EFT Practitioner Training:
Section 6

Working with Physical Problems

Chase the Pain

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Why Learn EFT: Chase the Pain?

Jim's Frozen Shoulder

Pain Post Hip Replacement

Norwegian Students Damaged Shoulder

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Pain and Physical Problems

Estimated Number People suffering from Chronic Pain in the US in 2016

20.4% of Adults

Centers for Disease Control and Prevention

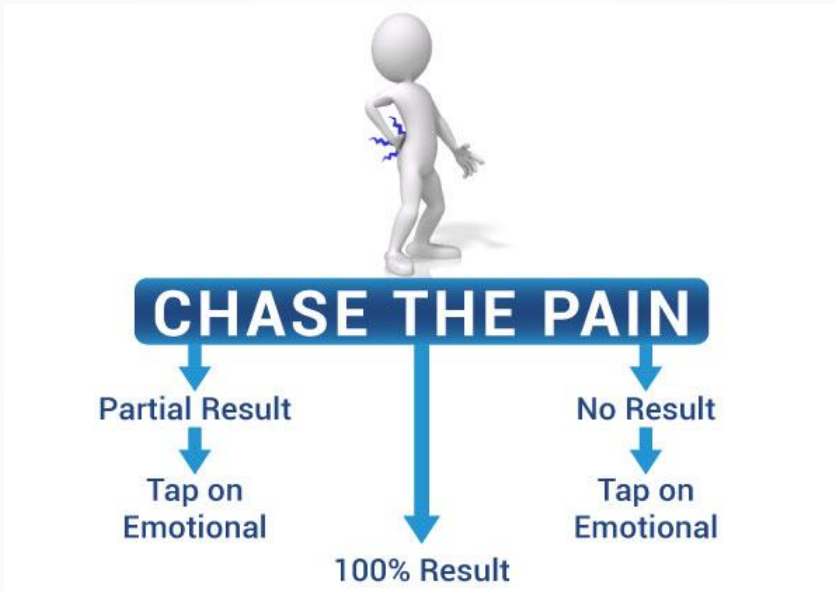
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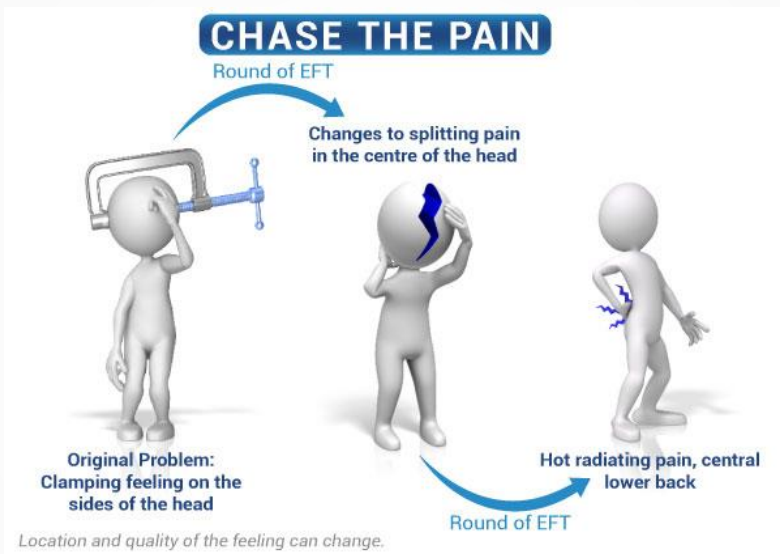
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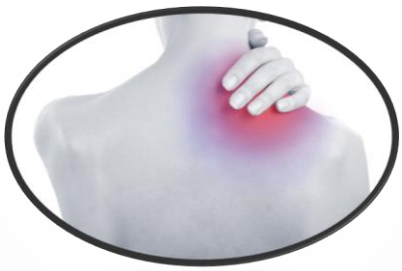
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Qualities of a Feeling

Shape of feeling

Location of Feeling/ Sensation



Quality of Feeling/ Sensation

Precise Location

Moving or Still

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Example: Qualities of a Feeling



"Sharp shooting pain inside my right knee cap"

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Precision: Tuning into “the Problem”

1. Location: Where precisely is the problem?
2. Quality of Sensations: How would you describe the quality of the feelings?



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Precision: Tuning into “the Problem”

“Quality of feeling, location”



“Hot radiating pain at the base of my neck”

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No Results: Chase the Pain

1. Tighten Up the Targeting

Ache - vague language

Red Pulsating Ache Through My Shoulders



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Can't Describe the Sensations/ Feelings

1. If it had a colour what would it be?
2. If it had a shape what would it be?
3. Is it still or moving?



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Can't Describe the Sensations/ Feelings

1. What does it remind you of?

"A knife stabbing into my back"



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Can't Describe the Sensations/ Feelings

1. What does it remind you of?

"A knife stabbing into my back"



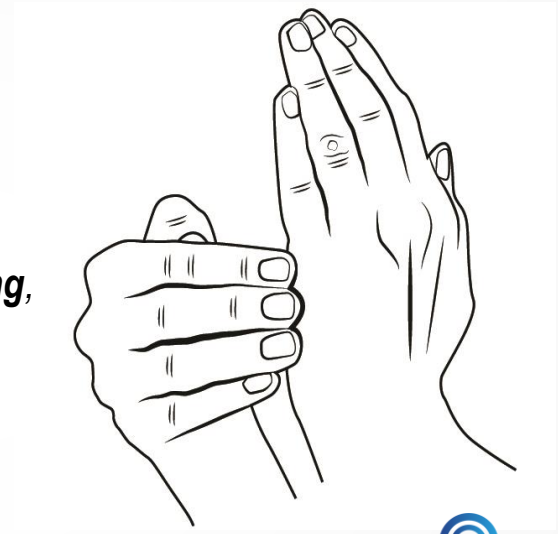
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EFT Set Up

*"Even though I have a **knife stabbing into my back feeling**, I accept I feel that"*



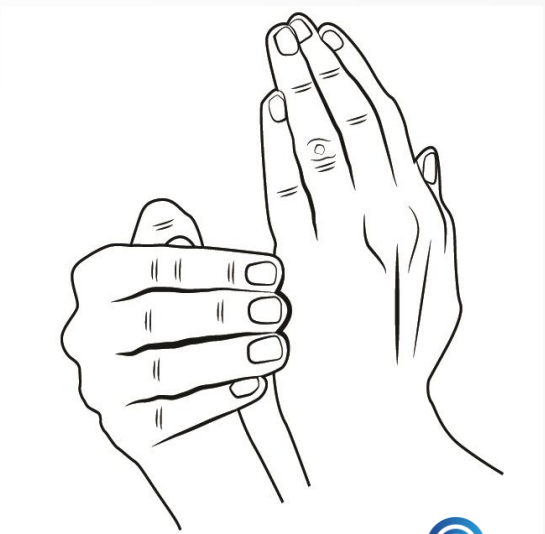
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EFT Set Up

*"Even though I have **hot radiating pain at the base of my neck**, I accept I feel that"*



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