

**Using Thought Field Therapy for
Stress/Anxiety/Addictive Urge
Physical Pain
Trauma and Overall Well-Being**

One of my goals has been to simplify Thought Field Therapy algorithms so that people can learn it more easily and use it more frequently. The following algorithms are presented with that purpose in mind.

--Jenny Edwards

Using Thought Field Therapy for Stress/Anxiety/Addictive Urge

1. Think of the stress, anxiety, and/or amount of desire that 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:
 - 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. Then, tap under the nose, under the lower lip, the middle finger by the nail on the side toward the thumb, outside the eye, and collarbone.
 - b. Rub the sore spots on the left and right sides of the chest. Go down to the notch under the neck. Then, go about four inches to the left and right. First, rub the spots, thinking of all of life's problems and limitations in general. Then, rub the spots thinking about the stress, anxiety, and/or desire for the substance.
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. It doesn't matter which side of the body you tap.
 - a. Tap under the eye.
 - b. Tap under the arm, about four inches down from the armpit, in the middle of the body, even with the nipple.
 - c. Tap the collarbone—go down to the notch under the neck. Then, go to the right or left one inch.

Note: If this sequence of points doesn't work for addictive urge after treating for reversal, doing collarbone breathing, 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 of 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, about five notes
 8. Count from 1-5 out loud
 9. Hum a tune again out loud, 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. It doesn't matter which side of the body you tap.
- a. Tap under the eye.
 - b. Tap under the arm, about four inches down from the armpit, in the middle of the body, even with the nipple.
 - c. 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 last page of this handout).
8. If the number (0 to 10) came down at least two points and is still a three or higher, repeat steps three, four, five, and six. Keep doing this until the number comes down to at least a 2 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 8, move the eyes across the floor, up the wall, and up as high on the ceiling as you can look. This should bring the number down to a zero or cement the number, if it is already at a zero. 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) 82-0617 to troubleshoot 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.

Using Thought Field Therapy for Physical Pain

1. Think of the pain right now.
2. Rate the level of pain on a scale of 0 to 10, where 10 is the most that it could possibly be, and 0 is complete absence of the pain.
3. First, treat for reversal:
 - 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. Then, tap under the nose, under the lower lip, the middle finger by the nail on the side toward the thumb, outside the eye, and collarbone.
 - b. Rub the sore spots on the left and right sides of the chest. Go down to the notch under the neck. Then, go about four inches to the left and right. First, rub the spots, thinking of all of life's problems and limitations in general. Then, rub the spots thinking about the pain and the trauma that caused the pain (if applicable).
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. It doesn't matter which side of the body you tap. Think about the trauma that might have caused the pain while tapping the first four points, and think about the pain while tapping the last point below.
 - a. Tap the beginning hairs of the eyebrow, above the nose, thinking of the trauma that caused the pain.
 - 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.
 - e. Tap the gamut spot on the back of the hand in the indentation of the bones between the ring finger and the little finger 50 times, thinking of the pain. Then, tap the collarbone.
5. Then, do the 9 Gamut Sequence. With three fingers, tap the gamut spot on the back of the hand in the indentation of the bones between the ring finger and the little finger continually (about five taps for each of the following) 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, about five notes
 8. Count from 1-5 out loud
 9. Hum a tune again out loud, 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. It doesn't matter which side of the body you tap.
 - a. Tap the beginning hairs of the eyebrow, above the nose (trauma).
 - 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.
 - e. Tap the gamut spot 50 times, thinking of the pain. Then, tap the collarbone.
 7. If the number (0 to 10) didn't come down at all or just came down one point, do collarbone breathing (see last page of this handout).
 8. If the number (0 to 10) came down at least two points and is still a three or higher, repeat steps three, four, five, and six. Keep doing this until the number comes down to at least a 2 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 8, move the eyes across the floor, up the wall, and up as high on the ceiling as you can look. This should bring the number down to a zero or cement the number, if it is already at a zero. 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 troubleshoot 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.

Using Thought Field Therapy for Trauma and Overall Well-Being

1. Think of how you feel right now or think of the trauma.
2. Rate how you feel right now on a scale of 0 to 10, where 10 is the worst that you could possibly feel, and 0 is the best that you could possibly feel.
3. First, treat for reversal:
 - 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. Then, tap under the nose, under the lower lip, the middle finger by the nail on the side toward the thumb, outside the eye, and collarbone.
 - b. Rub the sore spots on the left and right sides of the chest. Go down to the notch under the neck. Then, go about four inches to the left and right. First, rub the spots, thinking of all of life's problems and limitations in general. Then, rub the spots, thinking about how you are feeling.
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. It doesn't matter which side of the body you tap.
 - a. Tap the beginning hairs of the eyebrow, above the nose, thinking about any traumas that you might be experiencing.
 - 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.
 - e. Tap the tiny finger on the side toward the thumb, by the nail, then the collarbone, thinking of any anger.
 - f. Tap the middle finger on the side toward the thumb, by the nail, then the collarbone.
 - g. Tap the index finger on the side toward the thumb, by the nail, then the collarbone, thinking of any guilt or anger at self.
 - h. Tap the outside of the thumb, on the side away from the hand, by the nail, then the collarbone, thinking about breathing.
 - i. Tap outside the eye, on the temple, then the collarbone, thinking of any rage (anger plus helplessness).
 - j. Tap under the nose, thinking of any embarrassment.
 - k. Tap under the lower lip, thinking of any shame.
 - l. Tap the gamut spot on the back of the hand in the indentation of the bones between the ring finger and the little finger 50 times, then collarbone, thinking of any pain or feelings of sadness or depression.

5. Then, do the 9 Gamut Sequence. With three fingers, tap the gamut spot on the back of the hand in the indentation of 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, about five notes
 8. Count from 1-5 out loud
 9. Hum a tune again out loud, about five notes
6. Then, repeat Step 4, tapping the points listed above.
7. If the number (0 to 10) didn't come down at all or just came down one point, do collarbone breathing (see last page of this handout).
8. If the number (0 to 10) came down at least two points and is still a three or higher, repeat steps three, four, five, and six. Keep doing this until the number comes down to at least a 2 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 8, move the eyes across the floor, up the wall, and up as high on the ceiling as you can look. This should bring the number down to a zero or cement the number, if it is already at a zero. 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 troubleshoot 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. Please learn to do these well so that in emergencies, you are able to do them automatically.