

10 Ways to Change Your Life with EFT

If you've been reading my e-zine for a while, you'll have noticed that, as well as coaching, I teach people how to use energy tapping or EFT (emotional freedom techniques).

For me, EFT is the flip-side of coaching. I see coaching as being about helping people achieve what they want in life and EFT as a way to help people get rid of what they don't want, such as negative thoughts, feelings and behaviours, which often get in the way of achieving what they do want. One thing that I especially love about EFT is that it often works when nothing else will.

If you'd like to get a quick idea of how it works, check out my new website energytappingworkshop.com and get a copy of my free report [*How to cut your stress levels in half in less than 10 minutes using EFT*](#). As the EFT approach is always the same, regardless of what you use it for, you can use this report as a guide to help you shift whatever else might be bothering you. I plan to expand this new site over coming months, however, in the meantime, feel free to e-mail me on tania@blueskycoaching.com.au if you have any specific questions I can answer for you about EFT.

Here are some great ways EFT can be used to make changes in your life:

1. Reduce your stress levels

Regardless of why you might be using EFT, simply using the technique creates a relaxation response. Even the most highly stressed people who can't seem to meditate, be hypnotised or won't take time out to exercise, can cut their stress levels quickly using EFT. If you'd like to try it, visit my new EFT website: www.energytappingworkshop.com and get your copy of my free report [*How to cut your stress levels in half in less than 10 minutes using EFT*](#).

2. Overcome anxiety, panic attacks and depression

I love that EFT is a drug-free way to do this and doesn't require you to get into the details of, or to the bottom of, what has caused these feelings before you are able to shift them.

3. Get rid of fears and phobias

I've used EFT successfully with many people to overcome the fear of public speaking (including me). One of my clients used beta-blockers prescribed by a psychiatrist, who told her that's what he did. She felt ill for days leading up to making presentations before learning EFT, and was amazed at how effective this technique was. Other examples include fear of flying, spiders, snakes, bridges, crowds and social phobia. I recall seeing one client about social phobia because they didn't feel they could handle being in a workshop situation. Now, however, I also have my home study packages, so learning EFT at home is possible.

4. Lose weight

This technique is great for eliminating food cravings, overeating, resistance to exercise and overcoming negative feelings such as overwhelm, frustration or feeling deprived of your favourite foods, all of which can sabotage your efforts in losing weight.

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5. Overcome addictions - such as smoking, drugs, gambling

One of my clients was suffering from extreme anxiety, for which she took Valium every day. She also wanted to give up smoking. After one session with me, in which we worked only on her anxieties, she said she'd continue to use EFT at home. After a week, she let me know that she had reduced her smoking from a packet a day to just one or two, and that she was no longer using Valium! She told me she had forgotten to take her Valium tablet the day after her session with me and found she really didn't need to use it anymore.

6. Increase your confidence

One way to do this is to use EFT on any negative thoughts or repetitive self-talk, such as 'I can't do it', 'I'm not good enough'.

7. Improve sleep

If you're a person who lies awake at night with thoughts racing through your mind, use EFT to release those thoughts and induce relaxation to help you fall asleep. It's also a great way to clear your mind of and erase any negative charge associated with nightmares!

8. Boost performance

Sporting, acting, music, singing and exam performance are some areas where my clients have applied EFT successfully.

9. Pain relief

EFT is great for migraine headaches (this was my initial reason for learning EFT) and many other physical pains. To see how quickly one of the workshop participants featured in my EFT Home Study package got rid of shoulder pain, check out this [short video clip](#) (approx 9 minutes).

10. End limiting, self-sabotaging beliefs and behaviours

Always running late? Do you procrastinate? You can also use EFT to help you stop thinking and doing anything that's not working for you.

Disclaimer: Although EFT is a proven powerful and effective healing method, please do not substitute this technique for the professional advice and services of a qualified medical practitioner, psychiatrist or psychologist. If you are under medical supervision, please consult your medical health professional regarding your use of EFT.

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