

Sticks and Stones:

Using EFT to Keep Words From Hurting



By Pat Burns,
EFT Practitioner

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Disclaimer: All information in this book is for educational purposes only. In no way is anything here intended to suggest that it is a substitute for proper medical care or good common sense. While EFT has produced remarkable clinical results, it must still be considered "experimental". If you use these techniques, you agree to take complete responsibility for your use of EFT.

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About EFT

Emotional Freedom Techniques or EFT is an emotional version of Chinese acupuncture, but instead of using needles, you gently tap on the traditional acupuncture points. EFT can help us heal with physical problems such as aches and pains, sore throats and stiff backs, and can help with phobias, weight loss, smoking, stress, anxiety, low self esteem, painful memories and any number of other problems. It's simple to learn and simple to use.

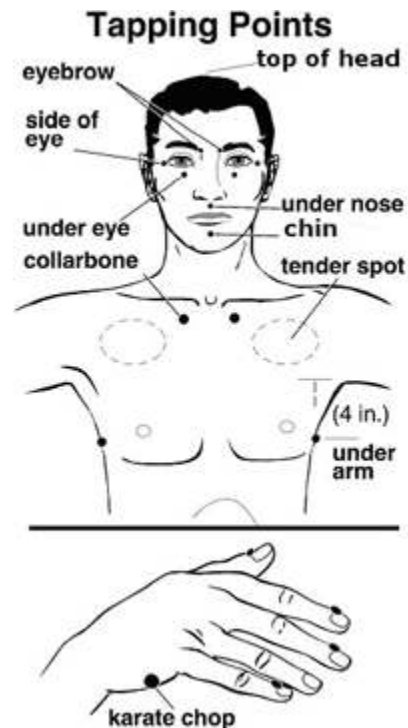
EFT works like this: The bad experience that we suffered in the past caused a disruption in the body's energy system, a bit like a short circuit in a piece of electrical equipment. It is this disruption that causes us to have an unwanted emotional or physical response.

During EFT we tap on some of the body's main acupuncture points, which has the effect of clearing the disruption in our energy system. We are then able to think about that same issue, but it no longer gives us the same response because the disruption is gone.

Tapping Points

There are over a dozen tapping points, but the most common are:

- 1) The top of head point is in the center of the top of your head.
- 2) The eyebrow point is between the inside of your eyebrow and the top of your nose.
- 3) The side of eye point is at the end of your eyebrow.
- 4) The under the eye point is directly under your eye.
- 5) The under the nose point is between your nose and your upper lip.
- 6) The chin point is between your lower lip and your chin.
- 7) The collar bone point is on the right or left side, directly over your collar bone.
- 8) The under arm point is about 4 inches down from your armpit, on left or right.



Before getting started with EFT, you decide what issue you're going to work on, and then evaluate your emotional intensity regarding that issue. If your issue is the loss of your dog, you evaluate your pain over that, with 10 being the worst pain and zero being no pain. You would probably have a fair amount of emotion over this issue, and your intensity level might be an 8.

Now that you're ready to start, you'll need what's called a setup statement. You have to focus on the problem at hand when tapping, and setup helps with that. Your setup might be something like, "Even though I feel as though I've been abandoned, I deeply and completely accept myself." You repeat the setup statement 3 times while tapping continuously on the karate chop point.

Following the setup, you do a round of EFT, which would involve tapping on the eyebrow point, side of eye, under the eye, under the nose, chin, collar bone and top of head, while repeating at each point, "This abandonment".

After 1 or 2 rounds of tapping, stop and re-evaluate the intensity of the issue you're working on. After starting out at an intensity of 8, you may now be down to 2 or 3. Another round of tapping may very well take your intensity level to zero. At that point you can think about or discuss the death of your pet with none of the original emotional pain and intensity.

EFT works in the same way for physical problems. For instance, suppose that you woke up this morning with a stiff neck. First assess the intensity level of pain or discomfort. Then think about how your stiff neck feels. Your setup statement would be along the lines of, "Even though I have this stiffness on the right side of my neck, I deeply and completely love and accept myself". Start your round of tapping with statements like, "This stiffness in my neck", "This feeling of tightness on the right side of my neck", and "This discomfort I feel when I move my neck". After several rounds of tapping, the chances are very good that your neck will no longer be stiff.

There is no limit to the number of ways in which EFT can be used as a healing tool in each of our lives. Once you get past the point where you're worried about whether you're tapping in the right place, or saying the right words, you become more comfortable with the process, and can tackle more complex issues with EFT. I personally have used it for all kinds of physical pain and discomfort, as well as stress, anxiety, poor self esteem and issues too numerous to list.

EFT can do amazing things. The pain and sadness of feelings or memories can be eliminated, allowing you to recall or discuss that feeling or memory without any of the emotional charge originally associated with it. As a birthmother myself, with 40 years of painful memories, I can speak personally to the effectiveness of EFT for dealing with adoption related pain.

How To Use EFT

One problem that many people new to EFT run into is the feeling that they don't know the right words to say when tapping. With that in mind, this book will provide you with specific setup statements and reminder phrases to use as you tap on your various issues.

All setup phrases, always starting with "Even though....what the issue is", should be followed by "I deeply and completely accept myself". Therefore, this would be a correct setup statement: "Even though I feel very sad about not knowing my birth family, I deeply and completely accept myself".

The setup statement is repeated three times while continuously tapping on the karate chop point.

For the remainder of the round of EFT, a reminder phrase such as "This sadness" is repeated while tapping 5 to 7 times on eyebrow, side of eye, under eye, under nose, chin, collar bone, under arm and top of head.

You will probably want to practice a bit, in order to be sure you've got the routine down, and are tapping on all the correct tapping points.

How will you know if EFT is working?

The experience can be a little different for each person using EFT. The simplest way to describe what you will experience is that you will feel the flow of energy in your body. Remember that by using EFT we are unblocking blocked energy, and when that energy starts to flow normally, you should feel that. Different people feel energy moving in different parts of their bodies. You will

feel a tingle, and that is usually followed by a feeling of relaxation. I personally can feel energy moving in my neck and shoulders, but others feel it in their arms, legs, back or other areas. Although the experience is difficult to accurately describe, rest assured that you will know when EFT is working, and you'll love the feeling of peace and well being that results from successful EFT.

The right words are YOUR words!

As you become more familiar with tapping, don't be afraid to be creative and to play with the words in your setup and reminder phrases. If you have an issue not covered in this book, you can easily create the words to tap on that issue.

If deep down you are feeling of anger that your family has no respect for you because you stayed in an abusive marriage, think about how you're feeling, and take those feelings and put them into a setup statement and reminders.

"Even though I'm really hurt that my family doesn't understand why I stayed in my marriage, I deeply and profoundly love and accept myself."

Tune into your thoughts and feelings, because those are very issues that should be tapped on.

Words Can Hurt

We all know far too well how much words can hurt. Things said out of spite or malice can be extremely painful, and that is especially true when they are coming from the mouths of those that we love best....spouses, children, parents, close friends..the people in our lives that we expect love and support from, but who sometimes disappoint us, as I'm sure we sometimes disappoint them.

At other times, words may not hurt us nearly as much as they anger us. If someone that we care about speaks to us with a lack of compassion or respect, which we all deserve, that can trigger a lot of anger. After all, who are *they* to speak to us in that way? What did we do to deserve to be treated in that way?

The Golden Rule, "Do unto others as you would have them do unto you" is something to strive for, but we don't always follow it, nor do those around us. Sometimes hurtful words from others are deliberate, and at other times they aren't actually meant to hurt, but how we interpret them makes them hurtful.

Just as we have conditioned ourselves to take offense at certain kinds of words, or certain tones of voice, we can also condition ourselves to not take those words personally, and to let words slide off our backs like water off a duck. No matter how hurtful the words of others may be, the real hurt for us is in our interpretation, and EFT can help us to deal with that in a way that reduces our sensitivity, and thereby enhances our relationships with others.

We are providing tapping scripts to allow you to deal with a variety of situations in which you might find yourself. If you find that none of our scripts are helpful to you, you may need to compose your own individualized scripts, which is not really hard to do. Simply use your own thoughts and feelings regarding whatever upsetting situation you find yourself in. Play with the wording until it feels right to you, and then try tapping, and see how that feels. You will usually find that as you tap, your thoughts and feelings change, so change your scripts accordingly.

Words That Hurt From a Spouse

We have all been in a situation at one time or another (and for some of us, many times!) in which our spouse becomes annoyed or angry at us for one reason or another. Sometimes the anger may be justified, and at other times it may just have been that our spouse wasn't feeling well, was having a bad day, or had a stressful day at work, and that anger and frustration comes tumbling out.

Being in a committed relationship isn't easy. The closer you get to a person emotionally, the better you know them, and the easier it becomes to push their buttons, deliberately or not.

We would all like to believe that we can and will act in an adult manner in such a situation, but the often doesn't happen. You find yourself caught up in the emotion of the moment, and react in an emotional way yourself.

EFT is a wonderful tool for helping us to change the way in which we react, and for defusing such potentially highly charged situations.

Tapping For Hurtful Words From a Spouse

Karate chop:

Even though the way my husband/wife talked to me really hurt, and I didn't deserve to be talked to that way, I deeply and profoundly love and accept myself.

Even though my husband's/wife's words cut like a knife, and I'm really in pain over what he/she said, I deeply and profoundly love and accept myself.

Even though those hurtful words are in my head and I don't know how to get rid of them, but it's awful to hurt this way, I deeply and profoundly love and accept myself, and I choose to consider ways that there may be a way to let go of those hurtful words.

Eyebrow: My husband/wife said awful things to me

Side of eye: And they really hurt me deeply

Under eye: I'm feeling so much pain

Under nose: About the terrible things that were said to me

Chin: Words can hurt so much

Collar bone: Especially when they come from someone you love

Under arm: What I need is love and understanding

Top of head: But what I get is hurtful and cutting words.

Eyebrow: Such awful words from my husband/wife

Side of eye: But maybe I could find a different way of looking at this

Under eye: My husband's/wife's words really hurt me

Under nose: But I know that he/she loves me

Chin: His/her words hurt me so much

Collar bone: But maybe he/she is just having a bad day

Under arm: Choosing to start letting go of my hurt and resentment

Top of head: Choosing to concentrate on the positive, not the negative.

Eyebrow: Working on letting go of that hurt

Side of eye: Releasing the resentment that I'm feeling

Under eye: Finding a different way to look at this

Under nose: And choosing to consider both sides of the story

Chin: Releasing that hurt and resentment

Collar bone: Letting go of my negative feelings

Under arm: Choosing to embrace peace and harmony

Top of head: And to bring a healing energy to this situation.

Words That Hurt From a Parent

I think it's true for most of us, no matter our age, that when we come into contact with our parents, we somehow revert to being that small girl or boy from so long ago. We react to words and situations in ways that have been conditioned into us since childhood.

In that same way, parents react to their children. As the mother of a grown son and daughter, I can speak to how easy it is to slip into the "mommy role" with my kids. This is again the result of years of conditioning. I'll sometimes find myself saying something to one of my kids, and after the words are out of my mouth, I feel like my mother was speaking through my lips.

As a parent to grown children, it can be far too easy to slip into a place of being critical, as opposed to being supportive. Even though my youngest child is 26, I know that at times I speak to her as though she was 10. It's not what I mean to do, or want to do, but I go to that place out of habit, and then wish I hadn't.

It can be really hard to relate to someone whose diapers you changed, and who you had to put into "time out" way too often, as a competent and intelligent adult, even when logically you know that to be true.

Being on the receiving end of that kind of treatment from a parent is, at best, difficult, and at worst, insulting and demeaning.

Whether you actually did something that your parent has a reason to be upset about, or whether you didn't do anything to deserve the way they're treating you, EFT can help to make amazing changes in the way that you deal with your parents, and the result is that your relationships can improve greatly

Tapping For Hurtful Words From a Parent

Karate chop:

Even though it really hurt me when mom/dad was so critical, and said such hurtful things, I deeply and profoundly love and accept myself.

Even though mom/dad said some pretty awful things to me that were really hard to hear from your own parent, and I feel deeply hurt about what happened, I deeply and profoundly love and accept myself.

Even though I have this deep well of hurt in me about what mom/dad said to me, and it makes me angry too, that she/he would talk to me that way, I deeply and profoundly love and accept myself, and I choose to consider that maybe mom/dad really had my best interests at heart.

Eyebrow: I'm feeling so hurt by what mom/dad said

Side of eye: I felt like I was being attacked

Under eye: By a person that I expected to love and support me

Under nose: It was really hard to hear

Chin: And especially from a parent that I love

Collar bone: So much hurt and pain over what was said

Under arm: I just can't imagine

Top of head: How our relationship can ever be the same.

Eyebrow: All this pain over what mom/dad said to me

Side of eye: But maybe I could find a different way of looking at things

Under eye: It really hurt to hear those words

Under nose: But maybe mom/dad didn't mean to hurt me

Chin: And was only trying to help

Collar bone: I feel deeply hurt by what happened

Under arm: But I'm choosing to start working on

Top of head: Releasing all that hurt and pain.

Eyebrow: Starting to let go of the hurt

Side of eye: Letting the pain just drain away

Under eye: Choosing love, acceptance and tolerance

Under nose: Letting go of pain and rejection

Chin: Breathing in peace, relaxation and healing

Collar bone: Breathing out pain and hurt

Under arm: Releasing more with each breath

Top of head: And replacing it with a healing energy.

Words That Hurt From a Child

Whether our children are still young, or whether they're adults, it can be difficult and painful to be criticized by our own kids. We all feel that as parents, we deserve a certain amount of respect and consideration. Most times that's true, but on the other hand, there are also times when we adults/parents behave badly ourselves, and our children are usually not inclined to cut us any slack in those situations.

Once our children are grown, our relationship with them should evolve into an adult to adult relationship. If, however, we treat our grown children as though they were still young and inexperienced, it can lead to some tense situations between parent and child.

As children grow into teenagers, that affects the parent-child relationship. Teens are growing and learning and experiencing life. They're becoming more independent, and resent being treated as though they're children. Learning to back off and give your child the independence that they need can be difficult, and failing to do so can seriously impact your relationship with them.

While there is no excuse for an insolent or insulting child, we also need to keep in mind that we should be modeling behavior for our children. If we fail to show emotional control ourselves, the chances are good that our children will also fail to show emotional control.

EFT can help you to find a comfortable place from which to deal with your kids, no matter their age, and can help you to model the behaviors that you'd like to see in them.

Tapping When Your Kids Are Disrespectful

Karate chop:

Even though it was really hurtful to have my son/daughter speak so disrespectfully to me, I deeply and profoundly love and accept myself.

Even though it hurt me and made me angry to have my son/daughter show such a total lack of respect for me, I deeply and profoundly love and accept myself.

Even though it's really painful to have your own child talk to you the way mine did, and I know that I didn't deserve to be treated that way, I deeply and profoundly love and accept myself.

Eyebrow: It really hurt me
Side of eye: To have my son/daughter talk to me the way he/she did
Under eye: And it also made me mad
Under nose: That she/he would be so disrespectful
Chin: I deserve better treatment than that
Collar bone: It hurt my feelings so much
Under arm: To be talked to by my own child
Top of head: In such a mean and disrespectful way.

Eyebrow: I feel so hurt right now
Side of eye: It's painful to have your own child show you disrespect
Under eye: Everyone deserves to be shown respect
Under nose: And I know that I deserve that
Chin: All this hurt over being disrespected
Collar bone: By my very own son/daughter
Under arm: I'm choosing to start letting go
Top of head: Of some of that hurt I'm feeling.

Eyebrow: Choosing to start releasing the pain
Side of eye: Letting go of all those hurt feelings
Under eye: Reminding myself of the love
Under nose: That my son/daughter and I have for each other
Chin: We may not always agree or get along
Collar bone: But we will always share that bond of love
Under arm: Letting go of the pain and hurt feelings
Top of head: Transforming them into an energy of peace and healing.

Words That Hurt From a Sibling

Siblings are the people who know us best. Having grown up together, we each know the issues of the other, and it's easy to push buttons or have your buttons pushed by a sister or brother.

Most families deal with the issues of birth order and how that affects family members. Your youngest sister may be 40 years old, and yet you might find yourself saying "You were always the most spoiled because you were youngest". Your sister, on the other hand, might say "Everything you did was right, and everything I did was wrong. I hated having you for an older sister."

Often this kind of sibling rivalry also includes relationships with parents. It's fairly common to hear one sibling say to another "Mom always loved you best", or something along those lines. Maybe you really *were* mom's favorite, but maybe that was just how your siblings perceived the situation from their unique positions.

We all want to be able to count on family for love and support. EFT can help to enhance sibling relationships, and to defuse difficult situations. Just stop bickering and start tapping!

Tapping for Sibling Rivalry/Jealousy

Karate chop:

Even though it makes me sad and mad when my sister/brother says hurtful things to me, I deeply and profoundly love and accept myself.

Even though it really hurts me when angry words are said between my sister/brother and I, and I just want to make things better between us, I deeply and profoundly love and accept myself.

Even though my sister/brother said things to me that were deeply painful, and it was hard to hear those words, I deeply and profoundly love and accept myself, and I choose to remind myself about how much love there is between us.

Eyebrow: I am so upset and hurt

Side of eye: That my sister/brother would say the things she/he did

Under eye: It was really hurtful

Under nose: To have to listen to those words

Chin: All those hurt feelings

Collar bone: And some anger too

Under arm: Because my sister/brother

Top of head: Attacked me with words.

Eyebrow: We fought when we were children
Side of eye: But all sisters and brothers fight
Under eye: But now we're adults
Under nose: And it hurts to know that my sister/brother feels that way
Chin: Choosing to not take the words personally
Collar bone: Recognizing that maybe my sister/brother was upset
Under arm: Working on releasing the hurt
Top of head: From the words that were said.

Eyebrow: Letting go of the hurt feelings
Side of eye: And letting go of the feelings of anger
Under eye: Working on accepting my sister/brother with all her/his faults
Under nose: Because nobody is perfect..I'm certainly not
Chin: Releasing the feelings of hurt
Collar bone: Refusing to get stuck in the negative
Under arm: Letting that hurt just flow out of my body
Top of head: And replacing it with peace and healing.

Words That Hurt From a Friend

Friends are the family that we choose to surround ourselves with. Parents, siblings and children are our biological reality, and depending on the kinds of persons they are, we may or may not get the support and love that we're all looking for.

Friends, on the other hand, are those to whom we relate closely, and feel a kinship, a closeness of spirit that connects us. From friends we can usually count on love and support. If we're getting something different, there may be a very good reason for that, however difficult it may be to hear.

Friends are the ones that we can usually count on to be honest with us, and to tell us the things that we may not really want to hear. Drinking too much? A good friend may well be the one who confronts you and offers help to turn the situation around. Letting family walk all over you? Again, friends are often the ones who tell it like it is, and help you to understand that you have a right to stand up for yourself, and you should do so.

When, however, you're getting advice from a friend that just doesn't feel right or true to you, you may need to take another look at that friendship. Some people are friends for life, and you'll always have their undying loyalty. Others, though, may be more fickle, and may not truly have your best interests at heart.

When you're hearing hurtful words from someone that you consider to be a friend, it's important to really listen, and to consider what they're saying. Is there some truth to it? Have you been out of line in some way, and you're being called to task for that? Does your heart and gut tell you that the person is sincere, or do you have this nagging doubt about what they're saying? Make an **honest** assessment before reacting.

Tapping for Hurtful Words Said By a Friend

Karate chop:

Eyebrow: I'm so full of hurt and pain

Side of eye: That a friend would talk to me like _____ did

Under eye: I expect a friend to be there to support me

Under nose: And not to say hurtful things to me

Chin: It really hurts my heart

Collar bone: To have a good friend say those things

Under arm: Who can I count on for love and support

Top of head: If I can't count on my own friend?

Eyebrow: I feel so very sad
Side of eye: About the way that _____ talked to me
Under eye: But I'm choosing to consider
Under nose: That maybe she/he was just trying to help
Chin: Words can cut like knives
Collar bone: And these words did
Under arm: But I know that _____ cares about me
Top of head: I'm choosing to focus on that positive thought.

Eyebrow: I really feel sad and hurt
Side of eye: But I'm choosing to start working on
Under eye: Releasing all of that sadness and hurt
Under nose: Letting it just flow out of my body
Chin: Releasing more hurt with each breath I take
Collar bone: Focusing on the bond that I have with _____
Under arm: Letting go out of all my hurt feelings
Top of head: And replacing them with an energy of peace and healing.