

EFT for Physical Pain & Discomfort

Physical pain or discomfort can be your body's way of communicating with you about what's going on and what's needed for healing.

EFT can be the tool with which you can listen to and respond to the messages from your body, finding self-understanding and compassion along the way.

Listen to your body and help yourself heal

What does it mean, to listen to your body?

Listening is part of a two way communication. At its best, listening involves understanding, sympathy, holding space with compassion. Without judgement. Supportive.

When your body is in pain or experiencing discomfort, it's your body's way of communicating with you, sending you a message. Your response has a big part to play in the quality of the conversation, and how your body ends up feeling as a result.

It might seem strange at first, to think of communicating with your body. You could use this as an analogy: as if two people were in conversation, and one was in pain.

Imagine how your body may feel or react if:

- Your reaction to your body's pain is one of frustration, annoyance or fear
- Your response to your body's pain is one of care, curiosity and compassion

Keeping this in mind, we're going to change the original EFT setup statement as you tap for your pain, to include acceptance of your *whole* self, including the part(s) of your body that are injured and in pain.

From:

"Even though I have this pain, I love and accept myself"

To:

"Even though I have this pain, I love and accept all of me"

" I listen with love to my body's messages "

- Louise L. Hay

EFT, the power tool

EFT is literally power in your hands, allowing you to help yourself heal.

This is self-empowerment.

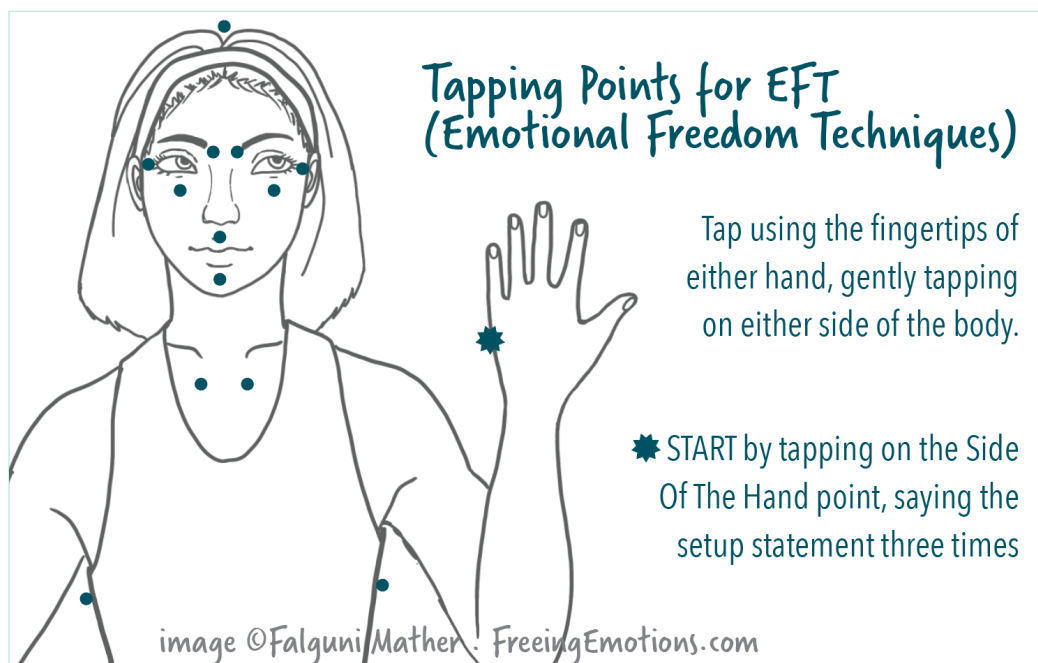
This is the real meaning of responsibility (vs. burden!):

RESPONSIBILITY = RESPONSE+ABILITY = my ABILITY to RESPOND

What you need to know

- Most important when tapping is to get as specific as possible.
- Measure the intensity of physical pain/discomfort on a scale of 0 – 10
0 means the pain is gone
10 means it's very intense right now.

(no pain) 0 ... 1 ... 2 ... 3 ... 4 ... 5 ... 6 ... 7 ... 8 ... 9 ... 10 (very intense pain)



Disclaimer: The material in this resource is for your general knowledge or educational purposes only and is not intended to be or serve as a substitute for medical/psychological advice, diagnosis or treatment. Always seek the advice of your medical doctor or qualified health provider regarding a medical or psychological condition.

Worksheet : Let's get tapping!

Start by becoming aware of the pain/discomfort in your body.

◆ Measure the intensity on a scale of 0 – 10, where 0 means the pain is gone and 10 is it's very intense right now.

(no pain) 0 ... 1 ... 2 ... 3 ... 4 ... 5 ... 6 ... 7 ... 8 ... 9 ... **10 (very intense pain)**

1) WHERE is the pain or discomfort? For example, if your back hurts, where exactly does it hurt? Upper, middle or lower back? On the left side, right side or in the middle? Getting specific could sound like: Pain in my lower left back

Write it down:

2) WHAT KIND OF PAIN is it? Describe your personal experience. For example, it could be searing, sharp, dull, pulsating, burning, deep... Getting specific could sound like: *Heavy, dull pain* or *sharp searing pain*

Write it down:

3) ANYTHING ELSE ABOUT IT? Does it have a colour, a texture or shape? For example, it could feel green or red or cloudy or rough, triangular, like a mountain or a circle! Getting specific could sound like: *pain like a rough, orange metal bar* (this may or may not apply to how you perceive your pain, skip it if it doesn't resonate)

Write it down:

Using your words, formulate your Setup statement and Reminder Phrase:

SETUP STATEMENT:

(repeat out loud three times while tapping on the Side of the Hand Point)

"Even though I have this (sharp pain, like an orange metal bar, in my lower left back), I love and accept all of me"

REMINDER PHRASE:

(tap through all the points saying the Reminder Phrase out loud at each point)

"sharp pain, like an orange metal bar, in my lower left back"

Repeat this for 2 or 3 complete rounds till the intensity drops.

◆ **What number is the intensity now?**

If it's a 0, great! Relief is generally more quick if it's recent / acute pain.

If it's at a 1 or higher, continue to...

4) EMOTIONS TOWARD your pain/injury: Ask yourself, how do you feel

- toward the pain/part of the body
- and why

Getting specific could sound like: *I feel super annoyed at my back for being in pain (why) because it gets in the way of my daily exercise routine*

- or - *I'm worried about my knee (why) because my mother had knee surgery and what if I have the same problem?*

Write it down:

SETUP STATEMENT:

(repeat three times using your words while tapping on the Side of the Hand Point)

"Even though (I feel super annoyed at my back for being in pain because it gets in the way of my daily exercise routine), I love and accept all of me"

REMINDER PHRASE:

(Tap through all the points, using your words as the Reminder Phrase at each point)

"Annoyed at my back"

"It's getting in the way of my daily exercise routine"

Repeat this for 2 or 3 complete rounds till the intensity drops.

◆ **What number is the intensity now?**

If it's at a **1 or higher**, continue to...

5) EMOTION CONNECTED WITH the pain /injured area of body. This is different to how you feel toward the pain. This is the emotion that resides *within the pain, or is connected to it in some way*: Take your awareness into the part of your body that is injured, in pain or in discomfort. Notice the emotion that surfaces from the pain. Go with the first emotion that comes to mind, without judgement.

For example, you may sense sadness, fear, anger or even guilt or disgust.

Getting specific could sound like: *"Sadness in my pain" or "fear in my injury"*

Write it down:

SETUP STATEMENT:

(repeat three times using your words while tapping on the Side of the Hand Point)

"Even though (there's sadness in my pain), I love and accept all of me"

REMINDER PHRASE:

(tap through all the points, using your words as the Reminder Phrase at each point)

"Sadness in my pain"

Repeat this for 2 or 3 complete rounds till the intensity drops.

◆ **What number is the intensity now?**

If it's **1 or higher**

ASK YOURSELF:

- *How did the injury happen? What was my experience of the incident?*
- *When did the pain start? What was going on in my life at the time?*
- *What was I experiencing at the time?*
- *What does this pain remind me of?*

Finding specific events that may be connected with the time of injury, or around the time the pain started, even a few months before, are all aspects on which to tap.

Chronic pain can have deeper layers and other contributing factors which may keep the pain chronic over time. Tapping on 1) through 5) as detailed above could help to alleviate current symptoms. Working with a qualified EFT practitioner may be helpful to bring lasting relief and resolution.

“Listen to your body, because your body is listening to you.”

If tapping on your own makes you feel uneasy or overwhelmed, you can find a qualified EFT practitioner through the **EFT International Directory of EFT Practitioners:**
<https://eftinternational.org/discover-eft-tapping/find-eft-practitioners/>

Disclaimer: The material in this resource is for your general knowledge or educational purposes only and is not intended to be or serve as a substitute for medical/psychological advice, diagnosis or treatment. Always seek the advice of your medical doctor or qualified health provider regarding a medical or psychological condition.