dr Peta Stapleton of Bond University in Australia replicated Dawson Church's famous 2012 cortisol study.

Stapleton's study results are published in the respected APA Journal.

The only change she made to the original trial was that she offered the EFT Tapping sessions in groups instead – and she achieved a 43% reduction in cortisol in 1 hour of EFT by doing this. Amazing!

[www.petastapleton.com](http://www.petastapleton.com)

The effect of emotional freedom techniques on stress biochemistry: a randomized controlled trial Dawson Church, Garret Yount, Audrey J Brooks  
Affiliations expand PMID: 22986277

### **Abstract**

This study examined the changes in cortisol levels and psychological distress symptoms of 83 nonclinical subjects receiving a single hour long intervention. Subjects were randomly assigned to either an emotional freedom technique (EFT) group, a psychotherapy group receiving a supportive interviews (SI), or a no treatment (NT) group. Salivary cortisol assays were performed immediately before and 30 minutes after the intervention. Psychological distress symptoms were assessed using the symptom assessment-45. The EFT group showed statistically significant improvements in anxiety (-58.34%,  $p < 0.05$ ), depression (-49.33%,  $p < 0.002$ ), the overall severity of symptoms (-50.5%,  $p < 0.001$ ), and symptom breadth (-41.93%,  $p < 0.001$ ). The EFT group experienced a significant decrease in cortisol level (-24.39%; SE, 2.62) compared with the decrease observed in the SI (-14.25%; SE, 2.61) and NT (-14.44%; SE, 2.67) groups ( $p < 0.03$ ). The decrease in cortisol levels in the EFT group mirrored the observed improvement in psychological distress.

Please visit <https://pubmed.ncbi.nlm.nih.gov/22986277> For more results on trials with EFT

## Books to read

P. Levine, *Waking the Tiger* (1997) North Atlantic Books

G. Craig, *The Unseen Therapist*

U. Durpée, *Ho'oponopono: The Hawaiian Forgiveness Ritual as the Key to Your Life's Fulfilment* (2012) Earth-dancer Books

S. Hartmann, *Energy EFT: Next Generation Tapping & Emotional Freedom Techniques* (2012) DragonRising

*The EFT Manual 6th Edition* by Gary Craig

# Thank You

You are doing amazing things.

Your work with yourself and children is on the leading edge of emotional intelligence. Every little bit of love and care you offer is helping change the world for the better.

Thank you.

I see you.

I appreciate you.

You are the reason the world is healing.

Thank you for all the steps you take.

*Namasté*

*Monica Batiste*