

Activate Your Life with EFT: Case Study - The Fear of Public Speaking

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by Andrew McCombe, BPhEd

Emotional Freedom Techniques (or EFT) is a revolutionary new healing aid being used worldwide by those in the healing professions and because of its simplistic and complementary nature has become an excellent addition to the coaching tool box.

EFT is a psychological form of acupuncture, but without the needles. Instead, you stimulate well established energy meridian points on your body by tapping on them with your fingertips whilst repeating specific statements. The process is easy to memorize and is portable so you can do it anywhere.

EFT was discovered by Gary Craig in the 1980's and is an amazing process that allows you to discover the underlying issues that have been holding you back and has been known to provide relief from:

Life-long Fears and Phobias, Serious Physical Ailments, Illness and Injuries, Body Image Issues, Cravings and Addictions, Money and Wealth Issues, Relationship Issues, Career and Business Issues. **The underlying principle of EFT is...**

"The cause of all negative emotions is a disruption in the body's energy system." And because our physical pains and diseases are so obviously connected with our emotions the following statement has also proven to be true...

"Our unresolved negative emotions are major contributors to most physical pains and diseases."

This common sense approach to EFT draws its power from:

1) **Time-honoured Eastern discoveries that have been around for over 5,000 years** and 2) **Albert Einstein**, who told us back in the 1920's that everything (including our body), is composed of energy.

The cause of all negative emotions is a disruption in the body's energy system, and when combined with the universal law of attraction is why people struggle towards that which they truly want.

For example:

If you have a negative thought, feeling or belief vibrating at a sub-conscious level in your body then you will actually be attracting this vibration in your external world.

The correct use of EFT will allow you to clear this energetic vibration (eg the negative thought, feeling or belief) and then replace it with a more positive and powerful vibration, so that you begin to attract the reality (by performing the behaviours) that are in alignment with this new vibration.

How does EFT work?

EFT works by massaging the meridians (by tapping on them with your finger tips) to free up any trapped energy associated with the negative past or projected future trauma or event and is simple to perform...

Step one: Identify an issue that you would like to work on. For the sake of this article I will use the issue of "I feel like a failure" ...but just remember EFT has been known to work on almost anything, so if you have any issue feel free to use that instead. **Step two:** Identify on a scale of 0-10 how badly you feel about this issue. Ten being the worst you could possibly feel.

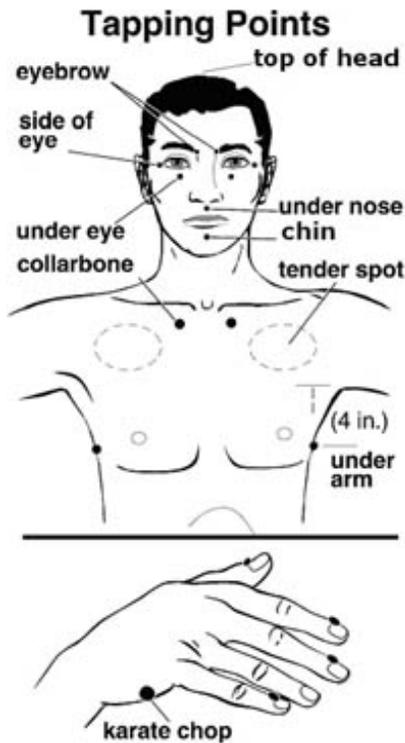
If you can't feel it right now then close your eyes and imagine yourself in the stressful situation or issue in your mind.

Step Three: Create the set up statement "Even though I feel like a failure I deeply and completely love and accept myself anyway". The purpose of the set up statement is to bring the issue to your conscious awareness and to say that even though I have this issue I still love myself anyway. Eg I am not my issue.

Step Four: Repeat the set up statement 3 times whilst tapping repeatedly on the Karate Chop (KC) point.

The karate chop point is on the side of the small finger side of either hand. Form a karate chop action with your hand and then hit something with it (eg a table). The point that hit the table is the karate chop point

Step Five: Perform 1-2 rounds of the negative statement (eg "I feel like a failure") whilst tapping on each of the meridian points, starting from the Eye Brow point and going down the body and then finishing on the top of your head (see Tapping Points chart below) and when finished take a deep breath out.



Step Six: Re-assess on a scale of 0-10 how badly you feel about the original issue. Ideally you will have reduced your number as the emotional charge will have either dissipated, disappeared or you will have triggered a secondary issue.

If you still have some emotional charge around the original issue or you have unearthed another secondary issue (which normally presents itself in the form of another emotion, a belief, a memory of a past event or even a physical symptom) then repeat the above six steps until you feel completely clear of any mental, emotional or physical discomfort.

Step Seven: Repeat the 6 step EFT process just mentioned on anything else that may be causing you some dis-EASE.

And here are a few Tapping tips, just in case you still need them:

- It does not matter which hand you use when tapping. You can use your right, left or both hands if you want to.
- You can tap on either side of the body if you want as the meridian points are symmetrical on each side of the body.
- When tapping on each meridian point aim for 7-10 taps or just tap for as long as it takes you to say the statement.

Case Study - The Fear of Public Speaking

The following is an excerpt from a client of mine Terry (not his real name) prior to spending 30 minutes with me to rid himself of his (very common) fear of Public Speaking.

"Andrew, I am 47 years old. I grew up as a confident and sociable person, who was a top debater and comfortable public speaker. Approximately 23 years ago I had my first panic attack, whilst in the middle of presenting in a work environment. It was terrifying and utterly humiliating and I have since had many more attacks, which have shaped and reduced my quality of life such that I avoid any situation where it could happen. The terror is not knowing when it will happen.

I have tried hypnotherapy, breathing exercises, physical exercise & dieting, but lately just seem to drown it out with alcohol and I am getting desperate.

I have just been put in charge of a role that requires leadership and speaking at meetings and seminars, which includes being transferred to Perth on the 1st of next month. My first presentation is scheduled for next week and I would willingly swim in a swamp full of crocodiles rather than face it as I have failed so many times before and now it is like a self fulfilling prophecy. I need help and I need it quickly!"

The session involved performing EFT on the following four statements:

"Even though I have this fear of public speaking..."

"Even though I am terrified of my panic attacks and not knowing when they will happen next..."

"Even though I am wearing smelly shoes and I fear being humiliated" and finally

"Even though I am afraid of what people will think of me."

When we finally removed enough emotional charge we were able to get down to the underlying issue, which was:

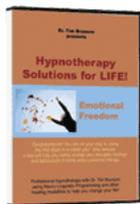
Just before Terry's first panic attack 23 years ago, he had been attending a conference and had consumed far too many drinks the night before his presentation. When he woke up he had put his shoes on and they were soaking wet and smelly (from his drunken activities the night before). Without time to buy new shoes he went into his presentation feeling extremely self conscious and was fearing what others might think of him. And consequently this resulted in bringing on his first ever panic attack, which he associated with public speaking. Therefore every time he had to speak in public after that initial traumatic event he triggered the underlying emotions of fear, panic, terror and humiliation.

I am very happy to say that after only one session Terry is back to being a very confident public speaker.

Well there it is. I hope you now have a better understanding of EFT.

Good luck with your tapping.

For more information visit www.activateyourlife.com.au.



[Emotional Freedom](#)

Tim Brunson, PhD

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