

FAST
MIGRAINE
HEADACHE RELIEF
with
EFT Tapping



Brad Reed

Praise for

Fast Migraine Headache Relief With EFT Tapping

"...fast relief from the pain without a prescription..."

Amy B. Martin - 5-Stars

"...a great job in cutting through the hype and gives common-sense and practical ways to use tapping..."

Lise Gottlieb - 5-Stars

"I love the tapping suggestions/scripts in this book...they are sensible, easy and quick. I have used some of the suggestions to banish migraines and they worked! EFT is fast becoming one of my favorite go to's for many things, and the relief I got from my migraines has made these tapping suggestions my first line of defense. I started tapping as soon as I realized a migraine was coming, and in the early stages of one. I highly recommend this book."

Anna Reed (No relation to the author) - 5-Stars

"I purchased this book for a friend who suffers from frequent headaches ... I must admit that I was skeptical at first and not expecting much. To my utter surprise she has found almost complete relief from headaches that would leave her bedridden in a darkened room for long periods of time. I've since read the book and have found that it very much in line with my interests in alternative and preventative medicine. While I don't suffer from migraines I cannot argue with the results I see in Linda and have begun to incorporate the techniques taught in this book into my yoga practice."

Tom Taaffe - 5-Stars

"Give this book a thumbs up! Brad's straight forward instructions coupled with his easy writing style delivers a proven method to diminish and eliminate migraines. Brad explains EFT (Emotional Freedom Technique) and includes pictures demonstrating how to implement it. Information on how to use EFT for other concerns, such as constricted breathing, is also covered. A must have for anyone that desires a non- medical way to treat their migraines and/or other emotional/physical concerns."

Jill A. Stone - 5-Stars

Fast Migraine Headache Relief With EFT Tapping

Relief is a close as your fingertips!

Brad Reed

www.WithEFTtapping.com

Copyright Notice

Copyright © 2013 Brad Reed and Transformation Bay, LLC. All rights reserved.

Reproduction or translation of any part of this work beyond that permitted by section 107 or 108 of the 1976 United State Copyright Act without permission of the copyright owner is unlawful. Request for permission or further information should be addressed to the author.

Brad Reed, Transformation Bay LLC.

www.WithEFTtapping.com

This publication is designed to provide accurate and authoritative information in regard to the subject matter covered. It is sold with the understanding that the author and publisher are not engaged in rendering medical, legal, accounting, or other professional services. If medical, legal or other advice or expert assistance is required, the services of a competent professional person should be sought.

All photos are Copyright © 2013 Brad Reed

Cover design Copyright © 2013 Brad Reed

Part of the cover design is presented as a derivative work based on licensed material which is © iStockphoto.com/fredgoldstein

First printing, 2013.

ISBN-13: 978-1494289874

ISBN-10: 1494289873

Printed in the United States Of America.

Disclaimers

The information, instructions, and advice contained in this publication are for educational purposes only. Brad Reed, and Transformation Bay LLC, and the content of this publication cannot be relied upon as treatment, cure, or for prevention of any medical condition, disease, or life situation. It is recommended that you consult with a qualified medical practitioner before acting on or implementing any of the information or recommendations made in this publication. Any use of the information contained in this publication is at your own risk. Because there is always some risk associated with and involved in making life and health changes, Brad Reed, and Transformation Bay LLC are not responsible for any consequences or adverse effects of any kind resulting from the use or misuse of any information, instructions, suggestions, or advice described in this publication. The information is provided “as is” without any representations or warranties, expressed or implied. The reader and/or possessor of these materials assume all risk from non-use, misuse, or use of this information.

The information presented in this publication represents the views of the author at the time of publication. Because conditions change and new information is published or revealed frequently, the author reserves the right to update or alter his opinion based on the new information and conditions. While best efforts have been used in preparing the information in this publication, the author assumes no responsibility for errors, inaccuracies, or omissions. Any slights of people or organizations are unintentional.

Affiliate Link Disclaimer

Please assume that any links in this document are affiliate links. If you were to purchase through one of these links I may receive some compensation for that purchase.

Some of the links in this document may go directly to the products and/or services that I offer, or that are offered as part of my business under Transformation Bay LLC or other businesses with which I have association.

The included affiliate links are for products and services that I have used, or come recommended by sources I personally trust. While I cannot vouch for any product or service that I have not personally created or deliver, there are many excellent products and services of which I am aware and have confidence in and thus feel comfortable recommending.

In the event that you do not wish to purchase through these affiliate links, you may use other means to locate these products or services through your favorite search engine on the web. I appreciate your support through the use of these affiliate links, but it is not required.

Table of Contents

Disclaimersv

Affiliate Link Disclaimer.....vi

Introduction..... 1

 Why this matters..... 2

 What you'll learn..... 3

 Why listen to me? 4

 Online Resources 5

How To Use This Book..... 7

Section 1: EFT Tapping..... 9

 Disclaimer10

 Origins of EFT11

 How does EFT work?13

Overview of the EFT process13

Choosing an issue to work on.....13

Choosing a "summary description or label" for it14

SUDS.....16

Forming The Setup Phrase16

The Setup17

Tapping Process19

Tapping Locations20

EFT Protocol 22

Summary of basic steps for EFT Tapping 24

EFT Tapping Examples 25

Craving Demo..... 26

Breathing Demo 31

Online video example..... 36

Troubleshooting Tips For Common Difficulties In Applying EFT
Tapping 37

 Being too general 37

 Losing track of the issue..... 38

 Say it like it is so you can address the actual issue..... 38

 Skipping steps..... 38

 Addressing an undefined or poorly specified issue..... 39

 EFT Tapping on a Page 40

**Section 2: Applying EFT Tapping For Fast Migraine Headache
Relief 41**

 How to use this section..... 41

 If a Migraine Headache is starting now..... 42

 If you don't have Migraine symptoms right now..... 42

Getting Started With Migraine Headache EFT Tapping..... 43

 Using SUDS, Character, and Location to guide your tapping process
 43

Example Tapping Script Walk-Through	44
SUDS, Character, & Location – Initial Assessment	45
Setup Phrase and KC tapping.....	45
Tapping through the points	46
SUDS, Character, & Location reassessment	47
It shifted	47
Tapping through the points – Round 2	48
SUDS, Character, & Location reassessment after round 2	48
It didn't change - so what happened?.....	49
Tapping through the points – Round 3	49
SUDS, Character, & Location reassessment after round 3	50
Important things to watch for... ..	51
Focus on the feeling	51
Add Setup Phrase.....	51
EFT On A Page Cheat Sheet Migraine Edition.....	52
Migraine Tapping Fast Start	53
Using EFT Tapping To Address Migraine Triggers.....	59
Recognizing triggers	59
Physical Triggers.....	60
Emotional triggers.....	61
Stress.....	61

Anticipation induced stress.....	63
People, Anger, Power & Control	64
Tapping for triggers	65
The power of persistence	66
Tapping Frequently Asked Questions.....	67
Do I need to check with my Doctor before I start using EFT Tapping?.....	67
Who can use EFT Tapping?	68
Is it safe for kids to use EFT Tapping?	68
Is it safe to use EFT Tapping for other things?	68
Which side do I tap on – Right or Left?	69
How hard do I tap?	69
When should I start tapping?	69
How long should I tap?	70
How often should I tap?	70
How do I know that it's working?	71
What should I do when I notice a shift?	71
I noticed an initial shift, but now I'm stuck.....	72
What should I do if I don't notice a shift?	74
How do I know when I'm "done" tapping?	77
How can I be even more effective with EFT Tapping?.....	78
21-Ways To Get Even Better Results... ..	79

Frequently Asked Questions For Migraine Headaches	81
It hurts so bad that I don't want to physically tap, is there another way?	81
My child's pain is so intense that they won't let me help by tapping on them. Is there another way to help them with EFT?	82
Other Headache Tips And Tricks... ..	85
Base of the skull tapping	85
“Headache Point” on the hand	86
Section 3: Tips, Tricks, And Secrets For Using EFT Tapping	89
Floor-To-Ceiling Eye Roll Shortcut	89
Finger Tapping Points.....	91
Mental Tapping.....	92
Public tapping without embarrassment.....	93
Free Online Resources.....	93
Tapping Journal.....	94
Saying it like it is: Be politically INcorrect with your phrasing.....	95
Tap-And-Bitch	97
Borrowing Benefits	99
Conclusion	101
Resources	103
Videos.....	103
Downloadable EFT Tapping Cheat Sheets	104

Scholarly Research..... 104

From the Author, Brad Reed 104

Other Resources 105

Please leave a review of this book on Amazon.com 105

About the Author 107

Introduction

The world has Kristen Eckstein to thank for this book. If it were not for the fact that she was getting a Migraine Headache that September day in Baltimore back in 2010, I would have never had the opportunity to help her relieve those symptoms with EFT Tapping! Kristen was the very first person I helped to get fast relief from her Migraine Headache symptoms. While I didn't actually time how long it took, it certainly felt like it was only about four or five minutes before the symptoms were pretty much gone in her estimation. While I can't guarantee or even suggest that you will be able to achieve those kinds of results, I can tell you that I've done my best to include in this book all the information you need to learn how to apply EFT Tapping to Migraine Headache symptoms.

EFT Tapping is used throughout the world on a daily basis by tens of thousands of individuals to create a better life for themselves. Whether they are focused on using EFT Tapping to eliminate the pain of a Migraine Headache, eliminate their fear of heights, or helping a child get over their pain and sadness about being bullied at school, the results that are commonly delivered by this

Fast Migraine Headache Relief With EFT Tapping

powerful tool are often nothing short of amazing. It doesn't matter if you are well versed in using EFT tapping and are looking for a new approach to dealing with Migraine Headache symptoms, or are brand new to EFT Tapping and this is your first exposure to it, you are in the right place.

I give you my personal promise that I will do my very best to provide you with valuable information that you can apply immediately in your life, and especially to Migraine symptoms. I use Tapping nearly every day, and there are even some days where I apply it multiple times during the day. While we never really know what challenges or upsets we may face during the day, by knowing how to apply EFT Tapping to the things that do happen in our lives we can release the pain, upset, and personal blocks that hold us back from living our full potential. You should consider yourself one of the lucky few who have found this material, because I know that for me, life without EFT Tapping would be far more painful and difficult every day.

Why this matters...

We can't always control what happens to us during the day. We do our best to plan and create the life that we desire, but there are times where the old joke, "Want to make God laugh? Tell him your plans!" really seems to apply. No one ever plans to have a genuine, full-blown Migraine on Tuesday afternoon at 3PM, but sometimes it just shows up anyway. The best thing that we can do is to learn the tools and strategies that will help us to cope and thrive in life. EFT Tapping is the best tool that I've ever found for creating a shift in my situation, regardless of what the situation may be. It is also the best tool that I'm aware of for shifting Migraine Headache pain in many cases.

Introduction

You may have plans for a romantic weekend...or at least you did before the Migraine Headache symptoms started. By knowing and applying the information contained in this book, you will likely be able to create a much more pleasant experience the next time it happens because you will know how to use EFT Tapping to help eliminate the Migraine symptoms before they ruin the weekend.

One of the most powerful reasons this matters is because with EFT Tapping relief can be as close as your fingertips. This is especially compelling because you can start applying this drug-free technique at the very first signs or inkling of Migraine symptoms. You don't have to wait until the symptoms are intense enough to prod you into taking some medication or applying the other techniques you use to try to get some Migraine symptom relief. EFT Tapping for Migraine Headaches is often the most effective when applied at the first sign of symptoms. While no one can absolutely guarantee results with EFT Tapping, or any other modality for that matter, it is one of the fastest and easiest to start applying when symptoms do show up.

I encourage you to read through this book carefully and actively participate in the EFT Tapping exercises that are included. You don't have to wait until Migraine symptoms are present to practice applying the technique. Practicing EFT Tapping before symptoms occur will get you familiar with this simple process so you are more fully prepared to use it when the need arises.

What you'll learn...

The first thing you'll learn is that I'm not a doctor, so you need to consult with a qualified medical practitioner before applying anything that you read in

Fast Migraine Headache Relief With EFT Tapping

this book. The content presented here is for informational purposes and is NOT medical advice of any kind. Please do not proceed any further until you have read and understand the Disclaimer section at the beginning of this book.

The first section of this book will teach you the basics of EFT Tapping and how to apply it with the intention to create a shift within you. That shift may be the reduction or elimination of the pain of a Migraine Headache or even of a physical injury. The shift could also be the reduction or elimination of a fear that affects your ability to live life fully – like the fear of heights, or fear of flying. It could also be an internal shift that is sometimes more challenging to quantify, as when your attitude or outlook shifts, for example when you release your emotional upset or sadness around an event in your personal history. I've personally used EFT Tapping to release the sadness around the passing of my pet cat that I was particularly close to and had been missing terribly for a long time.

The second section of this book will show you how to use EFT Tapping to address the focus topic of this book – relieving Migraine Headache symptoms quickly. In this case, not only will you find a tapping script that you can follow along with, but you will also find a number of suggestions on how to be even more effective in applying EFT Tapping toward Migraine Headache relief. This section also includes information on ways to apply EFT Tapping in your life to possibly help reduce the chances of having a Migraine Headache in the first place.

Why listen to me?

I decided to create this series of EFT Tapping books because I've personally seen too many people be negatively affected by the topics I cover. The amount of

Introduction

pain and suffering that I've seen in the world that could potentially be quickly and easily shifted with these techniques drives me to get these tools into the hands of as many people as I can.

For more than a decade, I've been teaching people how to use EFT Tapping to help them with physical symptoms like Migraines, eliminate self-sabotage, and clear away the roadblocks that are keeping them from success in many areas of their life.

I've been so successful with EFT that one of my case studies on fear of flying was even listed on the official EFT web site.

I'm so dedicated to thoroughly understanding EFT for myself, that not only have I studied the DVD training materials created by Gary Craig, the founder of EFT, and attended three of his live, in-person multi-day workshops, but I have invested the time, effort, and money to earn my EFTCert-1 through the only certification program recommended by Gary shortly before his retirement.

I'm not willing to settle for the uncertain quality and accuracy of "hand me down EFT" and you shouldn't be either. But if you are not able to learn directly from "the source" you should at least learn from someone who has!

Online Resources

Throughout this book are links to online resources. The links send you to a common landing page where the individual resources are available directly on that page, or as links to other pages. This way, as the content available on the internet changes and evolves, you will have access to the most up-to-date version. You

Fast Migraine Headache Relief With EFT Tapping

will also have an opportunity there to sign up for access to updates, enhancements, and other bonus material.

How To Use This Book

If you are new to **EFT Tapping** then I would recommend that you read this book from cover to cover. It will give you a thorough understanding of the basics of EFT Tapping and how to apply it. In the future, when you need to do some more tapping, then you can simply refer to the summary information at the end of the chapters to refresh your memory, as well as revisit any specific steps or details that you want to clarify in your mind.

In addition, I would recommend looking at the resources section for other books in this series that are designed to address specific issues that you may also have need for as well. You may also find that there are topics covered that may not apply directly to you but may be helpful to a friend or loved one. Your personal recommendation can have a very powerful effect in helping them and on creating an even better life for themselves.

If you are familiar with EFT Tapping then I would recommend that you start by scanning through the first section of this book so that you are familiar with

Fast Migraine Headache Relief With EFT Tapping

the specific vocabulary that I use and the way that I communicate the information.

Next, you can dig into the content dealing with Migraine Headaches in section 2. That is where the meat of this book will be for people already familiar with EFT Tapping.

If you have other EFT Tapping books in this series then you are certainly already familiar with EFT Tapping as I present it here. I would still recommend that you start by scanning through the first section of this book, because as I create additional members of this book series, I may add specific content for the topic as well as refine the way that I communicate the information.

Next, dig into section 2 where you will find the migraine-headache-specific content of this book. There you will find the information you are seeking on how to use EFT Tapping to address Migraine symptoms and create the relief you are after.

Section 1: EFT Tapping

What is EFT? EFT stands for Emotional Freedom Technique.

It can be likened to Emotional Acupuncture without needles. It has also been described as a form of acupressure, combined with mental focusing. It's really just a simple form of stress-reduction technique based upon the traditional Chinese energy meridian system - the same meridian system that's been used for the last 5000 years or so in acupuncture. The fact that they've been using it for SO long tells me that it must be effective or they would have abandoned it long ago.

EFT uses the same “energy meridian system” that is used in Acupuncture, but instead of using needles, you tap on specific energy meridian points on the body with your fingers. Whereas Acupuncture is often primarily focused on physical ailments, EFT is usually focused on the emotional side of things. But the cool part about EFT is that often times by “clearing” the “stuck energy” around the emotional side of things, the physical side will also improve dramatically. Many people use EFT

Fast Migraine Headache Relief With EFT Tapping

to directly address physical issues by focusing on the thoughts, feelings, and emotions around the physical issue.

Disclaimer

Before we get started, I have to provide you with the following disclaimer (in addition to the one earlier in the book!):

- I'm not a doctor - I don't even play one on TV.
- The content presented here is for informational purposes only.
- The ideas, techniques, and suggestions presented here are not intended as a substitute for consulting with a professional health care provider.
- While many people have gotten great results using EFT, it's still considered an experimental modality.
- If you have any questions about whether or not to use EFT, please consult with your physician or licensed mental health practitioner.
- Do not discontinue any medication or treatment program without a doctor's supervision.
- You need to take responsibility for yourself - I can't take responsibility for, nor be held responsible for, you and your choices. Only you can do that.
- EFT is a registered trademark of its founder Gary Craig.
- Gary has retired and "Given EFT to the world" but he has no connection with, nor influence on, the content presented here.

EFT Tapping

- This is my version of EFT, which is based on all of the training I've had, from both Gary Craig and others.

Origins of EFT

Gary Craig, a Stanford University trained engineer, created EFT in about 1993 based on the principles he learned from Dr. Roger Callahan, a classically trained clinical psychologist. It was Dr. Callahan who made the original discoveries that laid the foundation upon which today's tapping modalities are built.

Dr. Callahan was working with a patient of his named Mary. She had an INTENSE water phobia since she was an infant. Water was so terrifying to her that she couldn't even take a bath in a tub full of water! She was even terrified each time it rained, and she had nightmares about "water getting her."

Dr. Callahan had been using conventional psychotherapy techniques with her for 18 months with virtually no progress. The best they had been able to achieve was to have Mary dangle her legs in the water on the edge of his swimming pool and not look at the water. At the end of each session she left with a terrible headache due to the stress.

Frustrated with their lack of progress, Dr. Callahan was looking outside of conventional means and had been studying the Acupuncture Energy Meridians. Mary had repeatedly mentioned that water gave her an awful feeling in the pit of her stomach. Dr. Callahan decided to try an experiment and asked Mary to tap on the end of the stomach meridian, which is directly under the eyes.

Fast Migraine Headache Relief With EFT Tapping

Much to his astonishment, Mary said, “It’s gone! That horrible feeling I get in the pit of my stomach when I think about water is completely gone!” At first, he didn’t believe her, but then she jumped up and ran toward the pool with no fear. Dr. Callahan was concerned because she couldn’t swim, but Mary reassured him that even though the fear was gone, she knew she couldn’t swim, it didn’t make her stupid.

From there, Dr. Callahan went on to develop the technique further, and after a number of additional discoveries and tests with other patients, he developed Thought Field Therapy, or TFT. The method he created included some diagnostic steps and various tapping “recipes,” that differed based on what the presenting problem was for that patient. He created a number of recipes that he used successfully with a variety of patients and conditions. He has successfully helped many people with other phobias, fears, and life-induced traumas as well.

Years Later, Gary Craig took some training from Dr. Callahan on the tapping method he had created. Through the eyes of a Stanford University trained engineer, Gary saw ways to simplify and generalize the TFT procedure, with its complex diagnostic steps and tapping “recipes”, into a much simpler form of tapping that is now known as EFT, or Emotional Freedom Technique.

While there are many variations, and customizations that are cousins of EFT, they generally all fall under the generic term of Tapping Modalities. Whatever their variations may be, they all work with the same thing - the body's energy meridian system.

How does EFT work?

While there are a number of theories and explanations that have been put forth as to how EFT works, no one is really certain. Gary did come up with a workable explanation in The EFT Thesis statement, which is...

The cause of all negative emotion is a disruption in the body's energy system.

No one is really certain of how it works, but one thing is certain: tens of thousands of people use tapping every day and get great results!

Overview of the EFT process

The EFT process itself is made up of several simple steps:

- The first, you choose an incident, a feeling, a behavior, or a limitation to be addressed - You want to be very specific and focused on the feeling.
- Then you rate the intensity of the feeling, on a scale from 0-10, and note it for comparison later,
- Next you do the "Setup" and "Tap on it" using the EFT procedure,
- Then you rate the intensity again and decide if you need to repeat the tapping process in order to reduce the intensity even more.

Choosing an issue to work on

There are all kinds of things you could choose to address with EFT, even beyond Migraine Headache symptoms. (For the purpose of teaching EFT, I am using

Fast Migraine Headache Relief With EFT Tapping

non-migraine examples in this section. Later in this book there is lots of information on how to apply EFT Tapping to Migraines.)

The key is to be specific about the details and feelings being addressed. You need to break down the issue into its component parts and address each one individually for maximum effectiveness.

For example, a "Fear of Flying" has many components or aspects - things like...

- Claustrophobia
- Fear of Heights
- Not Being in Control
- Leaving the Ground
- The feeling of turbulence
- Even the smells associated with aircraft and jet engine exhaust...

...may all contribute to the larger set of feelings given the label "Fear of Flying."

The idea is that after you break it down into its component parts, then you start by working on the individual component that has the highest level of intensity or discomfort.

Choosing a "summary description or label" for it

Some issues have long descriptions. It is valuable to figure out the long description so that you can "tune-in" to all the details of the exact issue. This would be an example of the "long description" of the issue.

EFT Tapping

"That time in the third grade when I was reading out loud in front of the class and I said the wrong word and I felt embarrassed because everyone laughed at me."

That would completely and accurately describe the issue you are focused on for tapping.

However, using the long description would be cumbersome during the tapping process. So we create a "summary description or label" to use as a shorthand way to represent the issue while we are tapping. The "shorthand" is used during the setup process to represent the entire issue for tapping. And it is also used during the tapping process to stay focused on the issue, as we defined it for this round of tapping. You can choose whatever "summary description or label" you want, but the point is to build one that represents the issue for YOU so you can stay focused on THAT issue.

For the previous example, there are several ways I could create a shorthand for it. I could say, "Reading out loud embarrassment" if that was the most important part for me. Or I could say, "Class laughed at me in the 3rd grade" if that was the key part. And notice I said "in the 3rd grade" because there may have been other times that the class laughed at me, but I want to focus on that particular incident in the 3rd grade. Another way would be "Wrong word, reading out loud" - it doesn't have to be grammatically correct or even complete.

Each of those phrases may actually represent a different aspect of the overall issue itself. Sometimes you may have to apply EFT to several aspects of an issue in order to get substantial emotional relief from the issue.

The idea of the "summary description or label" is to have something that represents the issue FOR YOU in order to stay focused on THAT issue and not accidentally switch to another issue without noticing it. The

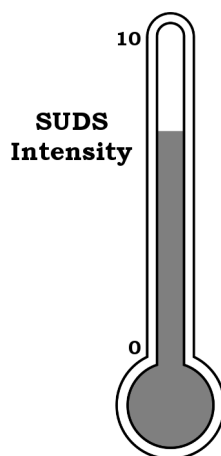
Fast Migraine Headache Relief With EFT Tapping

shorthand basically helps keep you focused on the item being addressed, rather than mentally jumping to similar items that may come to mind. And similar items OFTEN do come to mind in the middle of tapping. Simply make a mental note of them but finish the current round of tapping using the original focus for that round of tapping. The "new" items can be addressed with a separate round of tapping if needed.

SUDS

It is useful to measure the intensity of the item being addressed so that you can more easily notice the change resulting from the tapping process. In order to do that, we measure the intensity before tapping, and then again after tapping. We measure it by giving it a SUDS rating.

SUDS stand for Subjective Units of Distress Scale. It is an arbitrary 0 to 10 scale with 0 being no intensity and 10 being as intense as you can imagine it being



Forming The Setup Phrase

The first step to releasing an issue is to acknowledge it! While this may seem obvious, there is also a trick to it that many people don't realize.

You see, through no fault of your own, sometimes there is a degree of "Subconscious Self Sabotage" that is operating below the surface, unrecognized and unseen. That is because sometimes there is a subconscious part of you that is resistant to getting over an issue. That

EFT Tapping

subconscious part may think it's not "safe" to get over the issue, because it sees that actually having the issue is protecting you in some way. And sometimes that subconscious part of you may think there is a secondary gain from actually having an issue.

For example, let's say you had a back injury and as a result you were getting disability payments. There could be a subconscious part of you that believes that if you were to get over your back injury, you would lose your disability payments. As a result, it doesn't feel it would be "safe" to get over the injury, so it is resistant to letting it go. And while it might be accurate that you could lose the disability payments, in fact that subconscious part would also be missing out on your conscious understanding of how much your life would improve by getting over the back injury, and getting your life back - even if you do have to go out and get a new job.

This scenario, and many more, fall under the heading of "Psychological Reversal." EFT has a specific way of addressing "Psychological Reversal," or PR, in order to improve the probability of success, and that is by doing the "setup process" before actually starting the tapping.

The Setup

The purpose of the Setup is to help get rid of any "psychological reversal" that may be associated with the issue. The Setup consists of tapping on the Karate Chop spot on the side of the hand, while saying a specific "Setup



Fast Migraine Headache Relief With EFT Tapping

Phrase."

The "Karate Chop" spot or KC is on the side of the hand between the base of the little finger and the wrist. It is where your hand would strike an object with a "Karate Chop." It doesn't matter which hand you tap on, but I always tap on it with the four fingers of the other hand.

The intention of the "Setup Phrase" is to let the subconscious know that "even though you have the problem or issue, you really are OK." And by letting the subconscious know that you're OK even though you have the problem, it is much more likely to "get out of the way" and allow the tapping to have its desired effect.

The format of the Setup Phrase is: "Even though {problem statement} I deeply and completely love and accept myself." In this case the {problem statement} can be a short description of the problem or I will often use the "summary description or label" we talked about earlier.

One of the key things to remember is to be as specific as possible in defining the issue that you're going to be addressing.

So to do the setup process you would tap on Karate Chop spot while saying the Setup Phrase out loud...

"Even though {problem statement} I deeply and completely love and accept myself."

Repeat Setup Phrase three times while tapping continuously on the Karate Chop Spot.

So if we were to be addressing the issue we discussed before, it could be done like this:

While tapping continuously on the Karate Chop spot, repeat out loud three times -

EFT Tapping

"Even though the class laughed at me in the 3rd grade, I deeply and completely love and accept myself."

"Even though the class laughed at me in the 3rd grade, I deeply and completely love and accept myself."

"Even though the class laughed at me in the 3rd grade, I deeply and completely love and accept myself."

You can say either, "I deeply and completely love and accept myself," or just, "I deeply and completely accept myself." Either one can be effective in letting the subconscious know that you're OK.

Sometimes people are REALLY resistant to saying, "I deeply and completely love and accept myself." What I recommend is to change it to, "I'm open to the possibility of deeply and completely loving and accepting myself...someday!" Usually people who run into that difficulty can be "open to the possibility...."

The other thing I recommend doing is to spend some time tapping on: "Even though I can't say that I deeply and completely love and accept myself, I deeply and completely love and accept myself anyway...or at least I'm open to that possibility someday!"

Tapping Process

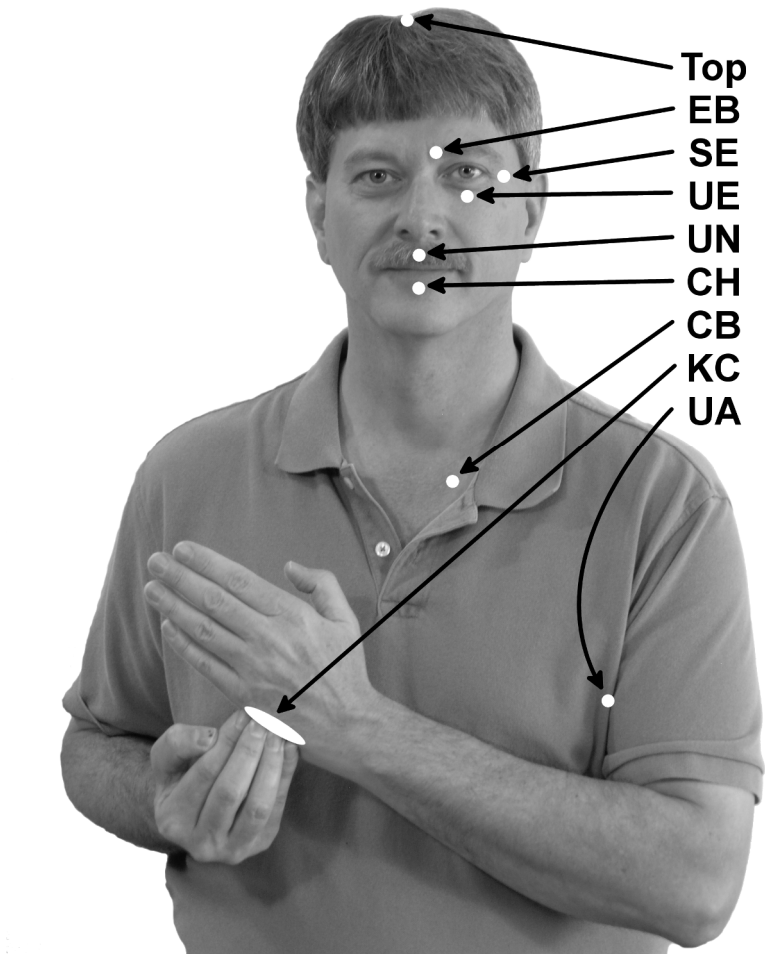
The tapping is done on specific points on the body while saying the "Reminder Phrase" to keep you "tuned in" to the issue being addressed. The Reminder Phrase is the "summary description or label" that we talked about earlier. The points are bilateral, on both sides of the body, or on the center line of the body and correspond to specific acupuncture points. You can tap on either side of the body, or you can tap on both sides, which is what I usually do. I generally tap with two fingers at a time because it covers more area and I don't have to be as

Fast Migraine Headache Relief With EFT Tapping

accurate on hitting THE spot. I generally tap about seven times on each spot or about as long as it takes to say the Reminder Phrase. The tapping pressure should be soft but firm - about as hard as you would press on a computer keyboard when typing.

Tapping Locations

There are nine specific spots that we are going to be tapping on as shown in the diagram below.



EFT Tapping

They are:

- The "Top" or Top of the Head.
- The "EB" or Eyebrow at the end closest to the bridge of your nose.
- The "SE" or Side of the Eye - on the bony ridge beside the eye, NOT farther back on the softer temple area.
- The "UE" or Under the Eye spot on the bony ridge in line with the center of your eye.
- The UN or Under the Nose...is under the nose.
- The CH or "Chin Spot" is the next one. It is called the "Chin spot" but it is really under the lower lip.
- The CB or Collar bone is the next spot. You can find this by taking your finger and placing it on your "Adam's Apple" and then dropping down into the little U-shaped area at the base of your throat. Then move down and out about an inch and you should be on the collarbone next to where it meets the sternum or breastbone.
- The UA or Under Arm spot is on your side about 4 inches, or "a hand's width" below the arm pit.
- And we've already talked about the KC or "Karate Chop" spot which is on the side of the hand between base of little finger and wrist.

As an enhancement to this book, I created a video showing the tapping locations more clearly than can be done with words photos alone. You can see the EFT Tapping Locations video here:

<http://tapping4.us/tappingspots>

Fast Migraine Headache Relief With EFT Tapping

You can find a complete list of videos and other internet content in the Resources section.

Now that we know where we are going to be tapping, let's look at the actual EFT tapping protocol.

EFT Protocol

The first thing to do is to choose what issue to address, and give that issue an initial 0-10 SUDS rating.

Then begin by tapping on Karate Chop spot while saying the Setup Phrase out loud, three times.

"Even though {problem statement} I deeply & completely love & accept myself."

Next, tap through the sequence while saying the "Reminder Phrase" as you are tapping on each point. Tap on the Eyebrow, then Side of the Eye, Under the Eye, Under the Nose, Chin, Collar Bone, Under the Arm, and finally Top of the Head.

I recommend doing two or more rounds of tapping at a time

Once you've completed a couple of rounds of tapping, take a deep breath, and then give the issue a new SUDS rating.

Finally, compare the two SUDS ratings, which will determine the next step.

If the second SUDS rating is 0, then you may be done with that "aspect or the issue." It is important to find a way to TEST the issue to be sure it really is gone, and that you haven't missed any aspects.

If the second SUDS rating is lower, then do another round of tapping, but this time change the Setup and Reminder Phrases to include, "This REMAINING..."

EFT Tapping

So the new Setup Phrase would be. “Even though I still have some of THIS REMAINING {problem statement} I deeply and completely love and accept myself.”

You want to acknowledge that progress has been made, but also that there is still some of the issue remaining to be addressed with the next round of tapping.

If SUDS rating has not changed then look carefully to confirm that it really is the same issue, and you haven't moved on to the next tapping topic without realizing it. If you recognize that it's not the same issue, then consider it a new one, start again from the beginning, and address this new issue or aspect with a new round of tapping.

However, if it really is the same issue, then start over again and say the Setup Phrase out loud with EMPHASIS while tapping on the Karate Chop spot. Then tap through several rounds EFT before checking the SUDS again.

It is very unusual to have the second SUDS rating be higher than the first.

But if that is the case, then it is likely that either you have REALLY tuned into the issue much more effectively, or the more common situation is that you have shifted to another issue or aspect and have not recognized it.

Sometimes the shift can be subtle, so if you find yourself in this situation, I would suggest that you write down a COMPLETE description of the issue for comparison after the next round of tapping. Be sure to take notice of ANY differences in the Character, Location, or SUDS intensity when compared to the written description of the issue being addressed. I would also recommend doing several complete rounds of tapping,

Fast Migraine Headache Relief With EFT Tapping

saying the Setup Phrase with EMPHASIS before checking the SUDS rating again

If you are really stuck, I would recommend being persistent. Try breaking the issue into smaller chunks. Be more specific in your problem description, and try `working on it for several days in a row, doing several rounds of tapping each time.

If you are still really stuck I would suggest working with an EFT practitioner. Perhaps you are missing something that they will be able to see.

Summary of basic steps for EFT Tapping

- Choose an issue and create a "shorthand" description of it to use as the Reminder Phrase.
- Give it a SUDS rating.
- Do the Setup by tapping on the Karate Chop spot while saying out loud, three times: "Even though I have this {problem description} I deeply and completely love and accept myself."
- Then, while saying the Reminder Phrase out loud, do a couple of rounds of tapping through each of the points - EB, SE, UE, UN, CH, CB, UA, Top
- Finally, take a deep breath and give it a SUDS rating again.
- If there is still some SUDS intensity left, then do another complete round starting with the Setup Phrase and using "this remaining" along with the Reminder Phrase.

EFT Tapping Examples

Presented below are two of my favorite EFT Tapping teaching demonstrations. For most people they both are very effective at providing a personal experience of the type of shifts that using EFT Tapping can create with us.

If you happen to have access to some chocolate (or some other food that you can generate a high SUDS intensity of craving for it) then I would suggest that you try the craving demo first. And no, this exercise won't "make you hate chocolate" but it can demonstrate the power of EFT when it comes to creating a shift around cravings. And once you've personally experienced that kind of shift, it is much easier to have confidence in the EFT Tapping process and you are much more likely to apply it in other areas of your life too.

It should be noted that chocolate can be a Migraine symptom trigger for some people. So this demonstration could be particularly beneficial in reducing the craving for chocolate for those people. If chocolate is a Migraine trigger for you, you may want to consider modifying the demo, and not actually taste or

Fast Migraine Headache Relief With EFT Tapping

eat the chocolate. This same craving demo could be used with other Migraine trigger foods as well. Simply replace the chocolate with your particular trigger food. And remember to always take responsibility for yourself and your wellbeing!

The second demo does a great job of demonstrating how “stress and tension” can affect our bodies and restrict our breathing – as measured with “perceived lung capacity” during this demonstration exercise. Even if you’ve participated in the craving demo I would still recommend participating in the second one. This is especially true if you want to address physical symptoms like Migraine Headaches through the use of EFT Tapping.

Craving Demo

When I do this teaching demonstration with a live audience, I usually have some Hershey’s Kisses chocolate that we use as the “object of desire” so to speak. I like to use Kisses because they are small, come in bulk, and are individually wrapped, which makes them easier to hand out to each member of the class. They are also “just chocolate” rather than “really good chocolate” so there is less concern amongst the audience about “giving up their chocolate.” If you happen to have some “just chocolate” available, then get it now, BUT DO NOT OPEN IT OR TAKE A BITE YET! And while you’re getting it, grab a scrap of paper and a pen or pencil so you can write down your SUDS during the exercise.

Step 1) Intensify the desire (craving) for the chocolate!

Go ahead hold the chocolate in your hand and look at it while thinking about how good that chocolate

EFT Tapping Examples

will taste. Imagine unwrapping it, and the delicious smell of that chocolate first permeating your sense. Now imagine how good that chocolate would taste as it melts in your mouth. DO NOT take a bite yet, but do imagine it vividly.

Now write down on that scrap of paper how intensely you want that chocolate – Give it a “craving intensity” using the SUDS rating system you learned about earlier.

Now go ahead and actually unwrap a corner of the chocolate. Hold it up to your nose and get a good whiff of the smell of that delicious chocolate. Notice how the desire for that chocolate is making you feel right now. You may want to write a few words describing it and your current SUDS level.

Ok, it's time to take a little tiny bite of the chocolate – not a real bite, but just enough to get the flavor of the chocolate melting in your mouth without any hope of satisfying your desire to eat more of it.

Step 2) Write down the SUDS intensity of your desire or craving for that chocolate. Add a few words to describe how you are feeling about your desire to eat that chocolate!

Now put down the chocolate somewhere close where you can look at it during the rest of this demo sequence.

Step 3) While tapping continuously on the Karate Chop (KC) spot, say: “Even though I crave that chocolate, I deeply and completely love and accept myself. Even though I CRAVE that chocolate, I DEEPLY and COMPLETELY love and accept myself. Even though I crave that delicious, yummy chocolate, I deeply and completely love and accept myself.”

Fast Migraine Headache Relief With EFT Tapping

Step 4) While looking at the chocolate, tap through each of the points while saying the Reminder Phrase “Crave That Chocolate!” at each point (to keep you focused on the craving itself.) Tap about 5-7 times on each location, or tap continuously for as long as it takes you to say the Reminder Phrase, “Crave That Chocolate!”

- Eyebrow (EB) – “Crave That Chocolate!”
- Side of the eye (SE) – “Crave That Chocolate!”
- Under the eye (UE) – “Crave That Chocolate!”
- Under the nose (UN) – “Crave That Chocolate!”
- Chin (CH) – “Crave That Chocolate!”
- Collar bone (CB) – “Crave That Chocolate!”
- Under the arm (UA) – “Crave That Chocolate!”
- Top of the head (Top) – “Crave That Chocolate!”

Do a second round of tapping exactly the same way – EB, SE, UE, UN, CH, CB, UA, Top – saying “Crave That Chocolate!” and tapping at each point.

Now take a deep breath, and release it.

Step 5) Check SUDS rating for the chocolate craving. Look at it for a moment and give the intensity of the craving for that chocolate a SUDS rating.

Now pick it up and smell it. Has the SUDS rating changed? How does this new SUDS rating compare with the one you wrote down before tapping? Is it lower? If so, by how much? (In rare cases it may have increased, which likely means that you’ve “tuned into” the craving even more!) Notice the feeling you have when you look at the chocolate and think about eating it. Has the feeling shifted or changed in any way when compared to what

EFT Tapping Examples

you wrote down? Go ahead, take another small taste, and see what you notice.

Write down this new SUDS rating again, along with any notes about the feelings you noticed.

Step 6) Another tapping round with “this remaining...”

While looking at the chocolate like you did during the first set of tapping, do another two rounds of tapping but change the Setup Phrase and the Reminder Phrase as shown below. The idea is to acknowledge that a shift has occurred AND that there is still a remaining SUDS intensity to focus on during this next group of tapping.

While looking at the chocolate and tapping continuously on the Karate Chop (KC) spot, say: “Even though I STILL crave that chocolate, I deeply and completely love and accept myself. Even though I STILL HAVE SOME OF THAT CHOCOLATE CRAVING, I DEEPLY and COMPLETELY love and accept myself. Even though I STILL HAVE SOME OF THIS REMAINING CRAVING for that delicious, yummy chocolate, I deeply and completely love and accept myself.”

Continue to look at the chocolate while tapping through the points and saying “Remaining Chocolate Craving.”

- Eyebrow – “Remaining Chocolate Craving”
- Side of the eye – “Remaining Chocolate Craving”
- Under the eye – “Remaining Chocolate Craving”
- Under the nose – “Remaining Chocolate Craving”
- Chin – “Remaining Chocolate Craving”
- Collar bone – “Remaining Chocolate Craving”
- Under the arm – “Remaining Chocolate Craving”

Fast Migraine Headache Relief With EFT Tapping

- Top of the head – “Remaining Chocolate Craving”

Do a second round of tapping exactly the same way – EB, SE, UE, UN, CH, CB, UA, Top – saying “Remaining Chocolate Craving” and tapping at each point.

Step 7) Again check your SUDS rating for the chocolate craving. Look at it for a moment and give the intensity of the craving for that chocolate a SUDS rating.

Now pick it up and smell it again. Has the SUDS rating changed? How does this new SUDS rating compare with the one you wrote down before tapping? Is it lower? If so, by how much? Notice the feeling you have when you look at the chocolate and think about eating it. Has the feeling shifted or changed in any way when compared to what you wrote down? Go ahead, take yet another small taste, and see what you notice.

Write down this new SUDS rating again, along with any notes about the feelings you noticed.

For most people who fully participate in this demonstration exercise there will be a noticeable shift in the SUDS intensity of the craving. There are often some bewildered looks in the room as they try to wrap their mind around the shift that they experienced “from this silly tapping thing” that they just did!

If you really want to have the full EFT Tapping experience, then go ahead and repeat steps 6 and 7 over again until your desire or craving for the chocolate drops to a SUDS rating of zero. I would encourage you to do a few more rounds of tapping, with the Setup, so that you can personally have the experience of getting to a SUDS of zero.

By the way, one of the things that is most unexpected for most people is the shift in the taste of the

EFT Tapping Examples

chocolate. For me, the first time that I did this with Hershey's Kisses, I noticed what I described as a "more chemical taste" than I had noticed originally.

As a quick aside here, Gary Craig also noticed something he calls "the apex effect" occurs sometimes. Occasionally people will go through a series of tapping on something that is bothering them emotionally, like a fear or traumatic memory, and at the end of the tapping, when their SUDS has dropped to zero, or close to zero, they will "wave off the results" of the tapping. Sometimes they'll say something like "the tapping distracted me from the problem," or "well, it wasn't really that much of a problem to begin with in the first place!" It's astonishing to watch. That is one of the reasons why I make sure when I am working with someone new to EFT Tapping that they write down, in their own handwriting, the SUDS rating at each step. It's harder to "deny the results" that way! And the idea isn't to beat them up about it, but to show them the results in black-and-white so they don't short-change themselves of the opportunity that EFT Tapping presents in their life.

As an enhancement to this book, I created a video showing the EFT Chocolate Craving Demo more clearly than can be done with words photos alone. You can see the video for the Chocolate Craving Demo here:

<http://tapping4.us/chocolatedemo>

You can find a complete list of videos and other internet content in the Resources section.

Breathing Demo

The EFT Tapping for Constricted Breathing demonstration is especially interesting in that it can clearly demonstrate the connection between EFT Tapping

Fast Migraine Headache Relief With EFT Tapping

and the body's physical response. While this demo can be quite eye-opening for many people because of the degree of change that they notice, other people may only notice a small amount of shift. This demo works best in a group setting where a number of people can share their experiences with the exercise and the amount of shift they notice. It is well worth participating in this demo even if you are by yourself.

Another interesting aspect of this demo is that it will often “peel away layers of intensity” from general issues and allow you to remember specific events, or be able to describe the issue more clearly, so it can be addressed with further EFT Tapping.

This breathing demo includes bending over, so if you have Migraine symptoms now, you may want to come back to this demo later and try it after the Migraine symptoms are gone.

Step 1) “Stretch your lungs.” The idea here is to take three really deep breaths in order to stretch your lungs a bit before establishing a baseline for the exercise. There is no need to hyperventilate, so take your time, and spread the deep breaths out over a couple of minutes.

One way to do this is to stand up, and exhale while you bend over forward and drop your arms toward the floor. Then inhale deeply as you stand up and raise your arms up and out so they are above your head. This will help to stretch and open your ribcage and allow for maximum expansion of your lungs.

EFT Tapping Examples



Step 2) Now that you have stretched your lungs as far as they will go, take another full deep breath and assess the “deepness of your breath” on a 0-10 scale, with 10 being your best estimate (or guess) of what your maximum lung capacity would be. Be sure to write it down on a scrap of paper for comparison later. Assigned values typically vary between 3 and 9 on this part of the exercise. (It is interesting to note that often the people who incorrectly assign a value of 10 for this beginning measurement, find that after several rounds of EFT Tapping they have to assign an ending value of 12 to 15 because of their assessment of the increase in lung capacity.)

Step 3) Next prepare to do several rounds of EFT Tapping by using a Setup Phrase like, “Even though I have constricted breathing...” or “Even though I can only fill my lungs to an 8...” for example.

Note: In the section below where I say “...fill my lungs to an 8...” substitute your number from Step 2 for the 8 in that phrase.

So, while tapping continuously on the Karate Chop (KC) spot, say: “Even though I have constricted breathing, I deeply and completely love and accept myself. Even though I have this constricted breathing, I DEEPLY and COMPLETELY love and accept myself. Even though I have constricted breathing and I can only fill my

Fast Migraine Headache Relief With EFT Tapping

lungs to an 8, I deeply and completely love and accept myself.”

Step 4) Now tap through each of the points while saying the Reminder Phrase “Constricted Breathing” at each point. Tap about five to seven times on each location, or tap continuously for as long as it takes you to say the Reminder Phrase.

- Eyebrow – “Constricted Breathing”
- Side of the eye – “Constricted Breathing”
- Under the eye – “Constricted Breathing”
- Under the nose – “Constricted Breathing”
- Chin – “Constricted Breathing”
- Collar bone – “Constricted Breathing”
- Under the arm – “Constricted Breathing”
- Top of the head – “Constricted Breathing”

After you have completed this round of tapping, take another full deep breath, the same way you did before tapping, and assess the “deepness of your breath” on a 0-10 scale, then write it down and compare it to your original assessment.

Next, do a second round of tapping exactly the same way – EB, SE, UE, UN, CH, CB, UA, Top – while saying “I can only fill my lungs to an 8” as you are tapping at each point.

- Eyebrow – “I can only fill my lungs to an 8”
- Side of the eye – “I can only fill my lungs to an 8”
- Under the eye – “I can only fill my lungs to an 8”
- Under the nose – “I can only fill my lungs to an 8”
- Chin – “I can only fill my lungs to an 8”

EFT Tapping Examples

- Collar bone – “I can only fill my lungs to an 8”
- Under the arm – “I can only fill my lungs to an 8”
- Top of the head – “I can only fill my lungs to an 8”

After you have completed this second round of tapping, take another full deep breath and assess the “deepness of your breath” on a 0-10 scale, then write it down and compare it to your original assessment.

Next, do a third round of tapping exactly the same way – EB, SE, UE, UN, CH, CB, UA, Top – while alternating between saying “Constricted Breathing” and “I can only fill my lungs to an 8” as you are tapping at each point. (Alternating what you are saying helps to keep you focused and engaged and alleviates some of the boredom that comes with always saying the same thing.)

- Eyebrow – “Constricted Breathing”
- Side of the eye – “I can only fill my lungs to an 8”
- Under the eye – “Constricted Breathing”
- Under the nose – “I can only fill my lungs to an 8”
- Chin – “Constricted Breathing”
- Collar bone – “I can only fill my lungs to an 8”
- Under the arm – “Constricted Breathing”
- Top of the head – “I can only fill my lungs to an 8”

After you have completed this third round of tapping, take yet another full deep breath, the same way you did before tapping, and assess the “deepness of your breath” on a 0-10 scale, then write it down and compare it to your original and second round assessments.

Most people will be a bit shocked to find that their perceived lung capacity has increased during this demonstration. Some people will even have “interesting

Fast Migraine Headache Relief With EFT Tapping

answers” to questions like, “What does this constricted breathing remind you of?” “When in your past did you feel constricted or smothered?” “If there was an emotional reason for this constricted breathing, what might it be?” Often these will lead to fruitful areas for exploration and further EFT Tapping. It is often very useful to make note of those memories, ideas, and insights that present themselves in these situations. They can often lead to big clues about important emotional issues than can be further addressed using EFT Tapping.

Online video example

While the internet is ever changing, at the time of publication of this book you can find a video of a group “constricted breathing” demonstration on Gary Craig’s website through this link:

<http://tapping4.us/breathing>

Troubleshooting Tips For Common Difficulties In Applying EFT Tapping

EFT Tapping can be applied to a wide variety of things in your life. Listed below are some common difficulties and suggestions for how to resolve them.

Being too general

One of the most common causes of difficulty in creating results with EFT Tapping is being too general with the issue definition. Go for the SPECIFIC FEELING and where it is located in your body, especially when dealing with physical issues.

Or you could address a specific EVENT (or memory of an event) that is bothering you. Don't lump things together into a group of similar items. Separate them out and address them each individually.

Losing track of the issue

One of the challenges with EFT Tapping is that things shift so quickly sometimes that you lose track of exactly what the problem was. I recommend writing down the exact description of what you are addressing with each round of tapping. It helps you stay focused on the exact issue and helps you to spot the subtle changes that sometimes occur. This is particularly true with physical issues, and helps you to recognize when things are shifting as you "chase the pain." Sometimes it appears that the SUDS intensity is the same, but upon closer inspection you will notice that the Character has changed – from sharp pain to dull ache, for example. This does represent a shift and should be considered as progress toward resolution as well.

Say it like it is so you can address the actual issue

Also don't "sugar coat it," or minimize it, or be politically correct with the definition of the issue. Say how you really feel and use YOUR actual phrasing! Don't say, "I don't like to exercise," when you really feel that, "Exercise is a pain in the ass!"

You are trying to TUNE INTO the ACTUAL issue so you can address it and release it! But you can't tune into it if you're not saying it "like it is" and in a way that matches your actual feelings!

Skipping steps

Another common cause of difficulties is skipping steps. If you are not tapping on the Karate Chop spot (KC) and using the Setup Phrase, and you're making slow progress or no progress, then go back, add in the Setup Phrase, and say it with EMPHASIS while tapping

Troubleshooting Tips For Common Difficulties

on the KC. And remember to be specific with the description of the issue!

Addressing an undefined or poorly specified issue

Another difficulty that may show up is struggling with defining the issue or not finding something specific on which to tap. Remember that you can always tap on the Feeling in your body that comes up when you think about an issue.

You could also tap on "Even though I don't know why I'm feeling this way..." or "Even though I can't clearly define the issue..." or something like that.

EFT Tapping on a Page

Emotional Freedom Technique – Summary Overview

Choose an issue to work on and Rate **SUDS intensity**

SETUP: Tap continuously on **KC** while saying Setup Phrase 3 times:

**“Even though {problem statement} I deeply
and completely love and accept myself.”**

While saying **reminder phrase** (the “short version” of the problem statement)
tap about 7 times on each spot while tapping through the sequence:

EB, SE, UE, UN CH, CB, UA, Top

Do **2 or more rounds** of tapping through the sequence and **then check SUDS** again

If **SUDS = 0**, you are probably done with that aspect. **TEST** to be sure!

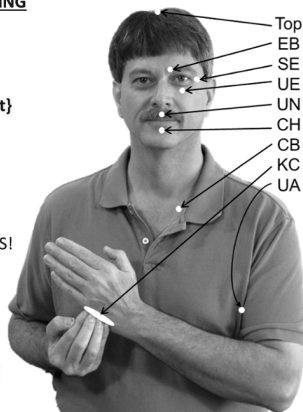
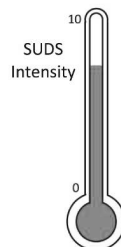
If **SUDS has decreased** do another round of tapping with “...REMAINING...”

- SETUP: **Even though I still have some of THIS REMAINING {problem statement} I deeply and completely love and accept myself.**
- Reminder Phrase:
THIS REMAINING {short version of problem statement}
- Do 2 or more rounds of tapping through the sequence and then check SUDS again

If **SUDS has increased**: Is it REALLY the same issue?

- Yes: tap on **KC** & say **SETUP OUT LOUD WITH EMPHASIS!**
Then tap 3 or more rounds while focusing on issue
- No: It' a new aspect or issue
– Start from the beginning again.

Focus on the feeling while saying reminder phrase & tapping!



© 2013 Transformation Bay LLC.

Download and print out your full color, full size copy here:

<http://tapping4.us/cheat-sheet>

Section 2:

Applying EFT Tapping For Fast Migraine Headache Relief

DISCLAIMER: The content presented here is for informational purposes only. It is not medical advice and should not be taken as medical advice. You are advised to check with a qualified medical practitioner before taking any action based on this information. See the disclaimer at the beginning of this book for more information.

How to use this section

This section dives into the details on how to apply EFT Tapping specifically for Migraine Headache symptoms.

If a Migraine Headache is starting now...

...then I would recommend that you immediately turn to the “Migraine Tapping Fast Start” section and simply follow along while doing what is shown there.

If you don't have Migraine symptoms right now...

...then I would suggest reading through this material and following along with the exercises so that you are familiar with how to apply EFT Tapping for a Migraine Headache before the next one starts.

Thank you for your interest in

FAST
MIGRAINE
HEADACHE RELIEF
with
EFT Tapping



Brad Reed

This concludes the book preview for Fast Migraine Headache Relief. You can purchase the Kindle and paperback versions here:

<http://Tapping4.us/book-migraine>

About the Author

Brad Reed was trained as an Electrical Engineer back in the 1980's. While he loved the logic and fun that came from designing electronic circuits for a test equipment manufacturer, he also found that what he really enjoyed was working with people to solve their problems. Once he left the design bench, he never looked back, and was always helping people in one way or another. At work he helped people with the technology that was part of his job. Outside of work he was fascinated by people and what influences their behavior. This curiosity led to the pursuit of a variety of "self-help and healing modalities" on the road to improving not only his life, but also the lives of others.

It was when he found EFT Tapping that the real excitement began. Not only was EFT created by Gary Craig, a Stanford University trained engineer, but it was the first modality he found that could regularly and predictably produce consistent results for a wide variety of people and issues. And on top of that, it was easy to use and easy to teach to other people.

About The Author

Brad jumped at the chance when the opportunity to study with Gary Craig presented itself, and he spent multiple weekends under Gary's tutelage in various live classes. He also invested in Gary's video training and studied it extensively. Not only did this study improve his tapping skills, but it also led to earning his EFT Cert-1 through the only program recommended by Gary shortly before his retirement.

In addition to the "EFT book learning" that has honed his skills, the exposure to a wide variety of "self-help and healing modalities" has given him a greater depth of understanding and perspective than is present in many tapping practitioners. In addition because of his engineering background and being steeped in observation and problem solving, his clients have told him repeatedly that he brings unique insights to addressing and resolving their issues. This comment is particularly common among the tapping practitioners he works with occasionally.

While this may be his first published written work (outside of the Electrical Engineering realm) it most certainly won't be his last. There are plans for a long list of ...With EFT Tapping books that address a variety of topics. Be sure to look up his latest Kindle publications on Amazon.com through his Amazon Author Central page:

<http://tapping4.us/authorcentral>

And don't miss his DVD, *The Secret For Law Of Attraction – What the gurus aren't telling you*, available through Amazon.com:

<http://tapping4.us/tsfloa-dvd>

This DVD shows how to apply EFT Tapping to release the self-sabotage that limits our success in applying the Law Of Attraction. It was created in

Fast Migraine Headache Relief With EFT Tapping

response to the hype around “The Secret” which resulted in many people being disillusioned because of their lack of success with the Law Of Attraction. Little did they know what the real roadblock was to their success or how to change it. Watch the DVD to learn those insights and how to apply EFT Tapping in your life.

A limited number of private, one-on-one, sessions are available to work directly with individual clients. If you would like to schedule one, please contact Brad by Email at:

WithEFTtapping@gmail.com