

Veronica's 2nd session
Procrastination, Weight Loss and Gastro-Intestinal Problems...

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Carol: Good morning Veronica...it's been ten days since our first session... about procrastination and all the other issues...Tell me how you did in the ten days with your own tapping and your own feelings.

Veronica: A lot of ups and downs...Most significant thing, right after the tapping, I was just drained, but then the next morning I woke up early and I was buzzing with energy and went through my day until 11:30 without even getting any mid afternoon fatigue...Productive and "up" --- really nice.

Carol: No more procrastination for that day?

Veronica: For that day. Went down a little bit the next day... Things that were coming up, I tried to tap on the resentment and the frustration. Things that surfaced were these feelings over the years of *inadequacy*...One experience that came up in college...tapped on it myself...seemed so silly and small...

Carol: Do you need to do more work on that one?

Veronica: ...Not being prepared to do a presentation...I was really not prepared...I felt like a real idiot...didn't get a good grade.

Carol: Then these little memories come up...hey, I remember when that happened...

Veronica: Just followed it...Kept tapping every day, and included some about giving my metabolism a boost, felt good pretty much every day. For the most part overall a good ten days.

Carol: Very different. The ups and downs are better than all downs, right?

Veronica: Yes, and my energy is definitely been better.

Carol: We got through some significant blocks of anger and resentment. And we need to keep doing that, but that will keep someone stuck and procrastinating and feeling kind of flat...we want to release more of that...last time we talked a lot about the phrase "I can't get enough done...I don't get enough done."

Veronica: *I can't get enough done, I don't get enough done.* (5-6)

Carol: How true now? Ok, say "*I'm just not productive.*"

Veronica: *Maybe 5-6, and I'm just not productive* (7-8) pops into my head.

Carol: How about the anger...Mostly we worked on the anger at your husband for a couple of things...a personality like a sledgehammer that you resent...you feel guilty that you don't do as much as he does...

Veronica: I'm feeling lighter about it --- there's been a shift. And I really have felt differently this week. It's not as strong.

Carol: How are your stomach problems, heartburn and indigestion...gastro-intestinal problems as connected to procrastination.

Veronica: I've had some of it, just ran out of a box... but I barely used the prilosac, maybe every few days. Haven't had a whole lot of heartburn...Definitely see a change in the heartburn.

Carol: Just from the tapping?

Veronica: Hasn't been as significant.

Carol: Ok, take a deep breath, and what do you want to work on today? It can be anything...

Veronica: The weight...I think I have this thing that happens and I'm kind of maybe sort of plateauing...I worked through a great week, and then I get on the scale on the weekend...I spend the rest of weekend undoing everything I just did...work so hard the next week to get it off for the next week...and I'm not really getting past a certain point...Sabotage?... I'm doing something to not let myself get to where I want to be.

Carol: How much are you losing and gaining every week?

Veronica: Sort of false...I'm playing games with myself, don't know why...I really set myself up this weekend to take care of it, and I think I did better...tried to pay attention to why I overate this weekend, and felt these urges.

Veronica: Actually something else came up...I did have a real crazy urge in the middle of the afternoon...I needed to eat something and everything...a few rounds on cravings in general, filling some kind of void...it just really went away, suddenly felt calm and I didn't need it.

Carol: Wonderful. Let's go to the possibility that you might be sabotaging yourself, this up and down, up and down, these false starts. If you say to yourself, what's the downside of getting over the next hurdle or plateau? If you went down 5 more pounds...do you have anxiety over that? Being at the next 5 pound level?

Veronica: What popped up is "**attention.**" Not a negative thing when people compliment you...But it makes me feel uncomfortable...I really don't like when people come up to me and say "Oh my god you look great...You're half your size"...questions from others, "how much weight did you lose?" It makes me think about the numbers, and where I was, I never tell people...and I don't think it's their business...what use do you have for knowing how much weight I lost...that kind of stuff makes me feel uncomfortable.

Carol: Do you feel the tension right now?

Veronica: Yes, --- blotchy in my neck

Karate chop point:

Even though I feel uncomfortable with their attention on my body, I deeply and completely accept myself.

Even though I feel uncomfortable and I want them to leave me alone, I deeply and completely accept who I am.

Even though I feel uncomfortable with all the attention, leave me alone, I deeply and completely accept who I am.

Eyebrow: I feel so uncomfortable

Side of Eye: I feel uncomfortable

Under Eye: Leave me alone

Nose: Stop asking

Chin: Don't ask for my private numbers

Collarbone: I feel so uncomfortable with the attention

Under Arm: I don't want the attention

Head: I don't want the attention

Carol: Take a breath. Now we didn't scale it in the beginning, but how do you feel about that issue?

Veronica: A little bit calmer, and maybe if I was an "8" maybe I'm a "6."

Carol: Did anything else come up?

Veronica: Going back to my husband...Maybe because he's seen the highs and the lows, and he's just sort of stopped commenting on it, in a way, I don't want their attention, maybe if he said something like "Good work, keep it going, you look great..." but he doesn't. And he's just lost some weight himself and he's very proud...he tells everybody...so there's something going on with that.

Carol: And you resent that he's not noticing?

Veronica: Maybe that's it...part of my whole resentment thing going on with him.

Carol: And in that backwards way you can sort of *stick it to him* by gaining it but you're not doing anything to him.

Veronica: Isn't that weird?

Carol: Common but weird!

Eyebrow: I want his attention

Side of Eye: Why won't he notice

Under Eye: I resent him

Nose: I resent him

Chin: Why won't he notice

Collarbone: I resent him
Under Arm: It's not fair
Head: And he just lost weight

Eyebrow: He's telling everyone
Side of Eye: It's not fair
Under Eye: Why won't he notice?
Nose: Why won't he notice?
Chin: I want him to notice
Collarbone: I need encouragement
Under Arm: And if don't get it
Head: I'm not going to do it

Veronica: Wow, *boom*, kind of hit me, I don't want it to be that way, I really want to do this for me, I shouldn't have to want to do it for anyone else, that's for sure.

Carol: Do you resent any old comments from him? That would get piled in with the non-commenting?

Veronica: Something just popped up. I feel guilty because I'm bashing him...I thought of something...We were out somewhere, and a girl walked ahead of us down the aisle in a store. And he made a comment that obviously stuck with me, "*Why can't you either have her shape, look like that...*" that I've never really heard from him again...such a strange thing...seemed out of character... and I really took it to heart. Maybe it stayed with me all this time...obviously...if I'm remembering it now.

Carol: How hurt do you feel? What's the feeling?

Veronica: What came up is not being good enough, again.

Carol: There's an actual comparison, why can't you look the way she looks...This really is the stuff that's going on behind the sabotage.

Veronica: I'm pretty worked up right now...

Carol: What's the feeling and how high is the feeling?

Veronica: Hurt...Tears are coming up...maybe at about a "9"

Karate chop point:

Even though he said that to me, and it hurt me so much, and I still haven't let go, I deeply and completely accept myself.

Even though I really felt hurt, and I don't know where I buried this, I accept who I am and how I feel.

Even though he hurt me so much, he said "Why can't you look like that!" and I didn't feel good enough, I didn't measure up again, I deeply and completely accept who I am.

Eyebrow: I didn't measure up

Side of Eye: I didn't feel good enough

Under Eye: "Why can't you look like her!"

Nose: It really hurt me

Chin: It hurt me so much

Collarbone: I can't believe how much it hurt me

Under Arm: What a stupid thing to say!

Head: It really hurt me, and it really stuck with me

Eyebrow: No wonder I resent him!

Side of Eye: No wonder I want attention!

Nose: I deserve his attention

Chin: I feel irritated

Collarbone: I feel resentment

Under Arm: But I mostly feel hurt

Head: That hurt in my whole body...from this memory.

Carol: Take a breath.

Veronica: Wow, I definitely feel calmer...My first thought was, hey I married him anyway, but obviously this stuff's been piling up. I definitely feel calmer.

Carol: What would you rate the "9" of the hurt?

Veronica: Maybe a 6, 5 or 6.

Carol: Go back to the idea that you had that maybe you resent his not giving you attention for losing the weight that you've already lost now, does that still seem connected to that...

Veronica: I think it might...The idea is that...my writing on the walls. *"I told you in the past that you looked good and that you lost weight, what did you do, you just gained it back... why am I going to have to say it again..."* His feeling is you're just going to put it back anyway...Sort of goes along with *"you've gotta clean up the crap on this counter...if you don't do it I'm just going to throw it all away..."* He doesn't believe in me...he doesn't have faith in me...that I'm going to see something through to the end. Maybe that's part of the reason why I don't.

Carol: Say out loud, *"He doesn't believe in me... He doesn't have faith in me..."* How true does that feel, 0-10.

Veronica: BIG...God, it's really....incredible...this stuff just rises up...just there...

Karate chop point:

Even though I feel so hurt because he doesn't believe in me, and it just crushes me, I accept who I am and how I feel.

Even though I feel hurt and let down I deeply and completely love and accept myself.

Even though I feel rejected when he doesn't believe in me, and I feel "less than" I deeply and profoundly love and accept myself.

Eyebrow: He doesn't believe in me

Side of Eye: And I feel so let down

Under Eye: He doesn't have faith in me

Nose: And it makes me feel rejected

Chin: I feel so rejected

Collarbone: I feel so rejected when he doesn't believe in me

Under Arm: And I feel so angry

Head: And I feel like pushing back

Eyebrow: He doesn't have faith in me

Side of Eye: So why should I?

Under Eye: I'm not good enough

Nose: I'm tired of reaching his standards

Chin: I feel so rejected

Collarbone: I need support

Under Arm: I don't feel supported

Head: I don't feel supported

Carol: When people don't feel supported...in a job or a marriage in a friendship or relationship, they often start acting out sideways, and if you're saying part of your sabotaging yourself over the weekend is a little bit of a "watch this" to him...it's possible...I've seen it a zillion times, when people feel resentful, it's hard to admit that, but then they start acting out...they start doing things and showing up late, and putting the weight back on, and not cleaning up, they start doing things that *get* the other person.

Veronica: The support thing, those words just really hit.

Carol: That you don't feel supported...Go back to the hurt of the original comment, what's the charge left on that?

Veronica: Really not that much, just like we were there...I can't really bring up too much.

Carol: From a 9, down to a 5-6, but kind of got folded in...

Veronica: Maybe a 2, if I really sat and dwelled on it...

Carol: Go to the "10" of "*he doesn't believe in me...he doesn't have faith in me...*"

Veronica: I'm calmer too, and it's hard to believe that I'm calmer. --- A 6, maybe, it's still there.

Carol: This issue of not feeling supported = 6-7... These you would separate as two issues...

Veronica: They're kind of lumped together....6-7 is covering both of them.

Carol: And you were saying, *If he doesn't believe in me and support me, why would I?* If someone keeps telling you, "you're just going to put it on again"... You start to believe it.

Veronica: I can actually remember comments he's made like that in past years...My family does the same kind of thing...I've watched my whole family with their weight...I've been trying to really separate myself from that kind of thinking...he lumps me together with my family, and I kind of know what he feels about them...he doesn't have a lot of...respect...here comes another thing...don't always feel like he respects me... disrespectful...he doesn't value me...some things he really does...he will sing my praises about other things to people, but there's just something about me, something about me... that's how I've always felt, that he doesn't respect...

Carol: Say this out loud: *"I believe I can keep the weight off for good this time."* How true?

Veronica: I've been working really hard on trying to believe that...tapping on that...maybe having this be about my health, my life, not about just getting into a certain outfit for a certain event...

Carol: Have you ever done tapping before for the weight...

Veronica: Yes, lots, and I've been using...

Carol: No, have you ever done tapping 5 years ago when you were on weight watchers?

Veronica: I was only introduced last November to **EFT**.

Carol: That will make the difference. Anybody can lose weight on certain diets, but keeping it off is the key, and the feelings underneath it that make people keep or not keep it off...so you're getting to something that is the actual reason you could keep it off this time.

Veronica: I think that's why when I made the comment...I do really truly believe in that more now...The weight loss CDs, I drive, and I listen to them, and each time something else comes out, I don't remember hearing that before...and I tap on it...I just connect to it... I'm relating to everything...even if I see a subtle shift...

Karate chop point:

Even though there's something about me that he doesn't respect, and it makes me so hurt, and so angry, I deeply and profoundly accept who I am. Even though I don't feel deeply and profoundly accepted by him, I choose to accept who I am and how I feel.
Even though he doesn't believe in me, and I don't feel his support, I choose to accept who I am and how I feel.

eyebrow: I don't feel his support
Side of Eye: He doesn't support me
Under Eye: He doesn't really respect me
Nose: He doesn't believe in me
Nose: And I feel so hurt
Chin: And I feel let down
Collarbone: I feel rejected
Under Arm: I don't feel appreciated
Head: And I certainly don't feel supported

Veronica: Feeling...everything just sort of settled a little bit, I suddenly just felt exhausted...

Carol: It takes a lot of energy out of you...don't forget to drink a lot of water...I have here listed "Veronica---guilty" but I don't remember what you were feeling so guilty about!

Veronica: I think that even from today...I feel guilty...complaining about my husband...guilt associated with that...

Carol: Anything else? Were you feeling guilty about eating over the weekend and blowing the progress?

Veronica: Also tapped on reasons for eating over the weekend...Eating is connected to being a worrier...about the kids and husband...

(Story about husband being a cyclist...anxiety...there I was on the road...)

Starting at the karate chop point:

Even though I have this strong anxiety, and I'm so worried, and food is the only thing that works, I accept who I am and I choose to feel calm.

Even though I have this worry about my loved ones, I'm really anxious about their traveling, I accept who I am and I choose to be calm.

Eyebrow: I have so much anxiety

Side of Eye: I didn't know that I was a worrier

Under Eye: I choose to feel calm and peaceful

Nose: What if I can't?

Chin: I can be calm

Collarbone: And I choose to feel calm and peaceful

Under Arm: I choose to feel calm and relaxed

Head: I choose to feel calm and relaxed

Carol: Take a breath.

Veronica: Nice feeling.

Carol: I would just keep doing that, just tap when you think about it.

Veronica: I was really doing so well with my food...I didn't eat about the anxiety about his travel, but I had a terrible headache...and I woke up with it this morning...it's way, way down.

Carol: We want to keep testing the hurt and "*I'm not good enough*"...

Veronica: Like telling someone a story, but no real charge.

Veronica: *He doesn't believe in me and he doesn't support me...*

You're just going to gain it back...5- resentment – ashamed – I'm not sure where it fit...

Karate chop point:

Even though I feel ashamed, because the truth is I have gained it back before, I deeply and profoundly love and accept myself.

Even though I feel shamed of myself because I have gained it back, I have behaved just like my family, I deeply and completely accept who I am.

Even though I feel ashamed of myself, I've gained the weight back many times, I choose to know that this time is finally different.

Eyebrow: I feel so ashamed

Side of Eye: He's right

Under Eye: I have gained it right

Nose: He's right

Chin: I feel so ashamed

Collarbone: What if I could release the shame and guilt

Under Arm: And the anxiety

Head: I'm afraid to lose the weigh

Eyebrow: What if I do gain it back

Side of Eye: I don't know if I could bear it

Under Eye: I feel so ashamed

Nose: This shame about my body

Chin: This shame about gaining it back

Collarbone: I feel so ashamed

Under Arm: I have gained it back before

Head: But I would appreciate some support.

Carol: Take a breath...

Veronica: Wow, as soon as I started to tap with the word ashamed, oh my god, I feel so ashamed!

Carol: That was a lot higher than a 5.

Veronica: And that word *ashamed* came in front of me like a visual...I just realized that everybody around me is just waiting for me to gain it back again...and lose it again...it's horrifying to me...and it makes me really sad...not only do I not have faith in myself, my husband doesn't...and family and friends around me are expecting me to gain it back again too...that feels bad...

Karate chop point:

Even though they're expecting me to gain it back because that's what I did last time, and part of me agrees with them, I accept who I am and how I feel. Even though they're expecting me to gain it back, I choose to accept who I am.

Even though they're expecting me to gain the weight back again, and I feel ashamed, I accept who I am and how I feel about it.

Eye **row**: Of course they expect that
Side of Eye: I've never done it differently
Under Eye: It's going to be different this time
Nose: I can feel it
Chin: And I don't have to convince them
Collarbone: But it feels terrible
Under Arm: It feels terrible
Head: And I feel ashamed

Eye **row**: They're all expecting me to gain it back
Side of Eye: And so am I
Under Eye: No I'm not
Nose: I used to be
Chin: I used to expect myself to gain it back
Collarbone: Not this time
Under Arm: I can feel the difference
Head: I can feel the difference

Carol: Take a breath...

Veronica: I do feel the difference, I definitely felt the shift, all of a sudden, yeah...first so disappointed and sad, but I really do feel the difference.

Carol: And it is good for you just to realize that you're seeing a look in their eyes and you're hearing words and discouragement...make that conscious...so that you get a hold of it, and say it is going on, it's true, it is going on...But I don't have to accept it...no matter what they feel...

Veronica: It just came into my mind...A friend of mine told me recently...
"Wow, you lost weight again..." did an entire round with these words...

Carol: Did that hurt?

Veronica: Yes, it's so embarrassing. It's just, oh, but it's maybe not as bad as it would have been ten minutes ago.

Carol: That's a very good statement, whenever someone says something to you, whatever they meant, whatever you feel from it, take that and tap.

Eye **row**: You lost weight again

Side of Eye: I see you lost weight again

Under Eye: You lost weight again

Nose: You lost weight again

Chin: I wonder when you're going to gain it back

Collarbone: Oh look, you lost weight again

Collarbone: You lost weight again

Under Arm: Oh, you lost weight again

Head: You lost weight again

Carol: Take a breath...

Veronica: I had the feeling of well, "*I'll show them...*" that's not really who I am. I feel better about it.

Carol: Good. Say out loud, "*I feel ashamed of myself.*" How true does that feel now...

Veronica: *I feel ashamed of myself* – not as bad at all...more ...lighter, sparkly, I could feel a lightness around it...not really bad.

Carol: Shame and guilt are so much what people eat over or drink over and hate themselves over...when you're talking about feeling inadequate and not measuring up...and you have this image of yourself of losing, gaining, losing, gaining...other people are reinforcing it...and you've got family members who have done the same thing...that's very heavy.

Veronica: I feel ashamed of my family...Guilty about being ashamed of them...their pattern is like my pattern. I can't stand to watch them pig out...it really bothers me...I feel guilty about it...I'm right there with them...but I am feeling better.

Carol: Say out loud: "*I feel guilty about being ashamed of them.*"

Veronica: Not terrible, --- 4-5

Karate chop point:

Even though I feel some guilt because I'm ashamed of them, I deeply and completely accept myself.

Even though I feel some guilt, because I can't stand watching their patterns, I accept who I am and how I feel.

Even though I feel guilty sometimes because I'm ashamed of them, I deeply and completely accept myself.

Eyebrow: I feel ashamed of them

Side of Eye: I can't stand watching them

Under Eye: I can't stand watching what they do

Nose: It's just like me

Chin: And I hate it

Collarbone: And I'm ashamed of it

Head: I'm ashamed of them, and I'm ashamed of me

Carol: Take a breath.

Veronica: I felt like a physical release, something whooshed...drained but really light and really good. So good...

Carol: A bit surprising, like here we were starting on procrastination...all of this is connected to procrastination. You can feel it...I'm so glad this is feeling right to you.

Carol: Any questions about homework? Do the shame on anything that you feel...Whatever people have said, and whatever you have felt, unfortunately people say things...and take each one and knock it down...And remember the umbrella feeling is feeling inadequate... "*I'm not enough*" you can start on that as a global feeling, and hopefully specifics will come up... why do you feel not enough...so see if you can get to the specifics, but you can always start with the global sentence.

Stay Tuned,

Carol Look,

EFT Master

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