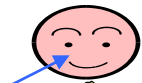


Using Thought Field Therapy for Stress/Anxiety/Addictive Urge



1. Think of the stress, anxiety, and/or amount of desire you have for a particular substance right now.
2. Rate the level of stress, anxiety, and/or amount of desire that you have for a particular substance on a scale of 0 to 10, where 10 is the most that it could possibly be, and 0 is complete absence.
3. First, treat for reversal by tapping on both sides of the body, other than nose and chin:
 - a. Tap the index finger on the side toward the thumb by the nail 15 times. Then, tap the side of the hand 15 times, where you would make a karate chop, halfway between the base of the little finger and the wrist. You can either use your whole hand to tap the side of the other hand, or you can make karate chops on the side of a table. Do this while saying, "I want to be totally relaxed" (for anxiety) or "I want to be free from this desire."
 - b. Tap under the nose 15 times while saying, "I will be totally relaxed," or...
 - c. Tap under the chin 15 times while saying, "I am totally relaxed," or...
 - d. Tap the middle finger on the side toward the thumb by the nail 15 times while saying, "I have always been totally relaxed," or...
 - e. Tap outside the eyes 15 times while saying, "I will always be totally relaxed," or...
 - f. Tap the collarbone 15 times while saying, "I am always totally relaxed," or...
4. Then, tap the following points about 5 to 7 times each, hard enough to put energy into the system, yet not hard enough to hurt while visualizing yourself in your desired state. Tap both sides of the body.



- a. Tap the beginning hairs of the eyebrow, above the nose.
- b. Tap under the eye.
- c. Tap under the arm, about four inches down from the armpit, in the middle of the body, even with the nipple.
- d. Tap the collarbone—go down to the notch under the neck. Then, go to the right and left one inch.

Note: If this sequence of points doesn't work for addictive urge after treating for reversal, doing collarbone breathing (please see page 3), and going through the sequence several times, try: 1) collarbone, under eye, collarbone, or 2) under arm, under eye, collarbone, or 3) under eye, collarbone, under arm, collarbone.

5. Then, do the 9 Gamut Sequence. With three fingers, tap the gamut spot on the back of the hand in the indentation between the bones between the ring finger and the little finger continually (about five taps for each of the following) while doing the following:









1. Eyes closed



2. Eyes open



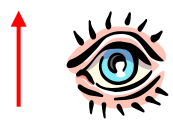
3. Eyes down to one side

-  4. Eyes down to other side
-  5. Eyes rolled in a circle
-  6. Eyes rolled in a circle in the opposite direction
-  7. Hum a few bars of a tune out loud with mouth closed, about five notes
-  8. Count from 1-5 out loud
-  9. Hum a tune again out loud with mouth closed, about five notes

- 6. Then, tap the following points about 5 to 7 times each, hard enough to put energy into the system, yet not hard enough to hurt. Tap both side of the body.
 - a. Tap the beginning hairs of the eyebrow, above the nose/
 - b. Tap under the eye.
 - c. Tap under the arm, about four inches down from the armpit, in the middle of the body, even with the nipple.
 - d. Tap the collarbone—go down to the notch under the neck. Then, go to the right or left one inch.



- 7. If the number (0 to 10) didn't come down at all or just came down one point, do collarbone breathing (see next page).
- 8. If the number (0 to 10) came down at least two points and is still a 3 or higher, repeat steps three, four, five, and six. Keep doing this until the number comes down to a 2 or a 1 on the 0 to 10 scale.



- 9. When the number on the 0 to 10 scale is a 2, 1, or 0, do a floor to ceiling eye roll. Tap the gamut spot continuously (see Step 5 above to locate the gamut spot). While tapping the gamut spot, keeping the head still, point the eyes down to the floor, and very slowly, to the count of 10, move the eyes across the floor, up the wall, and up as high on the ceiling as you can look while visualizing yourself in your desired state. Do this with while tapping the gamut spot of the other hand, as well. This should bring the number down to a 0 or cement the number, if it is already at a 0. If the number on the 0 to 10 scale doesn't go down to a zero, repeat steps three, four, five, and six again, ending with the floor-to-ceiling eye roll. Note: If the treatment isn't working, an inhaled toxin may be involved. Remove anything you might be wearing that has a scent, and do the treatment again. Feel free to call Jenny Edwards at (303) 882-0617 to trouble shoot the procedure.

Adapted by Jenny Edwards, TFT-VT, from the *Thought Field Therapy Algorithm Manual*. For more information, see *Tapping the Healer Within* by Dr. Roger J. Callahan, 2001, Contemporary Books, Chicago and *Stop the Nightmares of Trauma: Thought Field Therapy, the Power Therapy for the 21st Century* by Dr. Roger J. Callahan and Joanne Callahan, 2000, Professional Press, Chapel Hill, NC.



THE COLLARBONE BREATHING EXERCISE

© 1993 Roger J. Callahan, PhD

What I call the “collarbone points” are located in the following way:

Go to the base of the throat, about where a man might knot his tie. From that point, feel for the notch in the center of the collarbone. Go straight down about one inch, and the points are about one inch to the right and left of center (see treatment point diagram).

BREATHING POSITIONS

There are five breathing positions in this exercise:

1. Take a deep breath in fully and hold it
2. Let half of that breath out and hold it
3. Let it all out and hold it
4. Take a half breath in and hold it
5. Breathe normally

THE TOUCHING POSITIONS

1. Take two fingertips and touch one of the collarbone points and tap the gamut spot on the back of that hand while going through the 5 breathing positions. Tap rapidly with about 5 good taps for each of the five breathing positions.
2. Move the same two fingertips to the other collarbone point and repeat above.
3. Now, bend the same two fingers in half and touch the knuckles on the collarbone point while tapping and going through the five breathing positions. Either tuck the thumb in or keep it in the air. Make sure that the elbows are in the air when you are touching the knuckles to the body so that only the knuckles are touching the body. The back of the hand is a negative polarity, so the treatment would not work if the thumb or elbow (positive polarities) were to touch the body.
4. Move knuckles to the other collarbone point and tap while going through the five breathing positions. Make sure that only the knuckles are touching the body.
5. Now, take fingertips of OTHER hand and repeat steps 1 and 2 above.
6. Now, take knuckles of that hand and repeat steps 3 and 4 above, making sure that only the knuckles are touching the body.

You have just done the 40 breathing and tapping exercises—20 with the fingertips, and 20 with the knuckles. You have done five breathing positions on eight touching positions.

For more information, contact Jenny Edwards, info@thoughtfieldtherapytrainings.com