

## **EMOTIONAL FREEDOM TECHNIQUES (EFT) PRACTITIONER MODULE**

### **13 QUESTIONS & ANSWERS 14<sup>th</sup> SEPTEMBER 2024**

#### **MAIN TOPICS COVERED:**

##### **1. How do you use the Keyword Approach for indecision?**

The Keyword Approach involves identifying a specific keyword or phrase that represents a problem or issue, and using that keyword as a focus for tapping on specific tapping points on the body.

The Keyword Approach can also be used for an indecision. The process is exactly same as using it privately. If you have some kind of indecision, give a keyword for the indecision. And when you give a keyword, ask the person how they are feeling and then tap. When the number changes, get the next keyword and tap on that. Then you test. And when the number changes, you get another keyword and repeat the process.

The Keyword approach is a playful process and is not to be done on someone with deep trauma. You can use Tell the Story, Movie Technique, Tearless Trauma and work through the memories with someone with deep trauma before working on an indecision.

The process steps are as follows:

- A. Keyword that represents the problem.
- B. The keyword can be non-related.

- C. Identify the emotions with the keyword; and tap.
- D. Use a new keyword for each new round.
- E. Test and tap as necessary.

## 2. What is Telephone Tapping?

Telephone Tapping is when you guide your client through the tapping process over the phone. The tapping points are sent out beforehand so the client knows where to tap. You then build a connection with the client by taking the time to explain the points and making sure the client feels safe and secure.

During the session, listen intently to everything the client says and helps them work through their emotional blockages. To ensure the client is comfortable, you may suggest using hands-free or ask them to have water and tissues nearby.

Using Zoom or Skype to conduct telephone tapping sessions has even more benefits as it allows you to see the client's body language and facial expressions, which can provide valuable insights into their emotional state.

Overall, telephone tapping can be a powerful form of therapy for those who may not be able to attend in-person sessions or prefer the convenience of conducting sessions over the phone.

### **3. What are the key points to bear in mind in Telephone Tapping?**

The key points to bear in mind in Telephone Tapping are:

- A. Send out tapping points beforehand
- B. Build bridges
- C. Take the time to explain the points
- D. Listening for everything
- E. They must be safe and secure
- F. Consider hands-free
- G. Ask the client to have water and tissues
- H. Use Zoom or Skype to have even more benefits

### **4. What are the pros and cons of Telephone Tapping?**

The pros of Telephone Tapping are:

- A. No need to travel: With Telephone Tapping, there is no need for a physical office, making it a convenient option for those who may not have the time or resources to travel.
- B. The person can tap on themselves: During a Telephone Tapping session, you can guide the client through the tapping process, but the client is able to tap on themselves, providing a sense of control and empowerment.
- C. Global reach: Telephone Tapping allows for a global reach as you can connect with your clients from anywhere in the world, opening up opportunities for those who may not have access to local therapists.

- D. In a moment of crisis: Telephone Tapping can be especially helpful in a moment of crisis, as you can give immediate support and guidance to your client without needing to wait for an in-person appointment.
- E. Less distractions: By conducting a session over the phone, there may be fewer distractions for both you and the client, allowing you to focus more fully on the tapping process and your client's emotional state.

The cons of Telephone Tapping are:

- A. Some people dislike phone talking: Not everyone is comfortable with phone conversations and may find it difficult to open up about their emotions over the phone. This can make Telephone Tapping less effective for some individuals.
- B. Difficult to treat issues: Certain emotional issues may require in-person therapy or more specialized treatment, which may not be possible through Telephone Tapping. In some cases, a combination of in-person and telephone tapping may be necessary.
- C. Prone to seizures: For individuals who are prone to seizures or other physical conditions, Telephone Tapping may not be a safe or appropriate option. When working with someone prone to seizures, make sure they're not alone at home and have the number of someone else who's in the house with them. Find out what triggers the episodes. It's not recommended to work with

someone who has a long history of epileptic episodes at this level.

- D. Children under 14 years: Telephone Tapping may not be suitable for children under the age of 14, as they may have difficulty understanding and following the tapping process. In-person therapy may be more effective for children in this age group.

The important thing to bear in mind is that the client is safe and that Telephone Tapping is highly efficient in most cases.

## **5. What are the different ways to test results of the Keyword Approach?**

You can test the results of the Keyword Approach as follows:

- A. Verbal and non-verbal cues.
- B. SUD or truth scale
- C. Chasing the pain
- D. Tell the story again
- E. Cognitive shifts
- F. Real-life testing
- G. Re-enact the scene
- H. Vividly imagine the scene
- I. Doing it in reality
- J. Ask pointed questions

## 6. What does it mean to be creative?

Being creative is about adapting EFT Techniques to suit a person's needs and preferences. The following are some ways in which you can be creative:

- A. Reframing: Reframing is a technique used to help individuals view a situation from a different perspective. This might involve helping a client reframe a negative belief about themselves or their relationship into a more positive or balanced perspective. For example, a client who believes *"I'm unlovable"* could be encouraged to reframe this belief to *"Even though I have felt hurt in the past, I am capable of receiving love."* Reframe is when you change someone's frame about what's happening. In limiting beliefs, you are doing it anyway. In fears and phobias, you are listening out for what potential reframe can be there to change your client's frame about it. So, you use questions to soften their model of the world.
- B. Past Tense Tapping: Past tense tapping helps clients process and release negative emotions related to past events. For example, *"Even though this happened, it's in the past, it's over, and I love and accept myself."*
- C. You Tapping: You Tapping is when you want to communicate and express to someone. For example, *"Even though you got angry with me, it made me upset, I love and accept myself."*

- D. Emphasising the negative: This is also emotionally. For example, *“Even though I feel so sad, I feel really sad, I love and accept myself.”* It’s about getting into the skin of the emotion. So, you feel the negative emotion and tap on it gently. Similarly, you can use it for other negative emotions such as anger and irritation.
- E. Yelling: Yelling is where the client is encouraged to express their emotions loudly and forcefully, often by shouting or screaming. This can help release pent-up emotions and can be particularly helpful for clients who have difficulty expressing their emotions in a more subdued manner or if they’ve lost a loved one.
- F. Swearing: You can use creative language to help the client feel more comfortable expressing themselves, even swearing because it is therapeutic.

## **7. What is sneaking up?**

Sneaking up is a strategy of carefully approaching a problem or issue to minimise the level of pain and suffering for the client. It involves tapping on the peripheral aspects of a potentially intense problem, including a specific past event, in an effort to be gentle and gradually desensitise the client to the emotional intensity of the issue.

Sneaking up strategy is used in situations where the intensity of the client's emotions or traumatic memories is too high to address directly.

If a client is struggling with a traumatic memory, you may start by tapping on peripheral aspects of the memory rather than diving directly

into the details of the memory itself. The goal of this strategy is to take the edge off the intensity of the issue before further discovery or resolution is attempted. This can help prevent overwhelming emotions or re-traumatisation, while still allowing the client to make progress in processing and resolving their emotions.

Here's what it involves:

- A. General approach: *"The Big One"*
- B. Rank intensity of physical response.
- C. Tap for a general round: *"Even though I have this discomfort..."*
- D. Take the edge off.
- E. Gradually spiral in closer.
- F. General tapping, then more specific and repeat.

## **8. What are all the different ways in which you can work with trauma?**

The different ways in which you can work with trauma are as follows:

- A. Continuous Tapping: This involves continuously tapping on a specific tapping point while focusing on a traumatic memory or negative emotion. The goal is to desensitise the client to the emotional intensity of the memory or emotion, and to help them process and resolve their feelings.
- B. Physical Tension: This involves tapping on specific tapping points while focusing on physical tension or discomfort. The goal is to reduce the intensity of the tension and to address any emotional issues that may be contributing to the tension.



- C. Tell the Story: This involves having the client tell their traumatic story in as much detail as possible while tapping on specific tapping points. The goal is to desensitise the client to the emotional intensity of the memory and to help them process and resolve their feelings.
- D. Movie Technique: This involves having the client visualise their traumatic memory as if it were a movie, and then changing the ending of the movie to a more positive outcome. The goal is to help the client reframe the memory in a more positive light, and to reduce the emotional intensity of the memory.
- E. Tearless Trauma: This involves addressing a traumatic memory or negative emotion without having the client actually relive the experience. You may ask the client to imagine the memory or emotion as if it were a picture or a movie, rather than actually experiencing it. The goal is to help the client process and resolve their feelings without causing them undue distress.
- F. Sneaking Up: This involves gradually approaching a traumatic memory or negative emotion in a safe and controlled manner, starting with peripheral aspects of the issue and gradually increasing the intensity. The goal is to desensitise the client to the emotional intensity of the memory or emotion in a gentle and controlled way.
- G. Stepping Stone: This involves breaking a traumatic memory or negative emotion down into smaller, more manageable pieces, and then addressing each piece individually while tapping on

specific tapping points. The goal is to help the client process and resolve their feelings in a step-by-step manner, without becoming overwhelmed by the intensity of the emotion.

## **9. What is the Stepping Stone Technique?**

The Stepping Stones Technique is used when the traumatic memory is too heavy. The memory is divided into different episodes that can be worked on one at a time. One episode is brought up during each session to work on.

This technique works best with memories of abuse where you can start with tapping, move forward with the Keyword Approach, tap on the incident, and finally clear the limiting belief in your sessions.

## **10. What is the significance of timeline in EFT Tapping?**

In EFT Tapping, a timeline can be used to identify significant events or experiences that may have contributed to the client's current emotional and behavioural patterns. By mapping out the timeline of past relationships, as in the example of a client who wants to get to the root of a pattern of abusive relationships, you can identify significant events related to her relationships that may have led to the formation of limiting beliefs.

The purpose of a timeline is to identify patterns and beliefs that may have been formed early on in life and how they are affecting the client's ability to form healthy relationships. This can help the client understand

the root cause of their emotional issues and work towards resolving them through EFT tapping.

You can use timeline to give structure to your work with your clients by establishing when the problem began, when it got better or worse, what was going on in their life when the problem got better or worse. For chronic fatigue, for example, you can map out a timeline of a whole day and identify the areas that need working on. You can make timelines for cravings, health issues, relationship issues, physical pain, money or anything you are working on that may have a deeper root cause.

### **11. How do you map out a timeline for physical pain?**

With physical pain, you can do a history from 0 to the current age. Clients with physical pain can wake up in a lot of pain and as the day progresses, the pain can fluctuate from bad to worse or better and can peak at nights. Physical issues have an emotional component, so resolve the physical and the emotional component.

### **12. How do you prepare a timeline for money issues?**

For money, you can start by preparing a timeline from 0 to your current age. Then, establish when the money issue started, what your relationship with money was like, when it got worse, when it got better, and what was happening at those times.



### **13. What is marination in the timeline process?**

In the process, "marination" refers to the process of allowing oneself to gradually soften and be present with their emotions, behaviours, and patterns without rushing to change or resolve them immediately. It involves being kind and compassionate towards oneself, particularly with protective mechanisms or trauma responses, such as oversharing or overthinking, which are often ways the mind and body seek to keep safe.

Marination encourages a gentle approach, allowing time for emotional processing and self-awareness to deepen before addressing the underlying issues. By "marinating," an individual softens their resistance, creating the space to explore deeper emotions and traumas more easily and effectively when the time is right. This approach helps avoid rushing the healing process, ensuring that it unfolds in a way that feels safe and manageable.

### **14. How can you use the Keyword approach for indecision?**

The Keyword approach for addressing indecision involves identifying a keyword that symbolises the problem or indecision. The process is designed to be more lighthearted and less emotionally intense, making it suitable for situations where EFT might otherwise feel heavy.

To use the Keyword approach effectively:

- A. **Identify the Indecision:** Reflect on a current indecision, such as whether to make a significant life change, take up a new activity, or pursue a particular goal.
- B. **Assign a Keyword:** Choose a keyword that represents the indecision. The keyword can be unrelated to the actual decision but should evoke an emotional charge when you think about it. For example, "heart," "tree," or "flowers."
- C. **Gauge the Emotional Charge:** On a scale of 1 to 10, assess how strongly the keyword represents the indecision, where 10 is the highest level of emotional intensity.
- D. **Tap on the Emotions:** As you tap, focus on the emotional response associated with the keyword and the indecision. Use statements like, "Even though I feel [emotion] about [keyword], I love and accept myself."
- E. **Change the Keyword:** After completing a round of tapping, reassess the intensity of the emotion. If the intensity decreases, select a new keyword to represent the remaining indecision or emotional charge. Repeat the process, testing and tapping as necessary until the emotional charge is significantly reduced.

By cycling through different keywords and tapping on the associated emotions, you gradually work through the layers of indecision in a gentle and methodical way.

### 15. How do you prepare a timeline for high blood pressure?

For high blood pressure, draw the timeline, age 0 to now. Map out the age for the following:

- A. When did it start?
- B. When did it stop? (If it didn't stop then there's no age)
- C. When did it get better?
- D. When did it get worse?

With high blood pressure, also map out timelines for the day, week and month.

### ADDITIONAL QUESTIONS:

#### 1. Can a physical pain be timely to the triggers of what's the cause? Or what this feeling is?

Yes, physical pain can indeed be timely and closely linked to emotional triggers or underlying causes, such as unresolved hurt, pain, or betrayal. Emotional experiences often manifest physically, and the body can respond to emotional stress or unresolved issues by expressing discomfort or pain. This can serve as a signal, drawing attention to the emotional theme that remains unaddressed.

Therefore, exploring the emotional or psychological aspects alongside the physical symptoms can provide greater insight into the root cause of the pain

## **2. How can I improve my questioning technique to explore deeper insights and avoid remaining on a superficial level?**

To improve your questioning technique and delve deeper into insights rather than staying at a superficial level, consider focusing on the following:

- A. **Narrow your focus:** Begin by identifying a specific area of interest or concern. For example, when addressing health issues, choose a particular aspect such as allergies or inflammation to explore in greater detail.
- B. **Ask open-ended questions:** Instead of seeking direct answers, encourage reflection by asking questions that require thoughtful responses, such as "What patterns do you notice in relation to your health issues over time?" or "How do you feel emotionally about these milestones?"
- C. **Probe deeper:** After receiving an initial response, follow up with questions like "Can you elaborate on that?" or "What do you think is the root cause of this issue?" This helps to uncover underlying themes and emotions.
- D. **Timeline approach:** Mapping out significant events and their emotional or physical impact over time can provide a structured way to explore deeper connections and insights. Revisiting this timeline periodically can offer fresh perspectives as you progress.



By adopting these strategies, you can gain a deeper understanding of the subject matter at hand.

### **3. How can I use timeline tapping for allergies?**

To use timeline tapping for allergies, begin by mapping out significant points in your life when your allergies became more pronounced. For example, identify periods where symptoms worsened and explore potential emotional or environmental triggers during those times.

First, choose a specific allergy to focus on and then track its progression from the onset to the present, identifying any relevant emotional events or stressors during those periods. Consider whether the allergies worsened in specific locations, seasons, or under particular conditions.

As you map out these points on your timeline, engage in tapping to release any underlying emotional charge associated with those events. For instance, if your allergies worsened during a time of financial stress or emotional upheaval, tap on the emotions and beliefs tied to those moments. This could include feelings of helplessness, frustration, or unresolved emotions that may be contributing to the physical symptoms.

By focusing on specific periods in your timeline and addressing both the physical symptoms and emotional triggers through tapping, you can potentially reduce the severity of the allergies and gain insight into their underlying causes.

**4. How can seemingly insignificant events or ages impact deeper beliefs, such as the belief that my parents must approve of the people I admit into my life?**

Seemingly insignificant events or ages can have a profound impact on deeper beliefs by shaping subconscious patterns of thought and behaviour. An event that may initially appear irrelevant can still carry emotional weight, leading to the development of beliefs that influence future actions. For instance, an experience in which one's parents played a role in choosing friends could lead to the belief that parental approval is required for any significant relationships. Over time, this belief may become ingrained, affecting how individuals form connections and make decisions, even if the original event seemed minor or unrelated at the time.

**5. How can you be confidently safe?**

To be confidently safe, it is essential to integrate both confidence and a sense of safety. Confidence alone may not be sufficient if one feels vulnerable or exposed. Safety provides the foundation for confidence to flourish, ensuring that one can express themselves or take action without fear of harm or negative consequences. When safety and confidence are combined, it allows an individual to navigate challenges with assurance, knowing they are protected both emotionally and physically. In this way, true confidence emerges from the secure knowledge that one is in a safe and supportive environment.

## 6. What if the intensity is not going lower?

If the intensity does not decrease, it is essential to obtain a keyword that corresponds to this condition. In such a scenario, identify the appropriate keyword that reflects the situation of sustained intensity. This process is crucial, as it addresses an unconscious aspect and ensures that the exact keyword required for such a case is identified.

## 7. How can one effectively address and rewire deep-seated beliefs like "I am flawed," which manifest as painful behaviors such as envy and judgment, in order to foster self-acceptance and reduce emotional discomfort?

To effectively address and rewire deep-seated beliefs such as "I am flawed," which manifest in painful behaviours like envy and judgement, it is essential to first recognise and acknowledge these patterns. Awareness of such behaviours is a critical step, as is the acceptance that each aspect of one's life may carry its own belief system. Practising patience, understanding that progress may be gradual, and allowing oneself to process these feelings at a comfortable pace can aid in fostering self-acceptance. Additionally, recognising the moments when such behaviours do not occur can provide valuable evidence of one's growth. Ultimately, self-compassion and a commitment to inner work are key to reducing emotional discomfort and fostering lasting change.

**8. My 8yr old daughter wants me to ask. She wants to know why do we not tap the front of the leg on the foot tapping?**

While we do have meridians in various parts of the body, including the sides of the feet, we tend not to tap on the front of the leg, particularly around the shin, because it is quite a bony area. Tapping on such areas can sometimes be uncomfortable or even painful for some individuals. That said, meridians like the spleen and gallbladder run along the sides of the body and the legs, making them more suitable for tapping. The back and sides of the leg are generally targeted for this reason.

**9. How do we deal while doing EFT when we find that there were flaws in us in the past memories. Issues such as toxicity, living in delusion and sometimes scarier parts Such as a need for attention and seeking sympathy?**

When engaging in EFT (Emotional Freedom Techniques) and encountering past memories that reveal personal flaws, such as toxicity, delusion, or even deeper issues like seeking attention and sympathy, it is essential to approach these moments with self-compassion. Acknowledge that the person you were in the past is not the person you are today. Recognising and accepting past behaviours can be difficult, but it is important to understand that personal growth often comes from confronting and learning from these uncomfortable aspects of ourselves.

While it may be hard to fully accept the past version of yourself, allowing yourself to process these memories at your own pace is key. EFT can aid in releasing the emotional charge associated with these memories, but it is also important not to rush the process. Accept what you can in the present moment, and understand that self-judgement is a natural response.

Much like how you would refrain from judging a client for their flaws, extend the same compassion and understanding to yourself. Be patient, knowing that this is part of your journey toward healing and self-acceptance.

**10. While I was doing this personal peace; at the third round there was a thought that said, "so what it happened, it's past, it's over, now you're a different person". Is this cognitive shift or resistance, how can we determine?**

The thought, "so what, it happened, it's over, now you're a different person," could indicate either a cognitive shift or resistance. If it brings genuine peace and closure, it likely represents a cognitive shift.

However, if there is lingering doubt or a sense that more emotional layers remain, it may be resistance. To determine this, reflect on your feelings: if it feels resolved, it's a shift; if not, it may be a way to avoid deeper work. Trust the process, allowing further insights to arise naturally.



## PREVIOUS QUESTIONS:

### 1. What if I'm not comfortable swearing?

That's okay. I'm not asking you to swear if you're uncomfortable with it. But sometimes, the client will bring it up. If you don't allow them to use their words, they're going to suppress it. This is not going to be healthy for them. So, you don't need to participate in it, and you can tell them the truth that you feel uncomfortable using the word but you'll give them a gap and then can swear as much as they want. And you give them the permission to get it off.

### 2. Can you use timeline for weight management?

It's perfect for weight management. Map out a timeline from age 0 to current age. Establish when the weight issue began, when did it stop, when did it get better, and when did it get worse? And what was going on in your life at the time? You can then work on anything related to cravings associated with the weight issue.

### 3. What do you mean by "building bridges"?

Basically, "building bridges" means explaining to the client what EFT is and how it can help them work on their issue(s). You explain it to them in a way that they can receive it. For example, if someone comes to see you for stress, you'd explain EFT to them with reference to stress. You can say, *"EFT is a technique that helps lower stress, and one that we can*

*do together. You can follow me, or you can do it yourself. It involves touch and talk, and we will tap on certain parts of the body. Are you okay with that?"*

- 4. You mentioned that one of the cons of Telephone Tapping is that the client might have a seizure and you cannot support them over the call, hence, a protocol must be followed to ensure their safety. Does the same protocol have to be followed while taking sessions via Zoom?**

The same protocol must be followed if you are taking sessions via Zoom. However, at Level 1&2, working with epilepsy is not recommended. You must do the Inner Child Matrix as well as EFT Advanced Practitioner Training to be working with such cases. Stick to the main indications like stress and PTSD at this level. The index finger hold helps with seizures and epilepsy though. But get them to work with someone who has that level of qualification and experience. The same goes for allergies and clinical depression. At this level, focus on working with issues like heartbreak, stress, limiting beliefs and physical tension.

- 5. You went from one keyword to the next during the demo. Why does one do that?**

You ask for the keyword every time depending on the number. As the keyword changes, so does the number. Each keyword represents a different aspect of the client's issue, and it is important to work on the



different aspects of their issues. So, the change in keywords is to explore the different aspects of the client's issue.

#### **6. When tapping with a keyword, can you use the previous keyword?**

Previous keywords can be used for tapping with the current keyword because it's a play with the words. Bring all the words in and let it go in a flow smoothly.

#### **7. Can you elaborate on 'Issues are like puzzles?'**

Issues are like puzzles refers to the complexity of our emotional experiences and how they can be interconnected and difficult to unravel. Just as a puzzle is made up of many different pieces that fit together to create a complete picture, your emotional issues can be made up of multiple experiences, memories, and beliefs that are interconnected and can be difficult to separate and understand.

For example, someone may have a fear of public speaking that seems to come out of nowhere, but upon closer examination, it may be connected to a childhood experience of being ridiculed in front of others or a belief that they are not good enough to be heard.

In EFT, the goal is to identify and address the underlying emotional issues that are contributing to your current challenges. By releasing emotional blocks and addressing negative beliefs, you can begin to unravel the puzzle of your emotional experiences and gain clarity and understanding.

So, 'Issues are like puzzles' means taking a comprehensive approach to healing and understanding the complex nature of your health condition. The other aspect is that the treatment protocol may not be simplistic. For example, if someone with cancer comes to you for help, you don't know how you are going to help them unless you do some exploration first, because there are so many aspects to it. The treatment is not going to be a straight line but more like a puzzle.

#### **8. Is it okay to close with positive tapping after tantrum tapping?**

Ask yourself if you are trying to fix someone, especially if you are working with family. Surrogate Tapping is a process from complete detachment. There should be no attachment to the outcome. For Surrogate Tapping, you have to step away and let it flow organically. Positive tapping is not recommended.

#### **9. Could you please shed more light on what technique to use, and when to use it in a session?**

Start tapping based on what the client brings up and the memory that comes up. You'll see the client abreacting and based on the severity of the abreaction, you can pick the technique: Triple Point Calmer, Movie Technique, etc.

Here's a summary of the different techniques:

- A. Tell the Story is for low intensity
- B. Movie Technique is for mid-intensity

C. Tearless Trauma is for very high intensity

D. Box Technique is when it's too much to handle – put the memory into a box so your client feels safe.

Your aim is to keep the client safe, not to go for speed or outcome/resolution, but safety: *“Do they feel safe; do they feel heard; am I really listening to the client’s words?”*

### **10. How do you prepare a timeline for anxiety attacks?**

For anxiety attacks, map out a timeline from age 0 to current age. Establish when the anxiety attacks began, when did it stop, when did it get better, and when did it get worse? And what was going on in your life at the time? You can then work on the memories associated with the anxiety attacks.

### **11. How do you prepare a timeline for depression?**

For depression, you can prepare a timeline that includes the following information: when did the depression start, when did it stop, when did it get better, and when did it get worse? Additionally, you can explore the events and experiences that were happening in your life at the time, as well as any associated memories. This can help identify potential triggers or contributors to the depression and guide any therapeutic interventions.

**12. Where do you begin preparing a timeline for blood pressure when there are a lot of things to explore?**

You can tap on your confusion and sneak up. To give an example, *“Even though I don't know where to begin I do know what happened and it could be many different things, including menopause, I just don't know where to start, I am working on loving and accepting myself anyways. So many different things, it could be any of the events, so many things happened, I don't know where to start, I can begin when I am ready and I know. Even though I just want to know, how do I know, and it made me feel a little anxious, and I felt it in my \_\_\_ (location). Even though I am getting a \_\_\_ (physical sensation) trying to think about it, maybe I don't need to figure it out right now. I can feel it in my \_\_\_ (location), all this anxiety that gives me a \_\_\_ (physical sensation). All this anxiety, so much anxiety, makes me feel really anxious. Suppose somehow, I could feel calmer now. Even though I feel anxious I choose to feel calm. I want to feel calm. All this anxiety. I want to feel calm.”*

First sneak around it a bit. Next, work on your body.