

BULIMIA SUCKS!

“EMOTIONAL FREEDOM TECHNIQUE”

EFT therapy is a simple yet very powerful way to overcome any painful feelings or emotions that are stopping you from beginning to break free from your old past urges and patterns. It's a fantastic tool to have in your pocket for any negative feelings at any time.

Let me tell you now that it's very bizarre. But it's incredibly powerful in reducing any undesirable feelings you may be having. It's described as acupuncture but without the needles. It involves you tapping on acupressure points on the body while thinking about any negative behavior, feeling, or habit that you want to stop or change.

Also, the great thing about EFT is that you don't have to believe in it! Just follow each step. Learn them and use them, as it works in a powerful way.

It's a very safe and gentle tapping procedure. Using just your fingertips to tap directly on points on your face and body.

How Does EFT Work?

EFT works with your body's energy, which flows through your body along pathways called meridians. Disruptions in our energy creates negative feelings and behavior patterns. Once you find those energy disruptions, you use the tapping process to correct them with focused wording as you tap on nine specific points on the face and body.

Your focused wording helps you to tune in to the painful thought or feeling, which points you to the energy disruptions that you're going to change and reduce. As you tune in to your specific issue, the tapping stimulates the energy pathways and balances your energy disruptions.

What are the benefits of using EFT?

So many of my clients have hugely benefited from tapping whenever they have any negative feelings. They're amazed by how quickly this process can reduce these horrific feelings they may be having.

The good news is by learning EFT:

- It's a quick therapy, and you won't need to relive painful memories.
- Once you've learned the points, you can tap on any difficult feelings.
- You can take it with you wherever you go if you're feeling uneasy. You can just do a round of tapping to reduce the uncomfortable feeling.
- It only takes minutes to dissolve negative feelings.
- The success rate is approximately 90%.
- This is a safe process with no side effects. You can use this process at home, anywhere, any time to bring about immediate relief.

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Author: Kate Hudson-Hall
katehudsonhall@gmail.com



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With EFT, you can:

- Dissolve your negative feelings or thoughts, anxieties, and your scared feelings.
- Overcome fears, such as moving forward and begin to make good positive changes to freedom.
- Take back control of the many negative thoughts you may be having about taking that first step and putting weight on. By tapping, you can change the way you feel about those fears.
- Boost your motivation if you're losing motivation to focus on your new positive path.
- Decrease all your specific triggers and urges to binge and purge.
- Resolve cravings to food.
- Build self-confidence.
- Restore inner calm.

So, are you ready to learn this fantastic technique to help you begin changing how you're feeling? It's so exciting. It's such an excellent tool to use anytime you're having any sort of destructive feelings.

HERES HOW YOU ARE GOING TO CHANGE NOW WITH EFT:

Using the fingertips of your index and middle finger of either hand, you tap approximately 5-7 times on each point.

Firmly but gently tap either side of the body as outlined below:

KC: The Karate Chop point (abbreviated KC). This is located at the center of the fleshy part of the outside of your hand (either hand), between the top of the wrist and the base of the baby finger. Or the part of your hand you would use to deliver a karate chop.

EB: At the beginning of the eyebrow just above and to one side of the nose.

SE: On the bone bordering the outside corner of the eye, on the side of the eye.

UE: On the bone under an eye about 1 inch below your pupil. Under the Eye.

UN: On the small area between the bottom of your nose and the top of your upper lip. Under the Nose.

CH: Midway between the point of your chin and the bottom of your lower lip. Even though it's not directly on the point of the chin, we call it the chin point because it's descriptive enough for people to understand easily.

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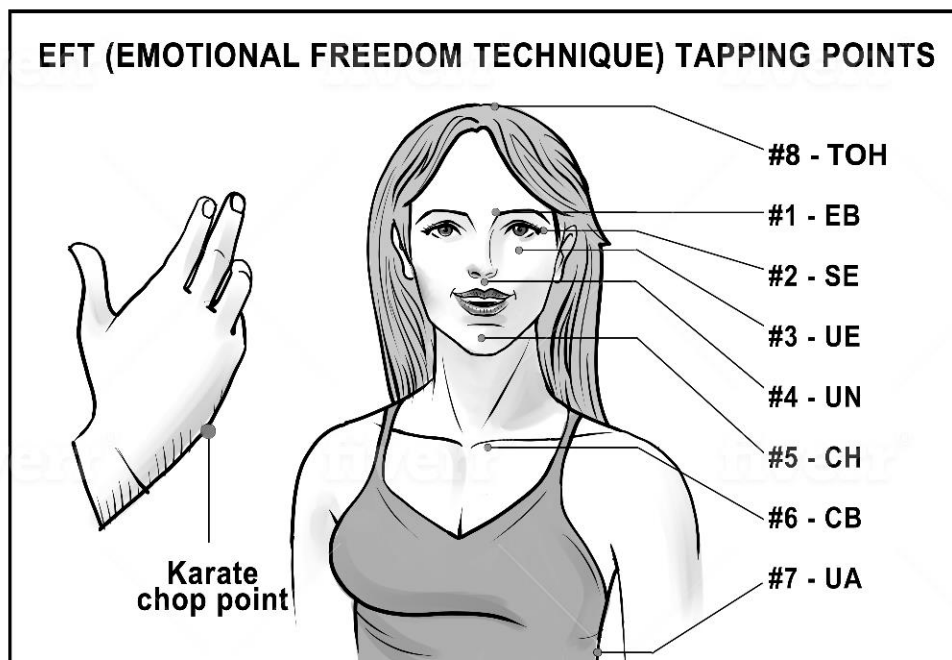
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CB: The junction where the sternum (breastbone), collarbone, and the first rib meet. To locate it, first, place your forefinger on the U-shaped notch at the top of the breastbone (about where a man would knot his tie). From the bottom of the U, move your forefinger down toward the navel 1 inch and then go to the left (or right) 1 inch. This point is abbreviated CB for collarbone even though it's not on the collarbone (or clavicle) per se. It's at the beginning of the collarbone, and we call it the collarbone point because that's a lot easier to say than "the junction where the sternum (breastbone), collarbone and the first rib meet."

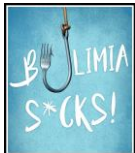
UA: On the side of the body, at a point even with the nipple (for men) or in the middle of the bra strap (for women). It's about 4 inches below the armpit.

TOH: On the top of the head. If you were to draw a line from one ear, over the head, to the other ear, and another line from your nose to the back of your neck, the TOH point is where those two lines would intersect.



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The 5 Steps of The EFT Tapping Basic Recipe

1. Identify the specific feeling that you're going to tap on. (Only focus on one particular negativity at a time). Examples might be, feeling scared, hopeless, worthless, guilty, or shameful, although you could tap on any negative feeling you're having.

2. Test the initial intensity: I want you to think of a scale between 0–10, with 0 being the feeling has gone entirely and 10 being at its most intense. This gives you a guide, as you'll review your scale after each round of tapping to compare the progress.

If you're tapping on a feeling, you can recreate the memories in your imagination to make it easier to gauge where you would be on the scale.

If you're tapping on physical pain, tune into the pain, and assess the level.

3. The next step is to repeat a simple phrase while tapping continuously on your karate chop point (KC). You would do this by saying:

“Even though I have this _____, I deeply and completely accept myself.”

Fill in the blank for whatever specific emotion you're working on.

For example:

- Even though I feel embarrassed and disgusted with myself, I deeply and completely accept myself.
- Even though these urges are so overwhelming, I deeply and completely accept myself.
- Even though I'm a failure, I deeply and completely accept myself.
- Even though bingeing and purging is my secret, and I'm so disgusted with myself, I deeply and completely accept myself.
- Even though I feel I have no control over my bingeing and purging, I deeply and completely accept myself.
- Even though I'm scared of anyone finding out because they would reject me, I deeply and completely accept myself.

People, People, this is important.

You may be wondering why we're focusing on the negative here. This is important because the negative creates the energy disruptions that your tapping is going to clear to get that energy flowing naturally again. It allows our calm positivity to bubble up to the surface.

4. Next, we're going to move on to tapping on each of the points listed above while saying a reminder phrase. So rather than saying the whole long phrase as you've just done tapping on your karate chop point. You're going to reduce it to one or two words. For example, “these urges,” “failure,” “no control,” “I'm scared,” anything that's going to help you to stay tuned in to your issue.

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Here's the list of the points below:

Beginning of the Eyebrow (EB)

Side of the Eye (SE)

Under the Eye (UE)

Under the Nose (UN)

Chin Point (CH)

Beginning of the Collarbone (CB)

Under the Arm (UA)

Top of the Head (TOH)

5. Now go back to your scale and see where you are and how the issue has reduced in intensity.

If you aren't down to zero, then repeat the process until you either achieve zero or plateau at some level.

Fantastic, this is so simple to learn, and once you've learned the points and how this process works, it's an incredible way to reduce those negative thoughts and feelings, as you can tap on whatever feelings you have. But be as specific as possible when focusing on your feelings.

I've found EFT to be extremely useful in treating the many issues connected to bulimia and other eating disorders. Anger problems, anxiety disorders, and stress in particular, especially where clients have tried other treatments that haven't been successful (Craig & Craig, n.d.).



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