

What Is EFT and How It Works

A gentle guide to understanding EFT tapping.

Darcy Dawe · The Super Glue Healing Library



A note from Darcy

For a long time, I understood my emotions in my head long before I could feel any real change in my body. I could name what hurt, explain why it hurt, and still feel caught inside the same ache.

Tapping became the bridge between what I understood in my head and what I could finally feel in my body. It gave me language for emotions that once lived only as ache, tension, or noise.

Over time, it became a quiet way of listening instead of fixing.

You don't have to be calm to begin.

You only have to be honest.

That's where every shift starts.

- Darcy Dawe

What is EFT tapping?

Emotional Freedom Techniques, often called EFT or tapping, is a gentle practice that combines focused attention, honest language, and rhythmic touch. It works by engaging the body directly, not by forcing thoughts to change, but by allowing the body to register safety while difficult emotions are present.

You tap lightly on specific points on the body while naming what you're feeling. Not to make it disappear. But to let it be felt without overwhelming you.

This is why tapping works even when positive thinking doesn't.

Why positive thinking isn't enough

Our ancestors saw a tiger, and they ran.

There was no time to think. No space to reason. The body reacted first, flooding with survival chemistry so action could happen fast.

Run. Freeze. Fight.

No amount of positive thinking could stop that response until the body knew the danger had passed.

Today, the threats are different. There is no tiger in front of you, but uncertainty, rejection, loss, or sudden change can feel just as real to the body. The same alarm sounds. The same sensations rise.

A tight chest. A racing heart. Shallow breath. The pull to escape.

This is why telling yourself to calm down or think positively often doesn't work when you're overwhelmed. The part of you that's reacting doesn't speak language. It speaks sensation.

EFT meets the body where it is. Not by arguing with fear. Not by overriding it with logic. But by gently showing the body, again and again, that the danger has passed.

That's what tapping offers. A way to communicate safety to our survival instinct, the part of us that learned long ago how to survive.

How tapping changes the loop

When you're emotionally overwhelmed, the body often moves faster than thought. A feeling rises. The body tightens. Your attention narrows. You might feel the urge to escape, fix, or shut down. For a moment, the pressure eases. Then the feeling returns. Sometimes stronger.

This is not a failure of willpower. It's a survival response repeating itself.

Tapping interrupts this pattern. It slows the body first, so the feeling no longer has to drive your next move.

You're not trying to think your way out of distress. You're creating enough steadiness for choice to return.

What EFT has been used for

EFT tapping has been studied and used to support a wide range of emotional and physical challenges. Research and clinical use have shown benefits for:

- anxiety and panic
- low mood and emotional heaviness
- trauma and stress responses
- phobias and fears
- grief and loss
- cravings and compulsive urges
- chronic tension and pain
- sleep difficulties
- performance anxiety
- everyday overwhelm

At its heart, EFT remains simple. It's a way to show the body that it's safe to feel. You don't need to believe in tapping for it to be supportive. You only need to be willing to try.

How to tap

This is the way tapping is used throughout The Super Glue Healing Library - gently, without force, and always led by what your body is ready to feel.

Tapping is a straightforward, gentle practice that uses light touch to help the body settle and release emotional tension. You tap with your fingertips on a series of points on the face and upper body while listening to guided words or following the written version.

You can follow the sessions in two ways. Listen to Darcy and tap along with the audio, or read the written version while tapping at your own pace.

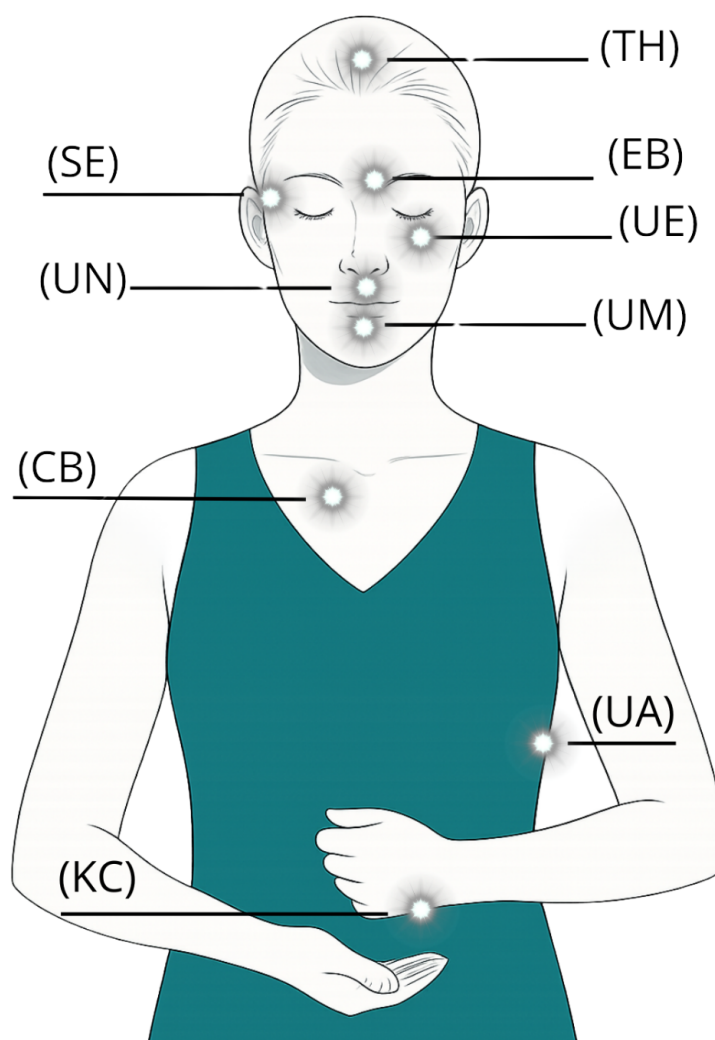
You may repeat the words out loud, say them quietly in your mind, or simply listen and notice what you feel. All of these are effective.

There is no correct speed or pressure. You can tap softly or firmly. You can sit, lie down, or pause whenever you need. If at any point it feels like too much, you can stop. You are always in control.

Tapping is not about fixing yourself or forcing calm. It's about offering your body a different kind of attention. One that doesn't rush, argue, or demand change.

You don't need to believe in tapping for it to work. You only need to be willing to try and notice what happens.

The Tapping Points



- TH: Top of Head
- EB: Eyebrow
- SE: Side of Eye
- UE: Under Eye
- UN: Under Nose
- UM: Under Mouth
- CB: Collarbone
- UA: Under Arm
- KC: Side of Hand (Karate Chop)

How we use EFT

We begin by noticing what's present in the body and mind, without trying to change it. From there, we move through a series of tapping rounds that give space to what you're feeling, help soften intensity, and gently guide attention back to yourself.

Nothing here is rushed. Nothing is forced. You are always in control of the pace.

This format is used throughout the library, so once it feels familiar, you can return to it whenever you need support.

Mind and body check-in

Before tapping begins, we always pause for a moment. Not to analyse. Not to fix anything. Simply to notice what's already present.

This check-in is an important part of how tapping works in The Super Glue Healing Library. It helps the body feel seen before anything is asked of it.

At the start of a session, attention is gently brought to the body. You might notice tightness, fluttering, heaviness, or a sense of pull. You may also become aware of the emotion that feels closest underneath. Sometimes this is clear. Sometimes it's vague. Both are okay.

If it feels helpful, the intensity of what's present is given a number from 0 to 10. This isn't a judgement, and it isn't a test. It's simply a way of orienting to where you are before tapping begins.

This moment sends a quiet message to the body: I'm listening.

Why we check intensity

In this library, intensity isn't used to track progress or measure success. It's used to support awareness.

When emotional pain is present, everything can blur together. Sensations, thoughts, and urges overlap. Checking in before and after tapping helps make small shifts more visible, especially the ones that happen quietly.

| *Tapping here isn't about results. It's about staying present with yourself, one moment at a time.*

The tapping journey

Every tapping session in The Super Glue Healing Library follows the same gentle rhythm.

Not because there is only one way to tap. But because a familiar structure allows you to settle more easily each time you return.

The setup statement

Begin tapping on the side of your hand. As you listen to Darcy, repeat the words either out loud or quietly in your own mind. The setup statement simply acknowledges what is happening right now. You are not trying to change the feeling. You are not trying to make it disappear. You are simply recognising what is here before the session begins.

There is no perfect way to do it. Simply tap. Listen. Repeat. You don't need to be ready. You only need to be willing.

The quick round

The quick round helps you arrive. Continue tapping slowly and gently through each of the tapping points. There is no need to rush. The purpose is simply to help you settle into the session and create a little space before exploring the feeling more deeply.

The meditation round

The meditation round is the heart of every session. Continue tapping through the points as Darcy gently guides you. Unlike the quick round, you don't need to repeat every word unless you would like to. Many people simply continue tapping while listening, allowing the words to settle naturally.

There is no right way. Simply continue tapping, listen, and reflect.

Stop tapping / Re-rate

At the end of the tapping, Darcy will invite you to stop for a moment. Take a slow breath. Notice what is here now. Then, if you choose, gently check in with yourself again using the same zero to ten scale. This isn't about measuring success. It's simply another moment of noticing. Sometimes the number changes. Sometimes it doesn't. Both are okay.

Return to presence

At the end of every session, there is a moment of returning.

Not to analyse what happened. Not to decide whether it worked. Simply to notice what is here now.

Take a slow breath.

Notice your body. Notice your hands, your chest, your stomach. Notice the feeling you checked in with at the beginning.

Softening doesn't always happen all at once. Sometimes it begins with something as small as one breath. One moment of noticing. One session at a time.

FAQ: EFT tapping

Do I have to believe in EFT for it to be supportive? No. Tapping works through the body, not belief.

What if I say the wrong words? There is no wrong. Simply listen to Darcy and repeat the words in whatever way feels natural to you. Honesty matters more than perfection.

Do I have to repeat every word? No. During the quick round, you'll be invited to repeat the words after Darcy. During the meditation round, many people simply continue tapping while listening. If you'd prefer to repeat the words throughout the session, that's okay too.

What if I feel more emotional at first? Sometimes bringing gentle attention to what hurts can make it feel more present before it begins to soften. This is a normal part of the process.

When a practitioner can help

The EFT practices in this guide are gentle and designed for self-use. They're here to help you listen to what's happening inside and return to yourself at your own pace.

Sometimes, though, a deeper ache wants more support. If you notice that emotions feel overwhelming, arrive very quickly, or bring up material you'd rather not sit with alone, that's not a sign you're doing anything wrong.

It's a sign you're listening honestly to yourself.

If you feel drawn to exploring EFT with a professional, working with a certified EFT practitioner can offer additional support and guidance in a contained, supported way.

You don't need to rush. You don't need to decide anything now. You're allowed to move toward support in whatever way feels safest for you.

Choosing support, gently

Working with a practitioner can help you move slowly, stay grounded, and feel accompanied as you tap. Sessions may be online or in person, depending on what feels most comfortable to you.

If you decide to explore this option, you can search for:

- EFT International Certified Practitioner
- Certified EFT Practitioner near me

These searches lead to trained professionals who specialise in Emotional Freedom Techniques.

Needing support is not a failure. It's not a step backward. It's one of the ways we learn to take ourselves seriously.

What does the research say?

One of the questions people often ask is: does EFT tapping actually have any research behind it?

The short answer is yes.

EFT has been studied for more than two decades and has been explored in research involving stress, anxiety, trauma, pain, cravings, sleep, performance anxiety and emotional wellbeing.

Like many areas of psychology and medicine, researchers continue to investigate exactly how it works. While there is still discussion about the underlying mechanisms, a growing body of research suggests that many people experience meaningful improvements in emotional distress after tapping.

Throughout The Super Glue Healing Library, tapping is not presented as a cure or a replacement for appropriate medical or psychological care.

It is offered as a gentle, body-based practice that may help you stay with difficult thoughts and feelings differently.

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Researchers continue to explore how EFT works, and no single explanation has been universally accepted. Several processes may be happening together.

Tapping brings the body into the conversation Unlike approaches that rely entirely on thinking, EFT combines focused attention with gentle physical tapping. Rather than trying to think your way through distress, the body becomes part of the process.

The body's stress response may begin to settle Many people notice changes such as slower breathing, reduced muscle tension, or less urgency while tapping. Researchers believe this may reflect activation of the body's natural calming systems.

Difficult memories may be experienced differently During tapping, people often bring difficult thoughts, memories or emotions into awareness while remaining physically present and engaged. Researchers believe this combination may allow the emotional intensity attached to those memories to change over time. This process is often described as memory reconsolidation.

Stress hormones may decrease Several clinical studies have reported reductions in cortisol - the body's primary stress hormone - following EFT sessions.

Practice helps build familiarity Like meditation, mindfulness and many other practices, EFT appears to become easier with repetition. Researchers believe repeated experiences of responding differently to difficult emotions may gradually strengthen new emotional and behavioural pathways.

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Research into EFT has explored its use across a wide range of experiences, including:

- anxiety
- stress
- trauma symptoms
- phobias
- grief and loss
- cravings and compulsive urges
- chronic pain
- sleep difficulties
- performance anxiety
- everyday emotional overwhelm

Research continues to grow each year, with systematic reviews and clinical trials adding to our understanding of where EFT may be most helpful.

Understanding the evidence

Research rarely provides simple yes-or-no answers. Different studies use different methods, different groups of people and different measures of success. Some studies report large improvements. Others report smaller effects. Researchers also continue to debate exactly why EFT works. That is a normal part of scientific progress.

What matters is that the evidence continues to grow, while researchers keep asking better questions and testing new ideas.

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Whether you are completely new to EFT or have used it for years, research can only tell us what has been observed across groups of people.

Your own experience is always individual.

Throughout *The Super Glue Healing Library*, tapping is offered as a gentle invitation to pause, notice what is here, and return to yourself one moment at a time.

If it helps create a little more space around a difficult moment, then it has already begun to do its work.