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ENERGY PSYCHOLOGY CERTIFICATION

MARKETING MODULE

SAMPLE BLOG POST:
THE 10 MOST COMMON
MISUNDERSTANDINGS ABOUT EFT

When you hear the term 'EFT' (otherwise known as emotional freedom technique), what comes to mind? Do you think it's silly? Think tapping on your body would never help combat disease or illness? Do you believe that followers who preach this aren't much more than quacks?

Fact is, EFT has been proven to work and those who use it reap many wonderful benefits. If you can open your mind up to this concept, you might just find you create a life changing experience.

I'm going to cover 10 of the most common misunderstandings I see with regards to EFT. Once these are cleared up, you'll then see why this is an alternative treatment you'll want to explore further.

EFT Is Just Like Any Other Self-Help Tool

So you've read about EFT and tried to do some tapping on your own. *But nothing happened.* Don't let this cause you to write it off so quickly!

While it's true that you can use EFT all on your own through self-tapping, the truth is, if it's not working, you should see an expert. EFT does take technique and skill and through guidance from a professional, you'll increase the chances the technique pays off.

If You Use EFT, You Don't Need Medicine

Yes, it's true. Medical errors happen and they can be costly. Likewise, many people are treated with medications that come with all sorts of undesirable side effects. This may lead you to think of *only* using the natural approach.

Be careful though. While EFT can be effective, sometimes you do need proper medication to go along with it to ensure it works effectively. Likewise, there are some cases where the only treatment will be medication.

It's important to work with your trained health professional who is knowledgeable on EFT to get the best of both worlds.

Your Practitioner Should Be Problem Free

Would you see a traditional medical doctor who was suffering from disease? Chances are, you wouldn't let that stand in your way. The same should apply to any EFT professional you see.

Just because they aren't 100% problem free *does not mean* they do not understand how to make EFT work. EFT is a lifelong journey and you will be continually working at resolving issues. Any good practitioner knows this.

Instead, look at their certifications and the results they've seen with other clients. Use this to help guide your decision on who to work with.

All EFT Certifications Are The Same

Not so. Just like a practical nurse who goes to school for a couple of years would not have the same knowledge as say a specialist doctor who has 8+ years of school under their belt, the same applies for EFT specialists.

Anyone you see should have gone through live workshop training where they have spent time working with a mentor. No amount of watching videos will ever replace the benefit that live, hands on work provides.

Always keep this in mind.

The EFT Process Does Not Need To Be Fast

Just come from your first EFT session and found that the therapist didn't ask you the 'hard' questions? *Relax*. The best therapists know that asking the hardest questions and trying to uncover the most painful times right off the start usually backfires.

It's important that you first form a safe and comfortable relationship with them and that you uncover these feelings gradually. This will make you more comfortable and likely to progress forward.

EFT Can Be Done On Its Own

Another myth you need to get past is the notion that EFT is effective all on its own. Not so. Along with doing your tapping (or seeing your treating practitioner), it's also important that you make some lifestyle changes.

Depending on the issue that you are facing, you may need to adjust the way you live on a day to day basis. Those who go in with the expectation that after just a few sessions all will be cured are likely to be disappointed.

For example, let's say that Sarah wants to do EFT to help combat food cravings and cure some of the emotional reasons she's turning to food for comfort. She hopes that after doing this, she'll be able to finally get the weight loss results that she is hoping to see.

This is great, however the cravings are just one part of the equation. In addition to that, she'll also need to start focusing on exercising more, increasing her intake of healthy foods, and planning her meals out. This all needs to be done *in addition to* using EFT to help promote the proper fat burning process. If she fails to do these things, chances are, EFT alone is not going to lead to optimal success.

EFT Works In A Single Session

Just as if you've broken your leg you couldn't go to a physiotherapist once and expect to be up and running around again, the same applies here. Some major emotional issues can take numerous sessions to work through – and it could be something you do on an ongoing basis.

Remember that just like any health issue, it takes work. Commit to sticking with it though and the results will come.

New Methods Of EFT Are Superior

As EFT has started to become more popular, we are seeing many variations arise. Sadly, not all of these EFT methods are actually *true EFT*. This is why when people utilize these methods, they are often not seeing the results they were hoping to see.

They blame it on the fact that EFT doesn't work when in reality it's actually that they simply were not even doing EFT in the first place.

Speak to your practitioner about the training they have to ensure they are practicing standard EFT.

Those Using EFT Are Broken

There is this long-held notion that EFT views people as being broken, but this isn't the case. While it's true they have emotional hurdles they have to work through, this is far from being 'broken'.

Instead, EFT focuses on removing the disruption that is causing your ability to achieve an ultimate state of well-being and happiness. Once this obstacle is cleared, you then feel better than ever and realize happiness that you may have not witnessed before.

EFT Videos Will Work For Everyone

Yes, there are EFT videos and scripts out there that you can follow along with, but realize this: *everyone's case is unique*. There is never going to be a video script that will address EXACTLY what you've gone through in your life. Thus, it very well may not be applicable at all.

And, when it comes to seeing results with EFT, it needs to be applicable. You need to address what happened in your own life directly and the only way to go about doing this is with a practitioner who understands your 'story' so to speak.

So there you have 10 myths that surround EFT. Which were you falling for? Are any of these misbeliefs stopping you from really seeing the success that you want to with EFT?

It's important that you discover what this alternative therapy is really about so that you can put it to good use in your own life and overcome any obstacles currently standing in your way.

Want to learn more? Be sure to check out our Stress Relief With EFT Digital Handbook. This book will help you learn how to better manage your stress level and take control over your life.

What has been your experience with EFT? Please share it with us below.

