

EFT TAPATHON DAY 2, 2nd JANUARY 2022

Questions & Answers

1. Why is it important to address anger?

You cannot touch your passion or your joy, until you meet your anger. Anger is a big emotion that stands in the way of letting you feel free and happy.

2. How do I learn to respond rather than react, when I get triggered?

Being honest about how you are feeling is a great way to let the other person know about your inner world and at the same time, stop you from saying or doing something that you would regret later. For example, "I just noticed I am feeling so angry with you." If you share your truth, you will find that anger will no longer control you - rather you will have control over your anger.

Don't try to calm yourself down when in an angry state. Express yourself by saying something like this, "Can you give me 5 minutes, I am feeling really angry. I need to go let this anger out." Or "I am feeling really triggered, and it's my trigger. I will just go for a walk and come back."

It is completely normal to experience anger on a day to day basis. But it is about being aware when you are in a state of anger, and then taking the necessary steps to control it in a healthy manner.

3. What are some types of anger?

The types of anger are:

- Chronic Anger - It is when anger is present in you almost all the time. People with chronic anger come across as grumpy and miserable.

- **Passive Anger** - Passive Anger is when the hidden anger is held inside you so you might seem calm, but express it indirectly.
- **Overwhelmed Anger** - This is when you can no longer take your anger and you may find yourself snapping at people. You may feel angry because you have been feeling overwhelmed.
- **Self-inflicted Anger** - This is the type of anger that is directed at yourself. You feel that you are to blame, and you are wrong. "How could I do this?" People with self-inflicted anger are too hard on themselves.
- **Judgemental Anger** - Judgemental Anger is a result of not being satisfied or okay with others. It is about being critical of someone, or something, that leads to feelings of anger.
- **Volatile Anger** - Volatile Anger is when anger is unpredictable and can suddenly erupt, causing one to react harshly.

4. What is autism, and how does one deal with an autistic child?

Firstly, it is important to know that Autism is not a disease or an illness. Autism involves a certain way of processing and has to do with the nervous system. Children with autism have something known as a meltdown. A meltdown is not an anger tantrum. They experience this because they have received too much stimulation for some reason and as a result their anxiety levels have elevated, making them feel overwhelmed. They go into a meltdown to show others that they are not feeling safe in the moment. During these moments, give them their space to have the meltdown and do not try to go near them to fix them, change or touch them. Teach them tantrum tapping to help them cope.

5. What to do if we feel overwhelmed or emotional while tapping?

It is normal to feel overwhelmed or emotional while tapping as you encounter painful memories. When you feel so, use the triple point calmer. Triple point calmer means repeatedly tapping on three points: eyebrows, chin and collarbone.

6. What to do if anger makes me eat?

The reason why anger makes you eat is because it wants to be fed and doesn't want to be expressed. So, the only way out is to express it. Practice tantrum tapping 10 times a day and engage in some kind of physical activity as it will help you release your emotions.

7. Do you have to do the same thing every day for the commitment or can it be changed?

Yes, you can change it. You are in charge of yourself.

8. What is the difference between anger and frustration?

Frustration is an internal state of held anger, whereas anger is externally expressed.

9. At what point do you stop tapping and put your hand on your heart?

You can do it whenever you feel guided to do so, but particularly when a past memory comes up where you feel that there is some kind of trauma present there. If there is any trauma there, it is better to deal with it through the deeper inner child work.

10. Are there any specific parts of the body or organs which get affected more with suppressed anger?

Anger is mostly stored in our liver, stomach, and gallbladder.

11. What if speaking our truth gets us into an argument?

If they blame you, it's their issue, not yours. You can choose to engage in the argument or not. Their behaviour is their problem. You speak your truth because you know what you want and they may not be able to understand or fulfil your needs; that is not your problem.

12. My anger is usually volatile; I tend to express it in very harsh words. Then I feel guilty about it and I keep blaming myself for my behaviour and that makes me even angrier. How do I overcome this behaviour?

Use these exact words of the problem to form your Reminder Phrase while tapping. For example, *“Even though my anger is really volatile and I tend to express it in very harsh words and then feel guilty about it, and I keep blaming myself for my behaviour, which makes me even angrier, I deeply and completely accept and love myself.”* Do a full tapping sequence on this issue. Then ask yourself the reason why you keep blaming yourself for this behaviour. What triggers the anger for you to get so volatile that you have to express it in harsh words? What is really going on at a deeper level? How is the past you getting so triggered that it feels the need to be heard?