

EFT & ANXIETY

In EFT terms anxiety is a global issue. It is the generalised effect of a number of specific events which accumulate to create the anxiety response.

However, that concept in itself is often enough to create further anxiety with thoughts such as 'Where do I begin?' 'Am I doing this right?' etc quickly rising to the surface. The quick answer to both those questions is

- a) Begin where you are at: as with anything with EFT, begin with what is presenting in the moment. With anxiety that may well be a physical response, perhaps sweating, pounding heart etc. Start there. If there is no physical response then ask yourself 'How do I know I am anxious?' If a thought or memory appears, then tap on that. It is always easiest to work with the physical responses, Chasing the Pain etc, and it may be that that is **all** that you need to do to collapse the anxiety response.
- b) If you are **doing the tapping** you will be doing it right, you just may not have chosen the quickest route, or, as Gary would say, gone through the best door yet. Patience and perseverance are key. Keep tapping, EFT **does** work.

I would also recommend tapping on the 'anxiety about the anxiety'. Anxiety is about anticipating something in the future, as a result of past experiences. I find that people who suffer from panic attacks very often resolve these by tapping on the memory of the first or worst attack and clearing that from their energy system. Then they are in a position to move forward to the underlying contributors to the original attack. By neutralising the fear of another panic attack and the memory of the first/worst one, the focus changes. Remember Gary's words, 'You get what you focus on'. Change the focus and you change the conditioned response.

When you have got a foot in the door in this way, and taken charge of the panic, then you can begin to look for the root causes. If nothing obvious springs to mind I would recommend doing the Personal Peace Process. Anxiety may be the result of a number of mini traumas which in and of themselves do not flag up as needing attention. Working through them systematically with the PPP you don't need to know what the causes are, you can just release them anyway!

I like to ask my clients to teach me how they do their anxiety, what has to happen in order to bring about this response. It is usually such an automatic reaction that people don't think about **how** it happens. By examining it in this way it already begins to destabilise the structure of the problem. I might ask them to help me experience their anxiety, what do I need to think/do/feel? Once I have this information we will tap on whatever thoughts are contributing to it, reducing their power.

Just a few brief ideas for working on your own in this area, but there may be times when it is appropriate to work with someone else who can hold you in a safe space whilst you create these changes. I would suggest beginning on your own, but if you feel stuck have a session with a skilled practitioner who can help you through any immediate blocks and help you map out a path for your further self work.