

# HOW TO PREVENT SMOKING USING EFT

EFT (Emotional Freedom Techniques) is a simple method to reduce problems. EFT can be used for exam fear, learning disabilities, depressions, bullying and addictions like SMOKING.

Here we'll discuss how children who are tempted to smoke, can use EFT to avoid smoking. Ask your parents or teacher to help you in using EFT to prevent smoking.

## 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 PREVENTING SMOKING. This teaches your body to reduce suffering from the temptation to start smoking.

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)



**DISCLAIMER** - While using EFT you agree to take full responsibility for your own physical health. EFT is not intended to replace qualified health care, so we strongly encourage you to discuss the use of EFT with your doctor.

**ILLUSTRATIONS** - by Sheryl ongue from the book **Tapping For Kids**

**MORE INFO ON**  
**WWW.EFT-TAPPING.LEARNANDENJOY.COM**

## Lets go Tapping

1. Think about NOT SMOKING. How does it feel? Give a rating for your feeling. The greater not smoking 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 **may lose friends when I don't smoke**  
I am still a great kid

Even though **one cigarette won't hurt**  
I know I'm cool without cigarettes

Even though **I am curious about smoking**  
I choose to have a healthy life

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 can't avoid smoking when all my friends smoke
- b) I choose not to start smoking
- c) My parents will only be mad at first

### **Eyebrow (EB)**

- a) My parents are smokers
- b) I am a great kid
- c) I choose to have healthy lungs

### **Side of Eye (SE)**

- a) One puff won't kill me
- b) I choose to be a non-smoker
- c) You have to try smoking once in your live

### **Under your Eye (UE)**

- a) Smoking will give me self-confidence
- b) I believe in myself
- c) I choose to praise myself each day

### **Under your Nose (UN)**

- a) Some good athletes are smokers too
- b) I choose to let go the desire for cigarettes
- c) When I smoke I won't be treated as a baby

### **Chin Point (CP)**

- a) Experimenting with cigarettes is not smoking
- b) I am a cool kid anyway
- c) I choose to make friends easy

### **Collarbone Point (CB)**

- a) With cigarettes I'll overcome my stress
- b) I choose not to smell like cigarettes
- c) Smoking is cool

### **Under your Arm (UA)**

- a) When I smoke I'll be accepted
- b) I am still a awesome kid
- c) I love the idea of being a non-smoker

4. Re-rate the feeling of your prevent smoking problem. Use EFT regularly and you will notice that the score will decrease. Not-smoking will generate less unpleasant feelings.

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**Now use your own sentences**

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The greater not smoking 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 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) \_\_\_\_\_
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4. Re-rate the feeling of your prevent smoking problem. Use EFT regularly and you will notice that the score will decrease. Not smoking will generate less unpleasant feelings.

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