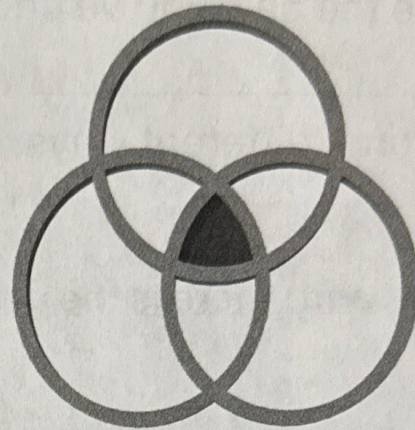


An Introduction to Using EFT for Pain



Management

A Presentation by Jondi Whitis, December 15, 2024

JondiWhitis.com

Contact: Jondi@EFT4Results.com

347-967-6444

The Concept of Pain. We all have different definitions of this. And Pain is not the same as Suffering. Pain is a sensation; Suffering is a state of being.

Let's take a look at how YOU see and feel your own pain, and your personal goals around that.

Take a moment to jot down your thoughts on this.

What kinds of pain are you experiencing? What or which do you most want to address? What is your desired outcome? And this would allow you to

_____?

Take the pain you've chosen to focus upon:

_____, and let's think about it
in some different ways:

What and where is the pain?

.

SUDS MEASUREMENT (Subjective Units of Discomfort) 0 to 10,
where 10 is the worst

Describe the pain using your Imagination.

Describe what the pain feels like?

_____ **Flat? Naggy? Spiky? Persistent?**

Like a sharp rock?

What shape is it?

_____ **Blob? Porcupine? Ropey? Like a**

metal bar?

How big is it?

_____ **Tiny hole? Big blanket? Grapefruit?**

Golf ball?

Is it heavy or light?

_____ **Dense heaviness? Tickling feather?**

3 pounds? Anvil?

What color is it?

Dark red? Mucky brown? Like a dark hole?

Hard or soft?

Like armor? Like a covering? Like a squished ball? Like mud?

Does it make any sound?

Moans, Complains, Ouches, Yells, Whispoers, Nags...Tweaks?

What texture does it have?

Spikey, rough, scaley, slick, sticky, harsh, scratchy?

Does the pain move? How?

Pulses? Immoveable? Darts around? Hides? Comes and goes?

What emotion comes to you with this pain?

Frustration, Anger, Fear, Annoyance, Rigidity? Impatience?

What does exploring this pain bring up for you right now?

Remind you of?

What would this pain tell you if it could talk?

How does this pain sensation make you feel, right now?

Tapping With Pain Procedure Outline

Re-Measure the intensity of the pain you're experiencing, now. (0 to 10 rating) of the current pain.

1) (Set Up Statement - Said 3 times Tapping on the side of hand)

Even though I have THIS pain, I accept this is how I am experiencing it in this moment.

Even though I have THIS pain, I recognize it is not always the same.

Even though I have THIS pain, I acknowledge I am more than this pain sensation.

2) (Reminder phrases and Acupoints) Go through the sequence of acupoints below for 2 rounds using your brief description for the Reminder Phrase for each Tapping point.

Example: *This dark red spikey nagging pain*

The Sequence is:

Top of head; Inner eyebrow; Outer eye; Under the eye; Under the nose; Under the lip; Under R/L Collar bones, Under the armpit, on side/ribs AND REPEAT

3) Take a moment and re-assess your experience of the pain sensation, using the 0-10 scale again. Also note if anything about the sensation or its location has changed.

4) Repeat Steps 1-3

Ask yourself: NOW what is the pain and its intensity and location like?

Is there more to do? If so, repeat the process.

Is there relief? If so, validate and reinforce your conscious self-care choices

From here we'll discuss our observations, and we may be able to provide a demonstration upon one of our colleagues that we can all support by Tapping along with the demonstration, for further benefits to ourselves. Ample Q&A time will be available around this introduction to Tapping for Pain Management.

Keep in mind, EFT is a highly effective tool, but is NOT a substitute for anyone's personal medical professional's diagnosis or advice. We repeat, this presentation and hand-out collection is for developing an empowered self-care and pain management intervention strategy that may be used as needed by its user.

You may be interested to know that these Tapping techniques are approximately 30 years old, yet based upon ancient Asian medicine practices of balance and flow, dating thousands of years. Since that time, modern Western psychology, neurology and quantum physics have provided much information about the body as an electrical system of nerves

and feedback that we may address and work as a team to create more balance, flow and ease. You can find the over 300 (and counting!) studies here, including well over 50 that are clinical trials, replications and meta-studies proving EFT Tapping's rapid relief and lasting results. Here is one site, with a handy quick reference sheet:

<https://www.energypsych.org/researchdb8c71b7#ResearchQuickFacts>

More extensive training, workshops, certification opportunities and private client services are available, here: JondiWhitis.com Jondi@EFT4Results.com

***How intense is
it? 0-to-10***

Hard or soft?

Where is it?

***Smooth or
rough?***

How big?

Heavy or light?

***What shape or
size?***

Hot or cold?

***Does it have an
emotion?***

***What does it
interfere with?***

***Burning,
scalding?***

Blinding?

Crippling?

Suffocating?

***Pinching,
cramping?***

When did it start?

***Does it feel like a
curse?***

Ripping, tearing?

***Raw, inflamed,
itching?***

***What makes it
worse?***

What color is it?

***Bruised,
tender?***

Bright or dull?

***Does it make a
sound?***

***Pulsing,
throbbing?***

***Medical
diagnosis?***

***Grinding,
crushing?***

***What does it
remind you of?***

***Shocking,
stabbing?***

***Did it move
after tapping?***