

Veronica's Procrastination, Extra Weight, and Long-Term Gastro-Intestinal Problems

By the end of the session Veronica is standing up and walking around the room...feeling empowered...

Carol: We emailed back and forth about the issues...The main issue was procrastination, is that right? And the other was a stomach issue. Tell me what the stomach problem is...

Veronica: Years on and off of heart burn and digestion ...a loaded kind of feeling in my stomach when I eat so many different foods...lactose intolerance...been that way for a long time...a lot of gastrointestinal stuff...

Carol: When did you first start the gastro problems?

Veronica: Years, on and off...certain foods will trigger it...I kind of know how I need to eat, but I can never be sure.

Carol: Do you remember though when you first started getting them?

Veronica: Heartburn starting when I was a teenager...doctor said it runs in your family...bound to have it...eat a certain way...if you need certain things...take medication or tums...I take prilosec...I try not to use it every day.

Carol: What would be the emotional issues behind the heartburn? You know from doing enough FET that it is never just something from your family. What would say was going on back then that might have stirred it up?

Veronica: The first thing that came to my mind from teenage years is maybe a confidence thing...unsure of myself, funny stage in life...that might have been it.

Carol: That would cause the upset in your stomach? Anything specific back then that you can think of?

Veronica: Maybe a fear of rejection...confidence...not feeling great...I remember trying out for a flag squad thing...didn't make it, some of my friends did, I'm thinking as far as a rejection type of thing.

Carol: Do you remember how you felt about it? Is that related?

Veronica: I've just trying to think of ideas.

Carol: Essentially you've had this most of your life though, this unrest in your stomach...then you have a weight issue, what's going on with your weight.

Veronica: Pretty much my whole adult life I've been battling I think I actually started weight watchers program when I was 11 years old...I felt a little chubby...a family thing...which I understand now is more of an emotional thing...stemming from the family.

Carol: But you've been losing weight recently...

Veronica: Spent a lot of years going up and down...I had taken off 50 pounds... for an event...I became an adult event dieter...lose weight to get into a certain outfit for a certain event or occasion... Afterwards, go right back...Had to make a deal with myself and that this isn't healthy...has to be about life and being healthy and feeling good all the time, not just for an event. I've had a better attitude and maybe tapping and using the CDs have been great.

Carol: You've been using the weight loss audio CDs?

Veronica: I feel like I've had a shift...SO many things resonated with me.

Carol: Some of the tapping hit home in a good way.

Veronica: Over the next week or so I noticed a shift in how I felt. But I still have this thing about the weekends...especially in the summer...I keep giving myself just the weekend...I know it's not good for me.

Carol: You eat over the weekends but then try and catch up during the week?

Veronica: It gives me something...Even though I've been following weight watchers...I have this little game that I play.

Carol: You've been eating more on the weekends?

Veronica: A little more than I probably need to.

Carol: Is there something that you really feel that you eat over? Some emotion?

Veronica: Eat over frustration mostly...from so many different ways...different areas...bounces back to the procrastination part.

Carol: What's the procrastination?

Veronica: Can't seem to get it started. Things are piling up all around me...It's not even about my jobs...sometimes I just feel like I might get up at 6 in the morning, by noon I've done nothing on my list...perpetual list, and post it notes all over the place.

Carol: What do you do instead? What takes up the time?

Veronica: Other little things that do have to get done...

Carol: But it feels like procrastination?

Veronica: I'm not productive. I think of my husband, and he's self-employed and successful...he's really disciplined. He doesn't tolerate other people wasting time. And I know that makes me feel really bad. This is part of it...I can't just sit and do something...I feel inadequate and I feel bad...he'll make a comment...I can't get enough done...all tied together.

Carol: Say these out loud and scale them on a 0-10 scale.

- (1) I feel inadequate...8
- (2) I can't and don't get enough done...very true, 8-9
- (3) Any gastrointestinal disruptions right now? 0

Carol: Think of guilt and shame...we've just had a weekend, did you do the same kind of eating, the treat eating? Do you feel guilty or ashamed of it or of your body?

Veronica: I know that they're different...

Carol: You feel guilty when you think you've DONE something bad...Shame when you just think you're bad...don't like yourself...

Measure the shame about your body...right now...

I feel ashamed of my body...6 or 7...I feel a little bit of a roll over my jeans...

Carol: We'll combine some of these together... You know that there's no right or wrong...I just say what happened...Let's start with the productive and inadequate feeling...

Karate chop point:

Even though I feel inadequate, because I never do as much as he does, I choose to accept my feelings.

Even though I feel inadequate and ashamed, I'm not doing enough, I accept who I am and how I feel.

Even though I feel inadequate, I'm not productive enough, I accept who I am and how I feel.

Eyebrow: *No I don't*

Side of Eye: *I'm not doing enough*

Under Eye: *I'm not productive*

Nose: *I'm not doing enough*

Chin: *I don't get enough done*

Collarbone: *I never get enough done*

Under Arm: *I don't do as much as he does*

Head: *I don't measure up.*

Carol: Take a breath...we'll stop there to see what's going on.

Veronica: When you said, "I don't do as much as he does...I'm never enough" it really resonated with me. I feel like it's kind of always in my face...maybe it shouldn't be a competition but I think I'm made to feel that way.

Carol: Say out loud "*I'm angry at my husband.*" How true, on this issue, on a scale of 0-10.

Veronica: Also about there, at an "8"

Carol: A lot of times I found when people procrastinate there is anger underneath it. And it can be anger at themselves, it could be anger at someone else...but there's something that keeps people stuck...almost like a passive anger...not aggressive you're not out there doing something...I've just seen that over and over again...it may not be true for you...that's why I'm asking about the anger.

Veronica: And tightness in throat and chest and I think I feel a little guilty about the anger

Carol: Which then makes people not address the anger because they feel they shouldn't have that.

Veronica: Feeling like he's right, I don't get enough done...vicious cycle...

Even though the truth is I am inadequate, I don't do as much as he does, I accept who I am and how I feel.

Even though I feel inadequate, I'm not getting enough done, I deeply and profoundly accept myself anyway.

Even though I feel inadequate, I don't do as much as he does, I accept who I am and how I feel right now.

Eyebrow: I feel inadequate

Side of Eye: I've never been enough

Under Eye: I don't feel worthy

Nose: I don't do enough

Chin: I'm angry at him

Collarbone: I don't want to see how much he does

Under Arm: I don't want to hear about it

Head: Leave me alone

Eyebrow: I'm enough right now

Side of Eye: No I'm not

Under Eye: Cause I don't do enough

Nose: Why do I procrastinate?

Chin: I wonder if it's my anger

Collarbone: Or my guilt...

Under Arm: Or my frustration...

Head: I feel so frustrated and I never get enough done!

Carol: What happened?

Veronica: I just feel lighter about it...Evened out...Everything's a little more ok.

Carol: OK, good. Anything else come up? That seems important...

Veronica: It runs through my head a lot...Come up right now...My husband gets this thing in his head...that I'm never going to clean up this mess....so I'm just going to do it...clutter thing...my husband says "I'll just do it..." as if to say he knows' that I can't, he knows that I don't...probably throwing half of it away...

Carol: How angry do you feel when you tell me you tell me that he says that...8

Karate chop point:

Even though I'm enraged, who does he think he is? Leave my stuff alone!! I accept who I am and how I feel.

Even though my husband tries to control me, and I can't stand it, leave me alone!! I accept my feelings... I accept that I can't clean it up yet.

Eyebrow: I'm so angry

Side of Eye: Leave me alone,

Under Eye: Leave me alone

Nose: I can do it

Chin: I just don't want to

Collarbone: Leave me alone

Under Arm: I never get enough done

Top of Head: Yes I do

Eyebrow: I'm getting enough done now

Side: I am more than adequate

Under the Eye: No I'm not

Nose: Yes I am

Chin: Don't make me feel ashamed

Collarbone: I feel so ashamed

Under Arm: I feel inadequate

Top of the Head: I feel inadequate

Carol: What happened?

Veronica: When you talked about control...that was a zing...tears welled up....that was it...

Carol: How would you know if you're making progress on the procrastination issue?

Veronica: Part of it would be to see these places...clear out...my list would have things crossed off...

Carol: Now picture a spot of clutter...and the sticky pads... What happens?

Veronica: Picturing a spot of clutter, feeling angry at self...why can't you just do it...

Veronica: Anger and frustration...why can't you just do it...

Carol: Where do you feel it in your body?

Veronica: I felt it up the center where the heartburn goes!!

Karate chop point:

Even though I feel so frustrated with myself, what is the matter with me? I accept who I am and everything I'm doing.

Even though they always tell me I'm doing it wrong, and sometime I am, why can't you leave me alone?

Even though they've always tried to control me, and it makes me enraged, I accept who I am and how I feel about this.

Eyebrow: I look at my clutter and I feel angry

Side of Eye: I'm so frustrated with myself

Under Eye: No wonder I have heartburn

Nose: This frustration in my heartburn

Chin: This frustration in my heartburn

Collarbone: I'm angry at myself

Under Arm: Why won't I do it?

Head: Leave me alone!

Eyebrow: I don't want to do it

Side of Eye: I'm not going to do it for you

Under Eye: I'm so angry

Nose: Leave me alone

Chin: Mind your own business

Collarbone: I don't want to hear about it

Under Arm: I'm going to clean up when I feel like it

Head: Leave me alone

Carol: Take a deep breath...

Veronica: A little less of the anger...but I think I should be cleaning up for myself, not for anyone else.

Carol: What's the downside of cleaning up your piles, your clutter?

Veronica: I've tapped on this issue before...If I'm productive, if I get things done, they'll expect more of me.

Karate chop point:

Even though it's threatening to clean up, because then they're going to make me do more, I accept who I am and that I have this conflict.

Even though a part of me doesn't want to clean up, because I don't want to be asked to do more, I accept who I am and how I feel.

Eyebrow: Don't ask me to do more

Side of Eye: Leave me alone

Under Eye: I'm afraid to clean up

Nose: If I clean up

Chin: Then what will they want?

Collarbone: If I become really productive,

Under Arm: Then what?

Top of Head: No wonder I procrastinate.

Carol: Take a breath.

Veronica: It came up about my freelance work, my artwork...I can only do just so much...Expected to go out and pitch for more business....The excuse of "I don't have the time" to do more...Resentment...at husband...he asked me to come help him at his work...That makes me nervous...to be expected to just really get out there and sell myself...I don't advertise.....maybe a confidence thing again...I don't feel confident going out and making a sales pitch for myself...

Carol: How big is the feeling of resentment right now.

Veronica: Definitely the feeling of resentment is big.

Eyebrow: I feel so resentful

Side of Eye: He doesn't understand me
Nose: He doesn't "get" me
Chin: I don't want to work for him
Collarbone: That's the whole point
Under Arm: That's why I'm freelance
Head: I need freedom
Eyebrow: I don't want to work for someone else
Eyebrow: I'm so irritated
Under Eye: I'm so frustrated
Nose: Stop criticizing me
Chin: I'm tired of being criticized

Collarbone: I'm doing enough,
Under Arm: No I'm not
Top of the head: So what,
Eyebrow: I'll do whatever I want!
Side of Eye: This tightness in my stomach
Side of Eye: This tightness in my chest
Under Eye: I feel so angry
Nose: And I feel guilty about being angry
Chin: And I feel so resentful
Collarbone: I'm so angry
Under Arm: And resentful
Top of Head: No wonder I have heartburn...No wonder I overeat on the weekends...I deserve a treat!!

Carol: What happened with that?

Veronica: It moved up into a lump in my throat...It all sounded right...those words...

Carol: Picture the clutter spot that made you angry at yourself...what does it look like now.

Veronica: I feel like it's just there...a little more subdued.

Eyebrow: This lump in my throat
Side of Eye: It's all the resentment
Under Eye: He reminds me of someone else
Nose: This resentment in my throat
Chin: This resentment in my throat

Collarbone: I can't take it
Under Arm: I can't swallow it
Head: Stop bossing me around
Eyebrow: The resentment in the lump in my throat
Side of Eye: This lump in my throat
Under Eye: This lump in my throat
Nose: This resentment
Chin: I feel so resentful
Collarbone: I'm so angry
Under Arm: Leave me alone
Top of Head: Leave me alone.

Veronica: I actually just went back to something that's been bothering me....which I believe was a big boulder of resentment...I was feeling a pain in my upper back and my shoulder...I knew that it was something emotional...tapped for letting the reason surface...this boulder this weight in my shoulder...it was my husband...I did tapped through that...

Carol: How would you articulate the biggest piece of the resentment

Veronica: Just the history...He's like a sledgehammer personality...he tells it like it is...doesn't beat around the bush...it just gets to me...

Carol: That's what you resent?

Veronica: Yes, I realize the freelance work I do is for fun money...imbalance thing about power...

Karate chop point:

Even though I resent my husband, why does he have to be a sledgehammer? Why can't I get some gentleness? I deeply and completely accept my feelings.

Even though my husband's a sledgehammer, and he just doesn't listen to me, and I resent it, no wonder I'm angry, no wonder I won't clean up, I accept who I am and how I feel.

Even though I resent his personality, it's way too strong, too powerful, it overshadows me, I deeply and completely accept myself.

Eyebrow: I feel so resentful
Side of Eye: I don't want to do what he wants me to do
Under Eye: I'm going to rebel

Nose: That feels good

Chin: I don't want to take his orders

Collarbone: Don't control me

Under Arm: I feel so resentful

Head: I feel so resentful

Carol: Take a breath.

Veronica: All right, all the right words...I guess I had felt a lightheaded rush for a second, a little calmer, more ok.

Carol: Let's go back to some of the first sentences I had you say. Say "I feel inadequate." What does that feel like now...

Veronica: Not as true.

Carol: How true now?

Veronica: Maybe a 4...

Carol: It started at an 8.

Veronica: Funny, I started out sitting down and now I'm standing up and walking around as I'm talking and I was sitting in a chair...so that feels good.

Carol: Say the next one: "I can't and I don't get enough done." How true? That was a 9...

Veronica: About a 6...find it hard to believe that I can actually get it done...sometimes getting started is so hard...

Carol: Do you know what prevents you from getting started if you had to describe it?

Veronica: Distraction...but I think I create those distractions...finding something at one end of the house...one thing turns into the next thing and into something else...it's that way with everything...it's always getting started...

Carol: The shame about your body was a 6-7 ...Do you feel any movement up or down on that now?

Veronica: Kind of the same...I'm looking in a mirror....My neck is very blotchy...when I get in a conversation like this, a heated thing...I get very blotchy red on my face and neck.

Carol: When you get emotional?

Veronica: Yes, all the time.

Carol: I want you to talk up more...I want you to say the words louder...I can hear some suppression....you're just quiet...it's safe,...it's quiet...say it loudly...

Eyebrow: I'm angry at him

Side of Eye: I feel resentful

Under Eye: It's hard to say it out loud

Nose: I feel so angry

Chin: I really feel angry at him

Collarbone: And part of me is hurt

Under Arm: This resentment at my husband

Head: I resent my husband

Eyebrow: I feel inadequate

Side: He keeps showing me what's he's done

Under Eye: I don't care

Nose: Leave e alone

Chin: I can't get enough done

Collarbone: I don't get enough done

Under Arm: I can't get enough done

Head: I just can't get started

Eyebrow: I'm so frustrated with myself

Side of Eye: I'm frustrated with everyone

Under Eye: I don't know what the matter is

Nose: What's the problem?

Chin: Why can't I get started?

Collarbone: I wonder what this reminds me of

Under Arm: I can't get started

Head: What is the problem?!

Carol: Take a deep breath. What was that like to say it a little bit...

Veronica: Good, good, Almost like a vibration through me...one thing that just came up...what does it remind me of...I've always been a procrastinator, and my father's a big procrastinator...when I was even in college...my father would be there working on my problem, taking care of it for me...those were my college days...something about that just came up...

Carol: So you'd call a fellow procrastinator? Did he ever really help you when he called back?

Veronica: Yes, but it makes me really angry right now,

Carol: That you gave your power?

Veronica: Yes, it was my project, my college work.

Eyebrow: I'm mad at myself

Side of Eye: I can never get started

Under Eye: Why did I let him do it for me?

Nose: I'm really angry

Chin: I've been angry for a long time

Collarbone: No wonder I'm holding on to the extra weight

Under Arm: I've been angry at my father

Head: I'm angry at myself.

Eyebrow: I'm angry at myself

Side of Eye: I let it happen

Under Eye: I'm angry that I don't stand up to my husband

Nose: I don't like his being a sledgehammer

Chin: But I'm not a sledgehammer back

Collarbone: I wonder what would happen...

Under Arm: I'm tired of them

Head: I want to do it myself!

Veronica: This is good...I just felt this *surge of being empowered*...just not having to listen to everybody else...that's nice...right now it feels good, more energetic all of a sudden...

Carol: When you change the energy on that problem, the behavior follows....people are always trying to push themselves to do things...change your

thoughts...if you don't change how you view yourself...but if you're feeling more energy...thinking hey, I want to be empowered... it means you're going to approach everything differently!

Veronica: It's nice to feel a surge, something physical, a confirmation that you're getting somewhere.

Carol: Go back to the statements of "TRUTH"...I feel inadequate...

Veronica: It sounds almost silly...just words..."1"...

Carol: I can't and don't get enough done...how true is that now?

Veronica: I feeling more of a desire to do everything...but part of me has doubts...

Eyebrow: I still feel angry

Side of Eye: Stop doing it for me

Under Eye: I want to do it

Nose: This is mine

Chin: It's my mess

Collarbone: It's my clutter

Under Arm: It's my artwork

Head: Leave me alone

Eyebrow: Stop telling me I'm wrong

Side of Eye: I'm angry at you

Under Eye: I'm angry at him

Nose: I'm angry at myself

Chin: I'm angry at her

Collarbone: I'm angry at me

Under Arm: I want to do it myself

Head: I deserve to do it myself

Eyebrow: I used to have a problem with getting started

Side of Eye: Not anymore

Under Eye: I used to fear the consequences

Nose: Not anymore

Chin: I want to get started

Collarbone: I love getting started

Under Arm: I love starting new things
Head: And I appreciate following through

Carol: Take a deep breath.

Veronica: I just had a nice image of waking up in the morning and just really getting started early, refreshing and nice...that is really what I want to do...I want to be that person.

Eyebrow: I choose to get started
Side of Eye: I choose more energy
Under Eye: I choose to get started
Nose: I love looking forward to something
Chin: It's so exciting
Collarbone: I can feel the energy
Under Arm: I used to be so angry
Head: I'm letting it go

Eyebrow: I used to have so much resentment
Side of Eye: It felt good to say it
Under Eye: I'm still angry at myself
Nose: A part of me is still angry at my husband
Chin: SO what
Collarbone: They're just feelings
Under Arm: I'm not going to let them stop me
Head: I'm going to do it for myself cause I love feeling empowered.

Veronica: It's nice. I just feel like kind of a lift, like a tingling too...sometimes I do get that...my whole upper body is buzzing...I feel really up...like I can tackle things right now...

Carol: How is the doubting feeling?

Eyebrow: Remaining doubts
Side of Eye: I used to have doubts
Under Eye: I'm allowed to have doubts
Nose: But I'm going to allow energy into my body
Chin: I'm going to allow the enthusiasm back in
Collarbone: I'm going to allow the confidence back in
Under Arm: I love feeling so strong

Head: I love feeling empowered...It feels right

Veronica: A feeling...No body else is going to be able to bring me down...I have my own strength...something feels strong...I almost feel like I want to laugh...I picture my husband barking at something and I feel like I want to laugh at it...I really do...it feels good.

Carol: Let's do a follow-up, you may get more layers of information this week...For homework, I would do the frustration, you mentioned that a couple of times...not feeling clear...And I would do the positive ones...help you look at what you want to do...

Stay tuned for session #2.

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