

Emotional Freedom Technique

for Kids



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

Invented by Gary Craig, emotional freedom technique (EFT) is a simple technique to clear stress from the brain and body.

Based on acupuncture points, the user 'taps' on points along the face and body whilst 'talking about the problem.' The tapping discharges the negative emotion around the problem and relaxes the brain. This allows the brain to open and allow solutions (as stress shuts the brain's ability for problem solving).

The user continues to tap whilst talking about the problem, and at the same time inserts a positive message such as 'I love and accept myself.'

The positive message is inserted into the pathway that previously held a negative pattern or belief, which changes the user's perception of the problem.

EFT can dissolve the negative association with a problem, and it can remove triggers.

EFT can be used generically; for example 'Even though I am stressed, I love and accept myself'. Or it can be used specifically, for example; '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 consistent headaches. He did EFT during a headache, and within 10 minutes the headache went away.

Children can do EFT when angry, sad, upset or having an emotional response to a trigger. It can be used to build self-esteem, let go of being a bully, let go of being a victim, and can help to make new friends.

EFT can help to clear learning blocks.

EFT usually takes about 10 minutes from start to finish. You can go shorter or longer depending on how you feel. You can do EFT

as many times a day as you like, or as needed. You can do several rounds of EFT in ten minutes, and your wording may change as your perception changes.

The EFT tapping sequence

Step one: Pre-tap. Before tapping; take a deep breath and ask yourself how you feel about your problem. Score the emotional intensity from one to ten. One being hardly affects you at all and ten being you have very strong emotional or physical pain towards this situation.

Step two: Set up the tapping sequence by tapping along the ridge (small finger side) on one hand (also known as the Karate chop point).

Whilst tapping on the ridge of one hand, talk about the problem, and how it feels. Don't judge the feelings, allow them to flow. This sets up the body to react as it usually does, so that when you start tapping on the acupuncture points, they are able to be released.

Example: (Whilst tapping on the ridge of one hand), 'I'm feeling so bad right now. This happened, that happened and it's made me feel like this. Why does this always happen to me? How come I feel this way. I feel lost, sad, confused. I don't know what to do. I want to know how to resolve this.' After a couple of minutes of talking about how you feel, move to step three.

Step three: Tap on the eight acupuncture points; continue to talk about the problem and how you feel.

Whilst tapping on each EFT acupuncture point, move on from talking about how you feel to how you want to feel. Example: 'even though I feel (name the feeling or problem) I choose to love and accept myself deeply and completely.' Continue repeating this statement on every EFT point. If you feel guided to add extra words or talk about another problem that seems to be connected-go with it. You might be bringing up old situations that need clearing, so the current situation can heal.

Continue for several rounds until you feel a shift in emotions.

Each point deserves several taps.



**The EFT
acupressure points**

- 1 Inner eyebrow
- 2 Outer eyebrow
- 3 Below cheekbone
- 4 Between nose and upper lip
- 5 Between lower lip and chin
- 6 Below collarbone
- 7 Under the armpit
- 8 Top of head

Step four: Take a deep breath and ask yourself how you feel after EFT. Score your emotional intensity towards this situation out of 10 and see if it's improved.

If there is no improvement, do another round. If there is improvement, acknowledge yourself for empowering yourself towards healing.

Using EFT for others

EFT can be used as a proxy

My 3 year old grandson was angry with his baby brother. I suspected jealousy. I brought him into another room and did EFT on myself, but 'set it up' as being for him. I said 'I am doing this for my grandson.' I began tapping 'Even though I am feeling jealous of my little brother, I love and accept myself deeply and completely' (tap tap tap). 'Although I am feeling unloved I choose to feel loved and accept myself completely' (tap tap tap). 'It hurts a lot to feel replaced, but I am choosing to feel loved and accepted' (tap tap tap)...

After 5 minutes my grandson stopped crying, turned towards me, gave me a big smile and fell into my arms, where he lay relaxed and calm.

When you want to do EFT for someone else, ask them for permission first. If that isn't possible, hold them in your mind, and ask if they would give permission, if you feel 'yes' then do it. If you feel 'no' then consider doing a round of EFT on yourself, and the way you feel about the problem or conflict you see them experiencing.

For instance 'Even though (Name) wouldn't want me to do this for them, I choose to love and accept them and myself, deeply and completely' (tap tap tap). Even though it hurts me that (insert problem or feeling), I choose to find love and acceptance anyway...(tap tap tap), I want to resolve this, and I choose love and acceptance' (tap tap tap).

How does EFT work?

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

You may have noticed that emotional feels physical. As though there is a block on the flow of happiness. It was once believed that emotions were intangible and 'all in the head.'

It is now recognised that emotions are currents, like electrical currents, that flow through the body, and lay down foundations in the brain and body for beliefs and patterns of behavior that connect 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 the park is dangerous. You might forget the experience, but keep the emotions. You would grow up and say 'oh I've never really been into dogs, I don't know why, I'm just not.' Or you might not buy 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 wont buy it.'

EFT may not 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 the user to find a solution and feel better. Feeling better is the first step towards healing. Profound shifts have taken place through this simple technique and it is being used by many psychologists and healing groups around the world.



About Monica Batiste

I am passionate about education, emotional intelligence, health and personal expression through whatever medium supports your soul.

All humans deserve a chance to live the life they were born to live, and it's never too late to realise your dreams.

I hope to support the personal development of others through the mediums that bring me joy; Art, Books and Yoga.

More books by Monica

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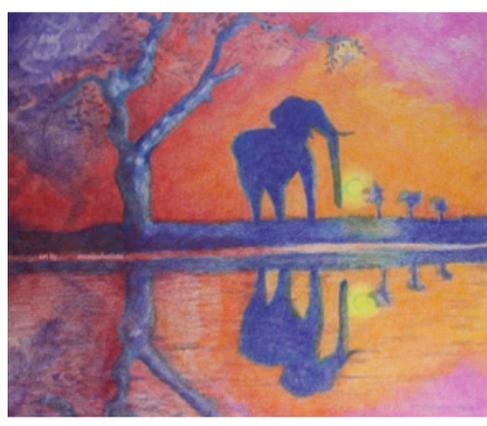
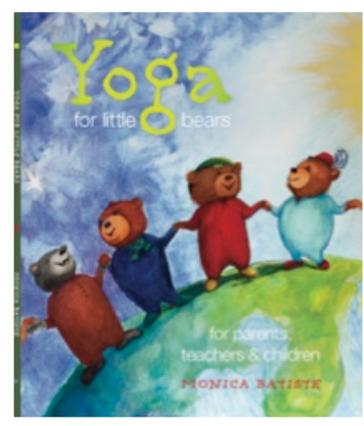
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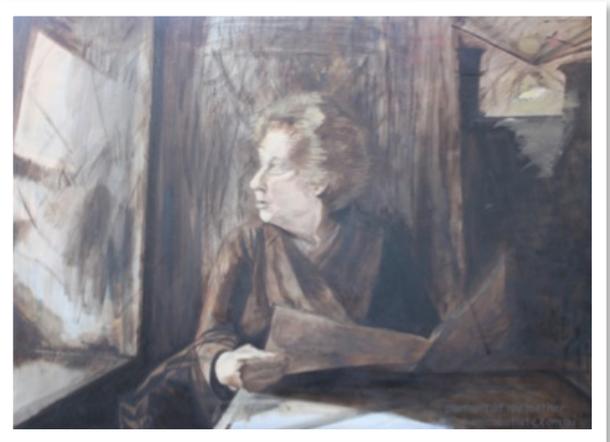
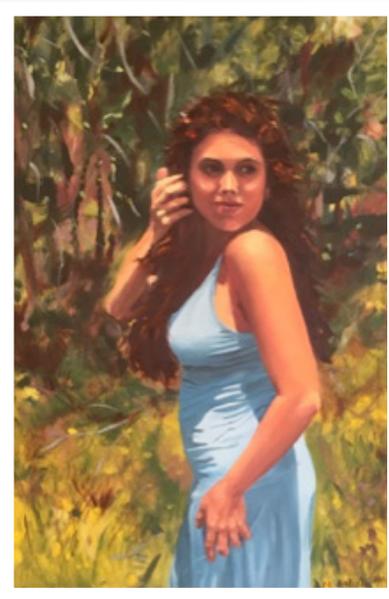
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