

Emotional Freedom Technique

Tapping in Public

Love2Live

Many people balk at the thought of using EFT in public (in front of others who don't know what EFT is or what you are doing). There are many reasons why you should do EFT in public:

1. Tapping whilst you are "in the moment" is very effective
2. Tapping can help you gain clarity whilst you are in a job interview, test or meeting
3. Tapping to help you visualise achieving a goal - such as hitting a home run or hitting the ball cleanly onto the green, just before you do it, is extremely effective.
5. If you feel fear, anger, anxiety, panic or just like crying and you'd like to gain a bit of control - tap on it as the feelings arise!

So don't put off tapping just because you're in public!

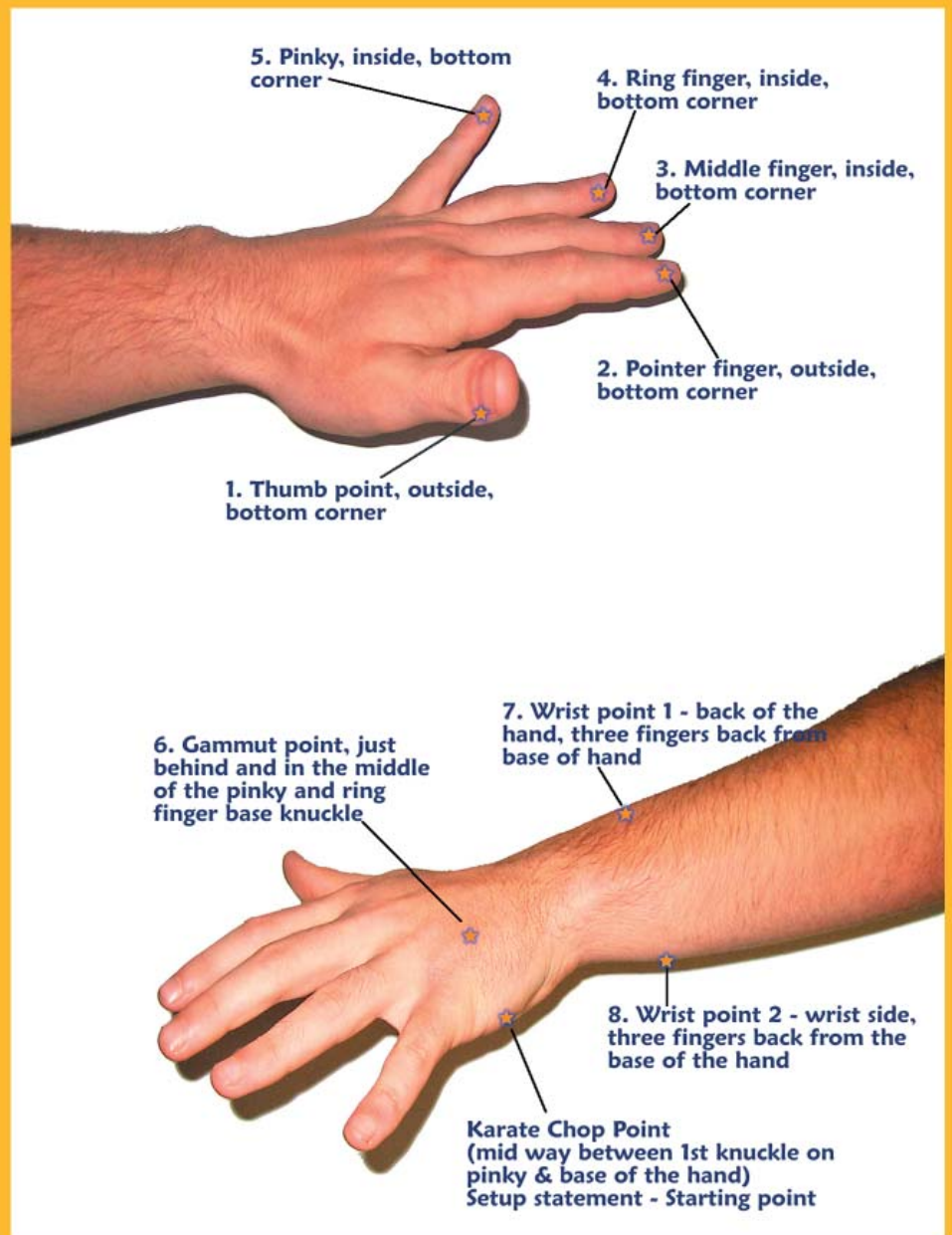
I bet you think someone will notice... well I'm telling you now that there are so many ways to hide it and do it undiscovered in public that you really have no excuse. If you want to, you could tap in the middle of a shopping centre and no one would notice. Especially if you do it calmly, as you walk and make your tapping look like it's just a normal movement - such as scratching your head, or eyebrow or cough whilst thumping your collar bone.

But if it still makes you uneasy to do the EFT points in public, there is an easier way, you can use these hand points which are also highly effective. You should start off with your setup phrase on the Karate point. You can do this by thumping the Karate Chop point against something such as a table or car steering wheel and saying the phrase out loud in your head clearly.

Then proceed to saying the reminder phrase silently

beginning on the thumb point, then pointer finger, middle and pinky finger. Keep repeating these finger points until you've gotten your level down. You can also use three other points too - one which is very effective for anxiety/fearful situations - the gammut point (see below) and the two wrist points for when you are feeling overwhelmed/sad/upset.

You can tap anywhere! Including in meetings...or at a restaurant table... who's going to know what your doing under the table anyway?



Emotional Freedom Technique - Hand Tapping Points (for tapping in PUBLIC)