



Emotional Freedom Technique  
*Here are just a few areas where EFT has had positive result...*

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General anxiety  
Acute anxiety (like panic attacks)  
Specific anxieties (like the fear of public speaking or a phobia)  
Guilt  
Anger  
Shame  
Depression  
Stress  
Fear (i.e. fear of failure, fear of death, fear of confrontation, fear of heights or fear of flying)

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Traumatic memories  
Nightmares  
Post-traumatic stress disorder (PTSD)  
Obsessive-compulsive disorder (OCD)  
Dyslexia  
Bulimia  
Anorexia  
Body dysmorphic disorder

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Learning problems  
Test anxiety  
Poor school performance  
Inability to do maths (for example)  
Concentration problems

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Pain  
Chronic pain  
Backache  
Carpal tunnel syndrome  
Pre-menstrual syndrome (PMS)  
Temporomandibular joint disorders (TMJ)  
High blood pressure  
Migraines  
Asthma  
Stomach ache  
Eczema  
Allergies

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Grief  
Feelings of loneliness  
Rejection  
Abandonment  
Failure  
Procrastination  
Inability to forgive  
Cravings  
Nervous habits  
Weight problems  
Smoking and other addictions

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Positive self-image  
Confidence  
More successful in business  
Achieve goals  
Develop better personal and work relationships

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