



EFT for Pain Relief

*A Step by Step Guide for
Beginners*

*By Diane Nickeson-Mendheim, MSW,
LCSW*

About Diane Nickeson-Mendheim



Diane Nickeson-Mendheim, MSW is passionate about health, wellness, and helping people find relief from chronic pain and suffering. She believes that buried within adversity is the possibility for joyful transformation, and hopes that by helping people heal their headache pain she will give them the tools to be fully present in their lives.

Diane is a Licensed Clinical Social Worker and Certified Yoga Instructor from the United States with over ten years of experience as a therapist, yoga teacher, and wellness coach. She has counseled hundreds of clients through adversities such as terminal illness, grief, life-changing medical diagnoses, and chronic pain. No stranger to anxiety and chronic stress, she was able to find relief from persistent suffering using the techniques she now

shares with others.

Having personally experienced chronic suffering, Diane truly believes in the possibility of change and transformation, no matter how insurmountable the problem feels. She loves helping people reclaim the joy in their lives.

Diane is also the creator of a complete program for healing headache pain, “Your Personalized Pain Relief Coaching Package.” Please click below for more information:

www.mindbodyglobal.com



Table of Contents

Chapter 1: It Really IS in your head

Chapter 2: EFT for pain and stress relief

Chapter 3: Basic EFT Instructions

Chapter 4: EFT for Pain Relief

Chapter 5: Tips for success in releasing pain

Chapter 6: Where do I go from here?

Author's Note

The author of this material makes no medical claim for its use. This material is not intended to treat, diagnose, or cure any illness. If you need medical attention, please consult your healthcare provider. The information provided in this book is generalized and intended solely for informational purposes. The information has not been evaluated by any government agency, and is not intended to diagnose, treat, cure, nor prevent any disease. You must consult with a doctor or healthcare professional before making any changes to the prescribed medicines you are taking. Any application of the techniques suggested in this book will be taken at your own discretion and risk. While EFT has never shown any harmful risks, it is important that you take 100% responsibility for your health.

Chapter 1: It Really IS in Your Head

The Connection Between Pain and Stress

The connection between physical pain and emotional distress has been well established by research. That is not to say that pain is not real, but that physical pain has been proven to be aggravated by emotional distress. For example, you may have a headache because you are dehydrated, but your headache gets worse and lasts longer because you are stressed about having a headache.

And sometimes, the stress is the cause of the pain. Have you ever experienced shoulder or back pain following a stressful experience? Does your stomach feel fluttery before you go into a big meeting with your boss? Stress is a normal human experience, and biologically necessary for survival. But too much stress overloads our bodies, and we feel the effects of the stress - pain - long after the stressful event is over.

When we perceive a threat to our safety, our “fight or flight” response kicks in, flooding our nervous system with the hormones that allow us to act quickly and escape from the threat. We fight, or we get the heck out of there. However, unlike the stressors when humans developed this “fight or flight” survival response (lions and tigers and bears, etc.), our modern day stressors tend to be chronic.

When we are *chronically* stressed and overexposed to stress hormones such as cortisol, our body becomes less able to regulate inflammation, which can ultimately contribute to chronic pain. In addition, being constantly flooded with stress hormones interferes with our sleep, makes us irritable, and, of course, makes us anxious. And less able to cope with physical pain.

***Anyone who’s ever had
“butterflies” in their
stomach” has experienced
the connection
between emotional stress
and physical discomfort.***

Practicing regular self-care and stress relief reduces acute anxiety *and* trains our minds to respond differently to stress. Exercise, journaling, and talking with close friends are all excellent ways to relieve daily stress. However, if we find ourselves in constant pain, and especially if the pain is not responding to typical interventions such as over the counter medication, we need something more powerful to kick us out of the cycle of pain and stress. One such resource is EFT.

Chapter 2: EFT for Pain and Stress Relief

Relieving Pain at Its Source

Emotional Freedom Technique [EFT], commonly referred to as “tapping,” is a breakthrough method of healing chronic pain because it not only releases acute stress, but heals the underlying blocks that are feeding the anxiety that may be making your pain persistent.

Sometimes called “psychological acupuncture,” EFT is a form of energy psychology that combines acupuncture theory with the basics of emotional and psychological healing to create a powerful method of eradicating pain—without needles. EFT safely and effectively helps you express negative emotions, discover the true source of your pain and stress, and change the way you fundamentally respond to stressful situations.

When the source of the pain and stress has been healed, interactions and events that used to trigger anxiety or negative thoughts will no longer effect you in the same way.

EFT heals pain in two ways:

- 1) Relieves Acute Stress and Pain
- 2) Banishes Chronic Pain and Stress by Healing the Underlying Block

The first will help you relieve pain that is already in progress and keep it from worsening. The second will help you heal the emotional and psychological blocks that are feeding chronic pain.

Are you ready to try EFT? Let's get started!

Chapter 3: Basic EFT Instructions

Keep a pencil and paper handy for each tapping session.

Step 1: Select a Problem

Select a problem you want to work on. *Be as specific as possible.* For example, instead of “I am stressed” you might say, “I feel stressed because I am overwhelmed by deadlines.”

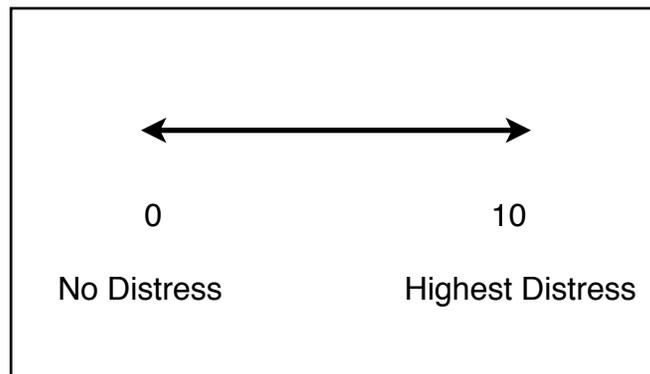
I feel _____ because _____.

Step 2: Rate your Stress

Ask yourself, “how upsetting does this problem feel,” and rate the intensity of your stress on a scale of 0 - 10. Zero is neutral or no distress, and ten is the highest distress you can imagine. This is called a Subjective Units of Distress Scale [SUDS].

Use the diagram below to rate the intensity of your stress:

SUDS Scale

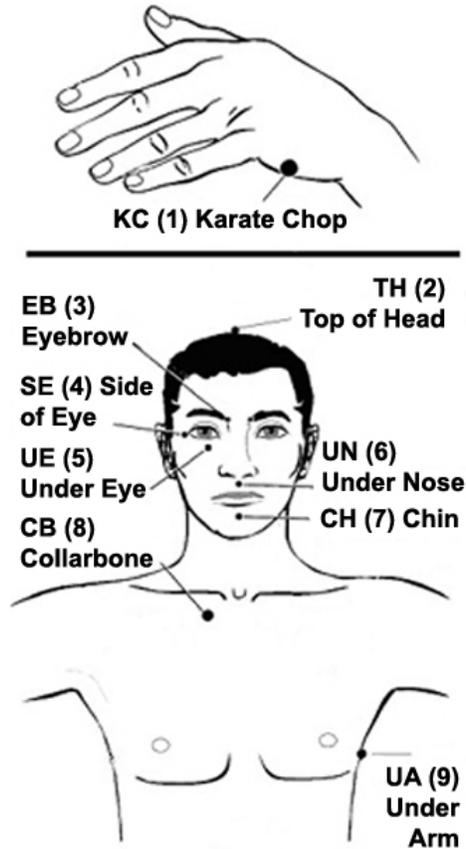


On a scale of 0 to 10, my stress is a _____.

Step 3: Locate the Tapping Points on Your Body

If this is your first time using EFT, locate the tapping points using the diagram below. A detailed description of each point is located beneath the diagram.

Diagram of Tapping Points



KC - Karate chop: used in the setup phase. Located on the edge of either hand, underneath your pinky finger.

Stress Points

EB - Eyebrow: where the bridge of your nose meets your eyebrow - not your forehead. If you are using your right hand, tap on the edge of your right eyebrow.*

SE - Side of the eye, on the bone.

UE - Under the same eye, on the bone.

UN - Under the nose.

CH - Chin: the hollow just under your lips.

CB - Collarbone: from the hollow where your collarbones meet, move your fingers over approximately 2 inches. The point is located just underneath the bone, and you will feel a soft spot.

UA - Under the arm, 3 - 4 inches under the armpit.

TH - Tap all around the top of the head with all five of your fingertips.

* You can use either hand to tap, but once you begin, try not to switch back and forth between hands, as this can become confusing.

Step 4: Perform the Set-up Phase

While tapping on the karate chop point with two or three fingertips, say the following phrase three times.

(See diagram above for the location of the tapping points.)

“Even though I feel _____, I deeply and completely accept myself.” x 3

Step 5: Tap on the Stress Points

Use a **reminder phrase** as you tap on each stress point. A reminder phrase is a word or phrase that names or describes your pain or stress.

(See diagram above for the location of the tapping points.)

Example reminder phrases:

“this anxiety”

“this stress about meeting my deadlines”

“this headache pain”

Tap gently, quickly, and approximately seven times on each spot while saying reminder phrases.

Complete at least one full round before pausing. You may want to do a few rounds.

Example:

1) EB - “this stress”

2) SE - “this anxiety”

3) UE - “this stress about meeting my deadlines”

4) UN - “I’m so overwhelmed”

5) CH - “this stress”

6) CB - “this anxiety”

- 7) UA - "this overwhelm"
8) TH - "I feel so stressed"

Take a deep breath!

Need extra help?

Please click here to view a free EFT demonstration video.

This link may not be accessible on all eBook readers.

To access the link please type

www.mindbodyglobal.com/how-to-do-eft.html into your browser.

Step 6: Rate your Stress Again

How distressed are you now about this problem?

On a scale of 0 to 10, my stress is a _____.

If the number is decreasing, do a few more rounds of tapping, beginning at the setup phase and tapping on the karate chop point.

"Even though I still feel some stress about _____, I deeply and completely accept myself." x 3

Then, tap on the stress points while saying reminder phrases.

Reminder phrases:

"This remaining stress"

"This remaining anxiety about ..."

Step 7: If your Stress is not Decreasing ...

If the number is not going down, ask yourself:

“What else am I feeling about this?”

Not sure? Guess. Guesses tend to be right on target. Ask yourself:

“What else *might* I be feeling about this?”

Example: “I also feel stressed because I’m afraid of letting people down.”

“I also feel _____ because _____.”

Step 8: Begin at the Set-up Phase Again

While tapping on the karate chop point, say:

Example: “Even though I’m afraid of letting other people down, I deeply and completely accept myself.”

“Even though I’m also stressed about _____, I deeply and completely accept myself.” x 3

Tap on the stress points again with new reminder phrases.

Examples:

“This fear”

“This anxiety about letting people down”

Rate your stress again on a scale of 0 to 10. Keep tapping on the stress points until your stress has significantly decreased or is gone.

Now you have the basics. Let’s bring it all together!

Chapter 4: EFT for Pain Relief

Tapping for persistent pain

If you have pain that won't go away, try this script:

Take a SUDS rating of the intensity of your pain and any associated feelings.

Then, begin with your setup (KC):

Even though I have this pain that won't go away, I deeply and completely accept myself anyway.

Even though this pain is making me crazy, I accept who I am and how I feel.

Even though this pain won't go away, I deeply and completely accept myself anyway.

EB - this pain

SE- this pain in my (specific location of your pain)

UE - this pain that won't go away

UN - this pain

CH - I'm so frustrated

CB - I'm so exhausted

UA - I can't take this pain any more

TH - this pain

Tap a few rounds just on the pain. Then pause and check in. What is coming up?

Has the pain moved or changed? If yes, follow the pain and tap on its new location.

Are you aware that the pain was triggered by some sort of stress? If yes, tap on the stress.

EB - I'm so stressed

SE- this stress is feeding my pain

UE - it feels like a monster coming out of me

UN - so much stress

CH - this stress about (whatever the stress is about)

CB - I'm so exhausted

UA - I can't take this pain any more
TH - there must be another way

You may need to add a few rounds of tapping just on the stress before asking yourself if there is another way. When you pause, ask yourself what has come up? You may find that acknowledging your stress and reducing its intensity also reduces your pain. Take a SUDS rating. If your pain has reduced, great! If not, keep tapping!

If your pain and stress is not reducing, don't despair. It may be that your pain is being fed by an underlying issue. You can either tap on this issue to try to discover it, or take a break and do some journaling. Don't give up! Pain relief is in your future!

Chapter 5: Tips for Success in Releasing Pain

Problem: The Pain is Not Reducing

Sometimes it is hard to get to the bottom of an underlying block, and if your distress level is not reducing after several rounds, you may need some help. Options for moving past this problem:

- Journal about what you've learned so far - maybe you will discover a new aspect of your pain by writing about it.
- Talk to a trusted friend about what you've learned and ask for their input.
- Ask yourself, "If I had to take a *wild guess* about what this pain was about, what would I guess? Tap on whatever comes up.
- Ask yourself, "When is the earliest time I remember feeling this way?" Then tap on the memory.
- Seek professional help from a certified EFT coach or therapist

Problem: A Headache Begins to Develop in a Public Place

EFT is effective *even if you don't use your fingers*. If you are in a place where you do not feel comfortable tapping, close your eyes and *envision* yourself tapping on the points while saying the phrases in your head. This method takes some practice, but can ultimately be as effective as actually tapping on the points with your fingers.

Problem: You Are Not Ready to Tap on an Old Block

Copyright 2015 Diane Nickeson-Mendheim
www.mindbodyglobal.com

Perhaps you have discovered your block, but you don't want to open that door. That's ok. It can be scary to dig up old stuff, even though it is necessary to *eradicate* your pain.

Begin your journey to permanent healing by tapping on your fear of what will happen if you tap on the old block. After you reduce your fear of the process you can resume tapping on the block itself.

Chapter 6: Where To Go from Here

I hope that you have benefitted from reading this book, and are well on your way to being pain free! I'd love to continue helping you relieve your pain.

I am offering a **free gift** below: a video demonstrating how to use tapping for releasing stress and pain in five minutes. You can access it by clicking on the link below:

[RELEASING STRESS AND PAIN IN FIVE MINUTES](#)

This link may not be accessible on all eBook readers.

If you are having trouble accessing the link above, please copy and paste <http://www.mindbodyglobal.com/free-gift-tapping-to-release-stress-and-pain-in-five-minutes.html> into your browser or contact me at www.mindbodyglobal.com.

Wishing you health and happiness,

Diane