



OVERCOMING (CYBER)-BULLYING USING EFT

EFT (Emotional Freedom Techniques) is a simple method to reduce problems. EFT can be used for anxiety, sleep problems, learning disabilities, depressions, addictions and to overcome BULLYING.

Here we'll discuss how children who are bullied, can use EFT to reduce their suffering from bullying. Ask your parents or teacher to help you in using EFT in overcoming bullying.

How EFT works

You tap with the fingertips of two fingers (your index and middle finger) on different places on your body. While tapping you speak aloud sentences that deal with BULLYING. This teaches your body to reduce suffering from the BULLYING. It may even happen that bullies will stop bullying because they feel you are getting too strong for them.

Below is an overview of the EFT points you'll have to tap on.

between top of the wrist and
base of the little finger
(KC)



top of head
at the crown
(TH)



beginning of the eyebrow
just above the nose
(EB)



outside of your eye socket
near the corner of the eye
(SE)



on the bone under your eye
bottom of your eye socket (UE)



between bottom of your nose
and top of your upper lip.
(UN)



between point of your chin and
bottom of your lower lip
(CP)



where the breastbone,
collarbone and first rib meet
(CB)



about 4 inches
below your armpit
(UA)





Lets go Tapping

1. Think about the BULLYING. How does it feel? Give a rating for your bullying feeling. The greater the bullying feels for you, the higher the number (0 = low and 10 = high).
2. Tap on the side of your hand (KC). Meanwhile, read aloud the following three sentences:



Even though I **am bullied by (name)**

I am still a great kid

Even though I **am afraid of being bullied**

I think I am really cool

Even though I **feel lonely**

I choose to take this moment to relax

3. Tap 7 times on the following points and say the corresponding sentences. There are 3 tap rounds: first with the A-sentences, then the B-sentences and finally with the C-sentences.

Top of Head (TH)

- a) I am bullied a lot
- b) I choose to stay calm and relax
- c) I feel very lonely

Eyebrow (EB)

- a) I feel insecure by the bullying
- b) I am a great kid
- c) I choose to have fun and enjoy life

Side of Eye (SE)

- a) I will never have friends
- b) I choose to feel happy
- c) I am too weak to defend myself

Under your Eye (UE)

- a) I am feeling worthless
- b) I believe in myself
- c) I choose to overcome my bullying problem

Under your Nose (UN)

- a) I am afraid to speak up about the bullying
- b) I choose to like myself better each day
- c) I'm laughed at each day

Chin Point (CP)

- a) I get bullied because I am stupid / ugly / ...
- b) I am a cool kid anyway
- c) I choose to praise myself each day

Collarbone Point (CB)

- a) I am tired of being insulted
- b) I choose to make new friends
- c) I am afraid to make new friends

Under your Arm (UA)

- a) Nobody likes me
- b) I am still a awesome kid
- c) I choose to believe in the future



Now use your own sentences

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2. Tap on the side of your hand (KC). Meanwhile, read aloud the following three sentences:



Even though _____
I am still a great kid

Even though _____
I think I am really cool

Even though _____
I choose to take this moment to relax

3. Tap 7 times on the following points and say the corresponding sentences. There are 3 tap rounds: first with the A-sentences, then the B-sentences and finally with the C-sentences.

- | | |
|------------------------------|----------|
| Top of Head (TH) | a) _____ |
| | b) _____ |
| | c) _____ |
| Eyebrow (EB) | a) _____ |
| | b) _____ |
| | c) _____ |
| Side of Eye (SE) | a) _____ |
| | b) _____ |
| | c) _____ |
| Under your Eye (UE) | a) _____ |
| | b) _____ |
| | c) _____ |
| Under your Nose (UN) | a) _____ |
| | b) _____ |
| | c) _____ |
| Chin Point (CP) | a) _____ |
| | b) _____ |
| | c) _____ |
| Collarbone Point (CB) | a) _____ |
| | b) _____ |
| | c) _____ |
| Under your Arm (UA) | a) _____ |
| | b) _____ |
| | c) _____ |