



EMOTIONAL FREEDOM TECHNIQUES

THE ART OF TAPPING

2026

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FOR TC, MY ROCK

"A book is about what you take from it. Not what the author finds important."

Thea Beckman



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INTRO



I wrote this e-book to help you refine your EFT skills and get even better results from this simple self-help method. It assumes basic knowledge of Official EFT, developed by its founder, Gary Craig. Official EFT has two forms: Gold Standard EFT (Tapping) and Optimal EFT (Meditation). This booklet covers the first.

More Official EFT study materials are available at www.noveteft.com. This booklet accompanies my personal website. As Gary Craig's successor (1940–2026), I want to help share EFT in its original form. I am glad you are reading this e-book (and hopefully studying it!).

EFT is not yet 'recognised' in the Netherlands, although universities worldwide are researching it and many publications demonstrate its effectiveness. However, you must take full responsibility for your use of EFT. I accept no liability.

EFT works well, but self-help alone may not enable everyone to resolve all their issues. If you see no results or progress, you may need guidance from an experienced EFT practitioner.

Enjoy reading, and every success with EFT!

GOLD STANDARD EFT BASIC PROTOCOL



1. Rate your emotion or feeling from 0 (none) to 10 (very intense).
2. Setup Statement: tap the Side of the Hand and say aloud: Even though I have [...], I completely accept myself.
3. Tapping Round: tap each of the 8 EFT points 5–7 times, repeating [...] aloud. Use one hand or both (on paired points), or alternate.
4. Check the intensity of your emotion or feeling and repeat the round.
5. Test: once everything feels like 0, try your best to feel a reaction. Anything left? Keep tapping. Everything 0 or neutral? Done.

THE BASIC PROTOCOL EXPLAINED



THE EMOTION OR FEELING: If you feel an emotion, identify its main category: anger, sadness or fear. Avoid conclusions such as “I feel misunderstood”, “I am being rejected” or “I feel ashamed”. Explore the feeling until you know which main emotion accompanies that thought or conclusion.

SYMPTOM-FOCUSED EFT: Tap on what you feel now. Identify the feeling and where you feel it in your body. It may be an emotion (see above) or a physical sensation, such as pressure in my chest, palpitations or pain in the upper right side of my head. Greater precision brings better results. Combining anger with, for example, a heavy feeling in your chest is especially helpful.

WORKING SPECIFICALLY: This is EFT at its best and brings the strongest results: at exactly which moment do you react? Close your eyes and relive it as though you are there and it is happening now. Let it unfold and feel your reaction, rather than thinking about it.

HANDLING ASPECTS



Aspects include all the feelings and details of a memory: what you see, hear, feel, taste and smell at a specific moment. Your beliefs and conclusions are aspects too. Some issues have many aspects, each needing attention separately. An emotional issue may only clear completely once all its aspects are resolved. Similarly, if many negative or traumatic events contributed to an emotional issue (such as low self-esteem, social phobia or fear of public speaking), fully resolving it often means addressing around 10–20 of those specific events, one by one.

WHERE DO I START? Begin with the aspect that evokes the strongest emotion or feeling, then follow your reactions or intuition. If nothing comes to mind, look for feelings, thoughts or sensations that might relate to it. (Or first tap on “Even though nothing comes to mind and I feel blank”, and see what happens.) Explore the issue broadly: whatever comes up is no coincidence and relates to the issue. Persist and follow each lead.

ADDRESSING BLOCKING BELIEFS



MAKING FRIENDS: Blocking beliefs sometimes prevent an issue from resolving fully. Say the Setup Statement aloud (quietly if you prefer privacy), stating that you accept yourself while naming the issue and tapping the Side of the Hand. This is also called making friends with the issue.

ADDRESSING THE THOUGHT: If this does not work, address the blocking thought that comes up (such as: it will not work, it cannot work, it never works for me, I must live with it, I do not deserve to be free of it, I look silly, this is ridiculous). Your statement becomes: “Even though I believe it will not work for me, I completely accept myself.” Tap a round while focusing on this belief. Keep testing how true it feels and keep tapping until it loses its power. Address everything that comes up this way before returning to the original issue.

WHEN STRONG EMOTIONS COME UP



KEEP GOING: Sometimes an emotion becomes much stronger than it was at the start. Again, name it (the stronger emotion, or a new one such as “this sad feeling”) and keep tapping until its intensity is 0. **DO NOT STOP!** Nothing has gone wrong. You have not tapped anything into yourself. You are simply more connected to the issue. This is an opportunity: the more activated it is, the more you can clear. Keep tapping until the emotion reaches 0.

STEPPING OUT: If it feels unbearable, step out by opening your eyes, standing up, counting backwards from 10, etc. If something is too big to address alone, seek an experienced EFT practitioner’s help. But do not give up too soon. You can probably do more yourself than you think, and persistence pays off.

MORE OFTEN BEATS LONGER: EFT always works, but not always immediately. You can have one long session, or tap daily, even several times a day. Gary Craig always said: do it before meals, after meals, on the toilet. Make it a habit. As mentioned, sometimes an EFT practitioner’s guidance is wise. Professional guidance makes reaching the heart of an issue easier than working alone, because you are so closely involved in it.



WAYS TO TAP (1)

FAVOURITE POINT: You may notice a favourite point (often the Collarbone, but not always). Tapping it brings a noticeable change: an emotion fades or shifts, or you sigh deeply. You can tap this point with one hand while doing the round with the other. Your favourite point may also feel more sensitive than the others. Tap it for longer, but gently enough to avoid pain. You can also use it in public, where it attracts less attention than the full protocol.

TWO HANDS: We now use both hands to tap paired points on both sides. Start with one hand on the Top of the Head, then both on the Eyebrows, Side of the Eyes and Under the Eyes. Continue with one hand on the Collarbone and Under the Arm. You may also alternate sides and hands. If you cannot tap for any reason, simply visualise tapping the points. Interestingly, this works too! Another option is to imagine someone else tapping on you.

NO TAPPING? In an early video, Gary Craig said we might one day be surprised that we used to tap at all. Since 2014, it has become clear that he was already developing his newest form of EFT: Optimal EFT. This uses the Unseen Therapist, your inner healer. Optimal EFT involves meditation instead of tapping. Find out more at www.noveteft.com.



WAYS TO TAP (2)

INTUITIVE TAPPING: You need not follow the whole protocol every time. Move up and down and change the order. With practice, you may feel drawn to some points rather than others. Follow that intuition. You cannot tap incorrectly or too often. If results are limited or absent, you can always return to the Basic Protocol.

DAILY TAPPING: If an issue does not clear in one go, make a habit of tapping throughout the day. Try every morning and evening, or more often: before and after meals, in the car, in the shower. As mentioned, there is no such thing as too often with EFT (too little, yes...). Tap on a specific issue or a more general feeling (“Even though I do not feel very well”). People who tap regularly report feeling better, more relaxed and less stressed.

A final encouragement: if an issue does not respond immediately, keep going! If discouraging thoughts arise (“See, it never works for me”), tap a round on those first, then return to the issue that has not yet responded.

WHAT TO TAP ON



ALTERNATING: Switching between emotional and physical issues works especially well. Addressing both body and mind is very effective. When working on a physical symptom, ask what feeling goes with it and tap on that too. Conversely, after addressing a thought or memory/event, consider where it might show up in your body and tap on that.

WHICH MOMENT? The most common mistake is trying to tap on too much at once. Identify the **SPECIFIC MOMENT** when the troubling reaction occurs. Step into it as though it is happening **NOW** and feel your response. Notice your thoughts too, but connect them to what you feel. Use whatever comes up while tapping, keeping it linked to the moment you are addressing. Follow changes in your thoughts and feelings. Take care to clear each event to 0 before moving to another. Other situations will almost inevitably come to mind because our brains make associations. Set them aside (or jot them down) for later. Do not cling to the wording of your Setup Statement. An image or a feeling is fine too. Focus on it and keep tapping. Address everything, while staying with 'one thing'.

JUST BEGIN: Even if you cannot pinpoint the issue, start tapping and say aloud what bothers you: "Even though I do not know what causes this headache, it really bothers me and I want it gone. It would be good to resolve it somehow." First tap on how it feels, then especially on your emotional response to that feeling. As you work, the physical symptoms and the associated emotions and feelings fade.



MORE ON EMOTIONS (1)

FRUSTRATION: Try tapping whenever your own behaviour frustrates you: "I accept myself even though I do a (or do not do b)." Repeat the full acceptance statement at every point. Then try "I accept myself even though I keep doing a (or never do b)." Again, repeat the full statement at each point. Another option is: "I accept myself even though I do not accept that I do a (or do not do b)", or even "I accept myself even though I never accept myself!"

KEEP IT SIMPLE: Most negative emotions can be traced back to sadness, anger or fear. Ultimately, sadness and anger are forms of fear. In essence, there are only two emotions, feelings or states of being: love and peace, or fear. With thoughts and conclusions ("I do not understand", "this should not have happened", "why me?", disappointment, etc.), look for the emotion attached to them. Disappointment may involve sadness, anger or fear. Explore the feeling until this is clear. Your approach will become more specific and therefore more effective.



MORE ON EMOTIONS (2)

EVERYDAY EMOTIONS: The Tell the Story Technique or Movie Technique works very well for minor daily upsets. If needed, first tap a round on your worries, doubts or negative beliefs about this approach. Then tell the story in your mind or play the movie. Stop whenever emotion arises and tap a round on that emotion or feeling. Focus on whatever stands out most: an image, a physical sensation or something you say to yourself. Once fairly calm, continue the story/movie. When finished, go through it all again and tap on any remaining emotions or physical sensations. When everything seems like 0, test: try your best to provoke a reaction. Anything left? Keep tapping! No reaction, a calm, relaxed body and no emotions linked to the event? Done.

THE PAST: Tapping on specific past events is far more effective than addressing broad themes such as rejection, inadequacy or inferiority. Ask yourself: "What does this remind me of?" Review your past for events involving the same feeling or issue. Apply EFT to each part of the specific event that evokes emotion, moving through it step by step in the PRESENT TENSE. Tell yourself the story or play the movie. Keep going until no emotions or physical sensations remain in any aspect of that specific event.

MORE ON BLOCKING BELIEFS (1)



THE BLOCK: If you get no results, a negative blocking belief may be involved: I do not believe I can be free of this issue. I do not deserve to be free of it. I cannot resolve it now. Resolving it is scary. I have had it so long, it cannot be this easy to resolve. I must not be free of it because it was my fault. If one of these beliefs (or another) plays a role, tap a round, repeating it at every point. Then return to your original work. If the intensity now drops, you have cleared the block. If not, tap another round on the belief.

WHERE DID YOU LEARN IT? Ask where you acquired this negative blocking belief. Who taught it to you? When did you first learn it? In what situation? For an emotional event, use the Tell the Story or Movie Technique. You may need to address several events to neutralise the belief. If you cannot identify the event that shaped it, ask what kind of event could cause such a belief, or what might have happened in your past, even if you are unsure. Apply EFT as though it happened, allowing your subconscious to bring up everything relevant.

MORE ON BLOCKING BELIEFS (2)



WORKING TO A TESTED ZERO: Always aim for 0 when working specifically on an event. If you reduce an intense issue to, say, 2, do not assume that is as far as you can go. Take it from me: complete emotional freedom is possible! If progress seems impossible, assume an unidentified aspect has emerged and tap on: “Even though I cannot get below this level 2 right now, I completely accept myself.” Set it aside briefly and return to it later.

SELF-SABOTAGE: If thoughts such as “nothing is happening” or “it never works for me” arise while tapping, pause your round and tap on that thought. This is a negative blocking belief, just like those above. It is no coincidence that you think it now! People often say they do not know their blocks, but these are exactly that. Create a new Setup Statement and tap a round on the negative belief. Then return to the original issue. Progress? The block has cleared or at least weakened. No results? Pause again and tap on the negative blocking belief.

TAPPING ON PHYSICAL ISSUES



BE SPECIFIC: Specificity matters. “This throbbing headache behind my right eye” is better than “this headache”. If several areas hurt, start with the most intense. Tap on what you think may be the emotional cause. You need not be sure, and guessing is fine. Find the specific events linked to these emotional causes and tap on them to a tested zero. Your emotional response to the physical issue also matters. Tap on your feelings or thoughts about it and its consequences. For example: “Even though this headache means I must cancel my appointment and I am angry...” Finally, ask what the symptom or issue is trying to tell you. If it could speak, what would it say? Tap on everything that comes up.

CHASING THE PAIN: As mentioned, pain often moves. Keep chasing it until it is gone. Name each location and tap on it. Remember that the meridian system is independent of physical anatomy. It remains intact even with paralysis, other neurological conditions or amputations. You can still use EFT in these situations, as it does not depend on normal anatomy.

EFT WITH YOUR FAMILY (1)



PERMISSION? It may seem obvious, but only tap on someone with their consent! Enthusiasm about EFT can make us want to use it on everyone. Respect other people's boundaries. Having someone tap on you, or tapping on them, can be powerful. This relates to intention: when two people share the intention to resolve an issue or ease a symptom, they reinforce each other.

CHILDREN: First address your own emotional reactions, as these can prevent you from being fully present for your child. Like adults, children need to hear that they are OK even when they have an issue. With very young children who are restless or sad, you can start tapping without a Setup Statement. For older children, use words they understand: "Even though I have [this issue], I am a lovely child / my parents love me / I am a good child." You can also tap your child's Side of the Hand and say, for example: "Even though you are afraid of the dark, I love you." Then tap a round on "afraid". Check and repeat. Young children enjoy EFT at bedtime. Tap gently as your child explains what bothers them, why they cannot sleep or what scares them. Use the Setup Statements above if helpful.

EFT WITH YOUR FAMILY (2)



SURROGATE EFT: Many EFT users report good results from surrogate tapping: tapping on yourself for your child. You can look at a photo of your child while tapping on yourself, or tap on the photo itself! Another elegant approach uses a Tappybear: a bear with buttons at the tapping points, making EFT easy for young children to learn. They tap on the bear first, then themselves. If your child is too upset to engage, tap on the bear while looking at your child, silently saying statements on their behalf: “Even though I am very angry and frustrated, I am a lovely child / I am a good child / my parents love me / I choose to stay calm / I choose to respond differently.”

RELATIONSHIP ISSUES: First tapping on everything you feel at that moment works surprisingly well for relationship difficulties. In a video, Gary Craig said he often used this and had far fewer clashes with his partner (“and I should know, I have been married three times”, he added). Tap away frustration, irritation, anger or sadness before talking to your partner, if talking is still needed. Try tapping, perhaps on your favourite point, while discussing something, whether speaking or listening. If you both know EFT, tap together. In his relationship book *She’ll Be Right*, David Lake suggests that the listener continuously tap the speaker’s Side of the Hand while listening, then swap roles. He explains that this stimulates both people’s meridian systems, since the person tapping also stimulates their own fingertips.

A FEW FINAL TIPS



YOUR SELF-IMAGE: Look at how you see yourself. To change your life, see clearly how you want to be, without objections such as “I cannot”, “I am only...” or “I will never manage that”. When considering who, how and what you want to be, tap immediately on any negative or blocking thoughts. Continue until you really feel you can be that way. You will notice a happy, excited feeling, an eagerness to make the changes you want, or a certainty that you will succeed.

VISUALISATION & EFT: You can only reach your goal if you can see and feel yourself as though you have already achieved it. Tap a round daily while imagining that you have reached your goal. Create a movie or image of it, then step into it emotionally. This is a powerful way to bring it into your life. (For those familiar with it: this is the Law of Attraction in action!)



"Any book of some importance should be read twice in succession."

A. Schopenhauer, German philosopher (1788–1860)