



The Movie Technique

HOW TO TAP on each event. (Much of this is taken from an article by EFT's founder Gary Craig)

It is important to address specific events rather than global issues. This can often spell the difference between apparent failure and dramatic success. Even though the concept is easy to understand, some newcomers have difficulty putting it into practice.

Fortunately, there is a tool that greatly simplifies this important task. EFT calls it the "Movie Technique"

Simply stated, if the you can make a mental movie of the event, then it is automatically a specific event. A movie has a specific beginning and a specific end in time. It has a specific plot and specific characters. It has specific words & specific actions and generates specific feelings. In fact, if you can't make a specific movie of your problem then the problem is too globally stated.

Here's an example. Suppose you state your problem as, "*My father always put me down.*" This is too global, of course, because that abuse is likely comprised of numerous specific instances (events) of abuse. If you ask yourself to make a specific movie of this abuse, **YOU FORCE YOURSELF IN THE DIRECTION OF A SPECIFIC EVENT.** Once in awhile you will make a vague generalization of the issue instead of a specific movie. In such cases, you will need to guide yourself in the proper direction.

- First, ask yourself, "*If it was a movie, how long would it last?*" Typically, it will be an answer that can be measured in minutes. This reflects, of course, a specific event. If you say, "*several hours*" or "*several days,*" then you can usually assume you are still being too global.
- Next, ask, "What would the title be?" This also tends to force specificity. In most cases, have a specific title such as, "*Fight in the Kitchen*" or "*My accident in Mom's car.*" If you still have a more general title, be sure to check out how specific you are being.
- Next, run the movie in your mind and evaluate the intensity you are having NOW (as you imagine it) on a scale of 0-10. Alternatively, GUESS what your intensity would be IF you vividly imagined it. Guesses are reasonably accurate AND guessing tends to save you some emotional pain.
- Next, do several rounds of EFT on "*this _____ movie.*" At the end of each round check out the 0-10 intensity. Typically, it will come down to low numbers or to zero. You may be done with this specific movie at this stage but continue with the procedures below to thoroughly test the completeness of your work.
- Next, go through the movie in your mind, starting with a low-intensity segment, **BUT STOP WHENEVER YOU FEEL ANY INTENSITY** about ANY feeling. You will usually need to concentrate on the importance of stopping because most people are conditioned to believe that, in order to be rid of your problem, you must be brave and feel the pain while going through it. This is now ancient thinking. With EFT, these stopping points provide opportunities (and the need) for tapping.
- Next, use EFT on each stopping point until there is no more intensity on that segment (aspect) of the movie. Tap on each emotion and feeling at that point until the intensity is a 1 or zero.

- Start over and run the movie again in your mind or out loud with narration, stopping at each point to tap on intense emotions as they show themselves. Many times as you run the movie from beginning each time, new aspects of feelings will appear. Tap on those too.
- When you can finally get through the movie, run through the movie in your mind again, beginning to end, tapping on intense aspects as they come up, until the movie no longer has a charge on it.
- Finally, when the intensity seems to be resolved, go through the movie one last time, but exaggerate the sights, sounds, colors, etc and really TRY to get upset about it. If you find some more intensity, then keep repeating the steps above until it is gone. When you can no longer get upset, your work is done.

Properly done, this procedure should neatly remove a negative tree from your emotional forest. Then you can remove another tree...and then another...and then another...until 5 or 10 of them have been thoroughly uprooted. Since most of these trees have some commonality among them, there is usually a "generalization effect" that spreads throughout the whole forest, thereby toppling the rest of the trees. Thus, your problem of *"My father always put me down,"* even though it may have several hundred specific events (trees) contributing to it, is often handled after 5 or 10 specific events have been neutralized.

You may need to write down an emotion that pops up while you are working on another emotion. Then you can go back after doing rounds on the first emotion until it is low intensity and address the popped up emotion next.

IF SOMETHING IS UPSETTING AND YOU BECOME OVERLY EMOTIONAL, KEEP TAPPING UNTIL THE EMOTION SUBSIDES. The worst thing to do is to stop tapping because some very strong emotion came up. You don't even have to say any words at that point; just keep tapping. It will work to calm everything. Then you might want to look up an EFT Practitioner to help you through that event instead... and continue with another less upsetting event on your own.

A demonstration video of this technique can be found on You Tube by searching for "EFT's Movie Technique"