

VERONICA, Session #3

Carol: Welcome back Veronica. This is our third session. Tell me how you've been feeling since our last session...

Veronica: Actually pretty terrific...I've had a really good week, productive, energetic, sometimes the energy was just flowing through me at a crazy rate...and it was really nice. And I continued to tap on that. I wanted to keep that momentum going. I guess just a lot of things surfaced from last time and I just started to feel so much lighter about things. Interesting...My husband had just left for 8 days...he returned yesterday, interesting, a lot of the stuff we tapped on was about him, things that came up were resentment and anger...and for some reason without him being here, maybe there was a difference in the way I felt, I just kept working on it and things felt smooth all week. He did come home yesterday, and I started to feel some of the same feelings...I dealt with them better, things that actually would have triggered maybe binge eating, going for my comfort foods, but I tried to be really aware of what it was...I didn't lose control of my food, but the feelings definitely surfaced...I tried to really identify them.

Carol: The inadequacy feelings?

Veronica: He came home, traveled 16 hours...Only a day and a half before we leave again for another 11 days...I made a quick phone call to his office and he answered he was quickly abrupt on the phone...that's his way though...can't be talking about home things...very abrupt, but it just suddenly hit me and all these feelings came back. I feel disrespected by him, I resent him, the feelings of no self-worth came up, all of this stuff, just from a silly little phone call, and I shouldn't take it personally...A little thing, but it just got to me. And then the feelings of wanting to eat came back.

Carol: And did you eat?

Veronica: No, I tapped, I had a beautiful week with my eating. I think I lost over 3 pounds, and I was really, really in control.

Carol: When you and I saw each other, your daughter is seeing me with other issues but you came in with her, and you were beaming.

Veronica: That's how I feel, People were telling me you are beaming...it was different today.

Carol: So, something's shifting. A lot's shifting in you. This is really important information though, that he can "bark" and then you can go right back into that lousy "I'm not good enough" feeling.

Veronica: It was amazing. I was so aware of it,...I took care of it right away...I'm still feeling a little bit like, Uhhh so this is what happens every time he comes back from a trip...

Carol: The big deal difference is that you felt like eating, and you didn't, you felt like feeling terrible and sabotaging and you didn't do it, you tapped on it instead...and you didn't and had a great week of wanting to use food, to comfort yourself.

Veronica: I also tapped on "I choose not to allow food to soothe me and comfort me" and "I choose to find other things in my life to make me feel good." It really worked.

Carol: I listened to our first session on tape...and 2 of the biggest things that were from that first session were about the basic feeling of "I feel inadequate", as high as an 8 or 9, and that's what you're saying is coming back when you're husband is talking to you in this abrupt way?

Veronica: I definitely did last night...Suddenly my whole mood changed, how could I feel so bad? I had been on such a high. The feelings of wanting to eat came back...Yesterday, I actually had to lay down for about 15 minutes...I just haven't been doing that during the day.

Carol: Just to recover?

Veronica: Suddenly I just felt really, really drained...I definitely felt another shift in a not so good direction.

Carol: Now, say out loud "I feel inadequate." How true does that feel to you right now?

Veronica: About half way there, maybe a "4." I'm struggling with it.

Carol: In general, you're saying, the first session, most of it was about the procrastination issues. That seems like it has really changed.

Veronica: It has, I have really making headway, I spent hours cleaning up an area that has really been bothering me...I kept visualizing it and tapping on it...getting through my list of things to do...crossing things off. It's good.

Carol: Remember we had spoken about resentment and anger often connected to procrastination...it seems like the amount of anger you've been holding onto I think was connected, even though you said you've been a procrastinator a long time. Now one of the biggest things that I remember and see on my notes...was this very painful thing that your husband didn't believe in you, or have faith in you...and that really got you to tears. Has that come up at all during the week?

Veronica: No, it didn't during the week...I really mellowed about that during the week. In fact the feeling that came back, when he was in the house, was I just kind of felt "I better get things done"...I started to feel this pressure to be busy. It made me feel really bad that someone should have that kind of control over me. I did tap on having control over myself. I feel a little better about it, but that's still there.

Carol: Another fun thing about the first session was that about three-quarters of the way through you said "I'm standing up and walking around now." You were feeling so empowered.

Veronica: I really do. I walk around that way, I've been happy, up, it's been really nice, and very empowering.

Carol: A lot of confidence back. Now, the other thing from session #1 was the Gastro-intestinal problems.

Veronica: Oh, I'm glad you brought it up. I have barely had any kind of heartburn in since pretty much since we started, more even from last week. I would normally be taking a prilosec pill every other day, sometimes every day...never enough to have to take anything... I barely had any kind of heart burn...normally be taking a prilosec pill every day, I had a couple of episodes that I ate something that was pretty acidic, *but never enough to*

have to take anything. Since I've spoken to you last, I haven't taken anything., except one day one tums...

Carol: It was so interesting... the time I said, where do you feel the anger and resentment...and you said "Right up the center..."

Veronica: I've been tapping for keeping that relaxed and calm feeling...tapping like mad. It just gives you a vibration that keeps everything really nice.

Carol: And how long had you had the heartburn, before our first session, years?

Veronica: Years, and I still have some stuff going on with lactose intolerance...foods that aggravate my stomach, but not anywhere near. It feels really calm. Tea or coffee...

Carol: You've been able to have those? Let's start right where you are now with the feeling of inadequacy...or feeling less than...let's start there and see what we can do with those. There were some incidents that came up last time.

Veronica: Nothing new or different but after 1 round of tapping...somewhere about a 4 or 5, "I feel inadequate..." it wasn't that way last week, all week I felt great, but yesterday my husband came home and it's been with me since then....

Karate Chop Point:

Even though I still feel inadequate, I deeply and profoundly accept myself anyway...

Even though I still feel inadequate, maybe I always have, I accept who I am and how I feel.

Even though I feel inadequate around him, which is my fault, I accept my feelings and what I'm doing about it.

EYEBROW: I feel so inadequate

SIDE OF EYE: I'm not doing enough

UNDER EYE: I'm not enough

NOSE: Yes I am

CHIN: I really resent him

COLLARBONE: I feel so frustrated

UNDER ARM: I'm not going to give him my power

HEAD: I refuse to give him my power

EYEBROW: But I still feel inadequate

SIDE OF EYE: No I don't

UNDER EYE: Sometimes I do

NOSE: What if I could feel great?

CHIN: What if I felt empowered?

COLLARBONE: I choose to feel confident

UNDER ARM: I choose to feel strong

HEAD: I choose to feel strong and confident

Carol: Take a breath...and what happened?

Veronica: Something that you said in the set up just got me, all of a sudden it bothered me....

Carol: When I said "It's my fault?" Well, what I was suggesting is that it's your fault that you take his stuff and disempower yourself, that is your job. No matter what other people do. It's not your fault that he speaks to you in a way that's disrespectful. But I was meaning, you're the one who gives your power away.

EYEBROW: I feel inadequate

SIDE OF EYE: Because I am

UNDER EYE: I am not

NOSE: Why would I believe that?

CHIN: I am so adequate

COLLARBONE: I am so worthy

UNDER ARM: I am enough

HEAD: I am plenty

EYEBROW: It's not my fault

SIDE: It's his fault

UNDER EYE: It's my fault

NOSE: It's his fault

CHIN: It's our fault

COLLARBONE: It has nothing to do with fault

UNDER ARM: Why do I feel terrible?

HEAD: He spoke to me abruptly

EYEBROW: So what

SIDE OF EYE: It doesn't have anything to do with me

UNDER EYE: But I do want him to speak to me politely

NOSE: And with respect

CHIN: I deserve that

COLLARBONE: I choose to feel strong and confident

UNDER ARM: I choose to feel strong and peaceful

HEAD: I choose to feel strong and peaceful

Carol: Take a breath. What happened?

Veronica: I'm feeling like, I don't expect him to change the way he talks to people...he talks to people like that...it's his way...I just take it personally, I feel like I need to change it within myself. He's not going to be changing that, I can't expect him to change. SO I guess I do need to keep doing that...

Carol: Go back to the sentence, "I feel inadequate." You had it as a "4."
How does that feel now.

Veronica: I'd say about a "2" it doesn't feel strong.

Carol: Go back and listen in your memory to his being abrupt and curt, and remember that feeling in your body, that sinking feeling...how bad is that?

Veronica: Much lighter, same old stuff, but no charge.

EYEBROW: He was mean to me

SIDE OF EYE: No he wasn't

UNDER EYE: It had nothing to do with me

NOSE: He was mean to me

CHIN: No he wasn't

COLLARBONE: It's not personal

UNDER ARM: That makes me feel good

HEAD: It's not personal

EYEBROW: It's none of my business

SIDE OF EYE: Yes it is

UNDER EYE: I deserve to be spoken to with respect

NOSE: I'm worthy of respect

CHIN: And I don't have to take him personally

COLLARBONE: Even if it has my name on it

UNDER ARM: I choose to feel strong

HEAD: I love feeling strong again

EYEBROW: I love having so much energy

SIDE: I deserve having so much energy

UNDER: I am enough

NOSE: I do enough

CHIN: I am so lovable

COLLARBONE: I deserve respect

UNDER ARM: I love feeling so strong

HEAD: I choose to feel strong and peaceful

Veronica: Such good words, that felt really good. All of a sudden I didn't take it personally. That's him, that's how he is with everybody. He didn't mean it to me, that's just how he is, he couldn't be bothered. No charge, really...I'm ok...I don't have that sinking feeling, oh my god all this work I did and it's back to that...I don't feel like that now...really good lift.

Carol: Just say it for the sake of it "I feel inadequate" how true...

Veronica: NO, I just feel like I can do a lot and can get a lot done. Fine, I'm feeling good.

Carol: What would be next... let's go back to the first two sessions...resentment and anger...very specific events...anything left on those issues?

Veronica: Not yet, I guess because I was really able to move through things...And clean up...so it was pretty well organized.

Carol: Did he notice?

Veronica: No, and he made a huge mess with his own mail. Something did come up that I remember I wanted to talk about...Surfaced during the week, about the fear of losing this high that I've been on, control of this whole eating thing... I feel like I'm waiting when is that going to end,...when am I going to start bingeing again, or feeling like I need to eat. It almost feels

temporary, especially since I'm going away tomorrow...it's making me nervous.

Carol: Have you ever felt this good about your eating?

Veronica: Only in spurts. Not for such a long period, I just feel too different. I really haven't felt like this.

Carol: And you're listening to the CDs?

Veronica: I keep replaying them. Every time I play a different one, I drive around and listen to them and tap.

Carol: So you've never felt this good, the weekend was not a challenge, but we haven't been out...

Veronica: I did really well.

Carol: That's the other thing you said when I saw you, you said "Ooh, I hope it lasts..."

Veronica: Because I've always gone back, always put the weight back, something triggers it and then it snowballs...the difference is that lately, I've been able to really pull it back together on Monday. That's been a good change. It feels permanent. But a fear.

Carol: And mostly about the energy and the high of moving through things, or mostly about the eating?

Veronica: Both. I feel them together because when I have this energy and the high, I feel this control about my eating. I didn't even have any kind of cravings or hunger this week. I didn't think so much about food.

Carol: We'll say a couple of sentences to see which is best
I'm afraid of losing control, again...how true on a scale of 0-10

Veronica: 5-6

Carol: I always put the weight back, so I'll do it again...Say this, "I'll probably put the weight back on."

Veronica: I hate to say it, but it does feel partially true, over a 5, maybe a 6 or a 7.

Carol: The assumption that you'll put it back on?

Veronica: I heard the words "Oh wow you lost weight again." It feels true within me.

Karate chop point:

Even though I'm convinced that I'll gain the weight again, just the way I did last time, and it's very depressing, I accept who I am and what's different this time.

Even though I'm afraid I'll put the weigh on again, just like the last few times, I accept my feelings and what I'm doing differently.

Even though I don't have faith in myself, I'll probably put the weight on again, I accept my feelings and my fears.

EYEBROW: What if I put the weight on again?

SIDE: What if I don't?

UNDER: What if I do?

NOSE: I'll probably put the weight on

CHIN: What if I gain it back?

COLLARBONE: I'll probably gain it back.

UNDER ARM: No I won't

HEAD: I know it's different

EYEBROW: I know it's different this time

SIDE: What if it's not?

UNDER: What if it is?

NOSE: I've never had this kind of support

CHIN: I've never had the tapping

COLLARBONE: I can feel that it's different

UNDER ARM: I know that it's different

HEAD: I know that it's different.

Carol: Take a deep breath. What happened?

Veronica: I started to feel like I'll be this huge disappointment to so many people. That came up. I definitely feel better after the tapping, a little bit more empowered, like I can do this.

Carol: This feeling or the assumption or expectation that you'll put it back on is more powerful than any food, than anything in the world...you will do what you expect you will do. That's why it's so powerful to use the tapping with this.

Carol: Say the sentence so we can get the number "*I'll probably put the weight back on again.*" How true, 0-10?

Veronica: I just got this wave of sadness with that. It just sort of shot back up. Like an "8" --- the sadness made it feel like, ugh, could that actually happen again? Because that's what's been happening.

EYEBROW: This sadness about this truth

SIDE: Actually I'm sad because it happened last time

UNDER: I'm sad about it happening

NOSE: I feel sad that it happened last time

CHIN: It doesn't have to happen this time

COLLARBONE: It doesn't have to happen this time

UNDER ARM: What if it does?

HEAD: The sadness is from before...

EYEBROW: The sadness is from before

SIDE: I feel so sad

UNDER: This sadness made it feel worse

NOSE: I feel so sad about what's happened

CHIN: It's so sad to me

COLLARBONE: I don't believe in myself

UNDER ARM: Yes I do

HEAD: Because this time is different.

Veronica: That's really what it was about, about that last time that I put back so many pounds. I can't feel sad about this time, because I'm in such a good place. So I feel like that was in the past, it moved me forward.

Carol: When you think of the disappointment in yourself and the sadness when you realized that you had gained it back, when you go back there now, what's the feelings like?

Veronica: Disgust, disgusted by myself, I was embarrassed by putting it back on, embarrassment because to me it showed a total lack of self-control. It looked ugly. I felt ugly.

Carol: The 6-7 was "I'll probably put the weight back on" The "8" was the sadness, so those were actually separate aspects. Go back and say, "*I'll probably put the weight back on again.*" And how true does that feel, 0-10?

Veronica: Much lighter, below a "4" it just doesn't sound the same as it sounded before.

Carol: Say, "*I'm very sad that I put the weight back on last time.*"

Veronica: Not the same at all. I'm not connecting with it. Wow, that's really cool...That's amazing.

Carol: I want to clear the disgust and shame.

EYEBROW: Remaining disgust

SIDE: I was so ashamed of myself!

UNDER: How could I do it?

NOSE: It was disgusting!

CHIN: I lost control all over again

COLLARBONE: No wonder they don't believe in me

UNDER ARM: I lost control again

HEAD: How disgusting!

EYEBROW: I was so disappointed

SIDE: It was so sad

UNDER: I really hurt myself

NOSE: It was so sad

CHIN: I really hurt myself

COLLARBONE: I'm ashamed of myself

UNDER ARM: Not anymore

HEAD: This time is different and I know it because I feel it.

Veronica: Well, this whole thing just surfaced for me. I felt the disgust and the shame and the ugliness about the last time, but I really don't feel that now. I feel very light now...and I just thought of how it's so connected to my being disorganized and the clutter and everything...I'm leaving for my vacation tomorrow night, and as of yesterday, my suitcase is packed!! I can't even believe that, not only packed, meticulously, folded, packed, perfectly, it's just dawning on me now, because I usually pack midnight the night before, or maybe that morning. *That's a change!* It's just totally done, I could just roll it out the door today.

Carol: And that's never happened?

Veronica: No. It just kind of surfaced as we were doing that. And I don't feel that heaviness of the disgust and the shame and the whole thing, that was another time. I don't feel like that now.

Carol: You didn't get it, you didn't realize what a big deal that was! That happens a lot with the tapping. I think it's why you've been saying things to me about your daughter that everybody in your family is noticing that she's different in her confidence and what she's doing and in her decisions, and she's not really noticing...you just did it to yourself, you just discovered something that was such an aha.

Carol: Say "I'll probably put the weight back on again."

Veronica: "*I'll probably put the weight back on again...*" My reaction is to say, no way, I'm feeling too good, and I can't picture it right now.

Carol: Do you know how important that is? When people can picture the trauma of putting the weight back on and how disgusted they feel, they keep touching base with that, they inform their mind of that, no one deals with the shame of what happened back time, smoking again, going back to a bad boyfriend, it doesn't matter what your poison is.

Veronica: Until you clear what was there. I have so much more control moving forward.

Carol: And, do not underestimate the power of having a tool. What happens is people go on a diet, and they lose the weight, they go off the diet, and they have no tools! You have the tool that is neutralizing the feelings that you ate over to begin with.

Veronica: You can take it anywhere, use it anywhere, I'm planning on using it while I'm away in Italy...I've been tapping on the future, what might trigger me, that's just going to keep it in check.

Carol: You and your daughter have been talking about the pasta...What do you think will trigger it for you? Eating more than normal,

Veronica: That feeling that I've always had on vacation of just letting it go, I can certainly have a wonderful time cause there's so much more to Italy than Pasta and thin-crust pizza...I feel more in control going into that, I think I'll have to work on it every day. But that's ok.

Karate chop point:

Even though I'm afraid I'll lose control, the way I have before on vacation, this time I'm different, and I can feel it, I know it in my heart. Even though I have some nervousness that I might go wild and lose control, I can always get back on, because I feel empowered.

EYEBROW: I choose to feel strong

SIDE: I choose to feel good

UNDER: I choose to feel back in control

NOSE: It's all up to me

CHIN: No matter what he says

COLLARBONE: I'm taking care of myself

UNDER ARM: I love feeling empowered

HEAD: I love feeling so clear and strong.

Carol: take a breath...

Veronica: I certainly don't have to beat myself up...I can always get back on. That was really good.

Carol: And make a decision. I was talking to someone the other day, she hadn't decided about whether it was going to be a good or bad day with eating. That's dangerous. Make a decision. And that includes if you choose to have a wonderful meal there...do not beat yourself up...that will hurt you energetically much more than the calories themselves.

Veronica: I don't want to be deprived...an even keel...somewhere in a balance.

Carol: Make a decision. How am going to feel this hour, this meal...Make a decision about your feeling not based on what they're doing but on what you want to feel.

EYEBROW: I choose to feel empowered

SIDE: I am enough

UNDER: I do enough

NOSE: I love feeling so strong

CHIN: I am strong

COLLARBONE: I am so strong

UNDER ARM: I am enough

HEAD: And I know what to do, I'm back in control

Carol: Take a breath.

Veronica: That's good, I felt that surge, completely, all over like a buzz, it's good. This could carry me through today.

Carol: This could carry you through a lot. Now, let's pretend that your husband comes home tonight, or you speak to him later today, and he does one of his gruff, abrupt, conversations with you...what happens in your system?

Veronica: Picturing getting filled with that I guess it goes back to feeling not worthy. The lack of respect...It's a feeling that I know I could easily go back there and believe that.

Carol: Say, "I'm not worthy." How true?

Veronica: Right now it doesn't feel true. I feel strong. Right now, no.

EYEBROW: I'm worried about feeling unworthy.

SIDE: I'm worried about feeling unworthy

UNDER: I'm worried about feeling unworthy

NOSE: What if I feel unworthy again?

CHIN: I shouldn't

COLLARBONE: It has nothing to do with me

UNDER ARM: I am worthy

HEAD: I am worthy, and I know it.

Veronica: Good, feels comfortable, feels very good.

Carol: Now what I recommend also, when you're calling him and you know he's in the middle of one of those days... As you're dialing the telephone, tap on your collarbone or tap someplace... So before you call him, tap, don't get caught off guard... you're saying this is how he is, it doesn't mean he doesn't respect me, this is how he speaks. So what happens is when he speaks that way, your whole energy system goes "ZZZZZZTTTTTT" it has that reaction, so start tapping ahead, before during and after.

Veronica: It's wonderful to feel empowered with that tool. That is so exciting.

Carol: Take a deep breath... "*I'll probably gain the weight again.*"

Veronica: No, it doesn't feel... I don't feel any use for that...

Carol: Say this out loud, "*This energy is permanent, this high feeling is permanent*" ...how true?

Veronica: Pretty true, it's what I'd really like it to be... I'm willing to put the work in.

Carol: And remember you can always have a bad day or bad hour... I had a pretty bad day last week, and tapping helped me... I did what I do to get out of it... This can be permanent... You've really moved up a number of levels... don't beat yourself up too much if you have a bad day, a bad moment, a bad reaction.

Veronica: Because that really did yesterday bring me so far down, I thought everything was undone, but it clearly isn't.

Carol: Say out loud, "*I doubt this will last...*"

Veronica: Right now I feel that surge, and I don't doubt it at all.

Carol: Good, anything else that you would think is important to tap on before your trip or about the remaining issues...I love the story about the suitcase.

Veronica: I can't believe it. I keep looking at it.

Carol: And the heartburn? Any feelings of heartburn?

Veronica: Nothing's tight or anything, in the whole esophagus area. I already had a big cup of tea today also and some fruit, and those things would have been acidic enough to make me feel crummy. And I feel good.

Carol: Normally they would have triggered it. You're already doing what you said you needed to do which is tapping on those foods that can be naturally irritating. So when you say you have lactose intolerance, tap on those foods, you're always responding differently to tea and fruit.

Veronica: I'll see how the wine does. Because that's another one that would normally do it. I used to get a big, huge allergic reaction, especially to red wine. I used to get a full-blown allergy attack...runny eyes, nose. I have hardly noticed it in the past since I've been playing around with EFT, since I started...I didn't pay attention to it, but I noticed a change.

Carol: That happens too, people aren't tapping on a specific issue,...but somehow it gets folded in...and some of the emotional issues that are triggering the allergic reaction get taken care of...and the allergic reaction goes away. I recommend bringing a journal of some kind...to keep track of yourself and your feelings, then write down really good sentences and do your tapping.

Veronica: That will help keep me right in line. It'll be great.

Carol: Anything else?

Veronica: Well, it's a whole other thing...I'm not going to start...I'm ready to tap on it. A whole other thing, a fear of flying...but I fly often enough...I tapped on it last time and it really helped calm me...I'm just prepared to use it.

Carol: Good, good, good! So the tapping worked wonderfully on the procrastination...I can't wait 'til I publish the sessions so you can hear how you sounded the first session, and the difference...so the procrastination, the heartburn, the weight, feeling inadequate...

Veronica: I really definitely feel big changes in all of those issues.

Carol: And all connected and that's what we had said the first session, you said "I have a feeling the heartburn's connected to my weight, connected to my procrastination..."

Veronica: I thought I was throwing too much out there for you, and you tied them together and yes, just to tap on everything all around all of those issues, definitely related. Thank you I'm really feeling good.

Carol: Veronica, I can't thank you enough, I know this is going to help so many people.

Veronica: That's exciting to me too.

Carol: Bon Voyage, or as they say, Buon Viaggio I believe is what they say in Italy...and if need be we'll do a follow-up when you get back. But this is great for our original purposes...of dealing with the procrastination and the heartburn...these 3 in a row.

Veronica: I can't thank you enough...And it's been fun.

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In a follow-up email from Veronica, she writes:

Since my tapping sessions for my issues with procrastination, weight and gastro-intestinal / heartburn discomfort...***I have experienced several significant changes.***

- Although I was "nervous" about gaining weight on a recent family trip to Italy...I had a fabulous trip and gained only one

pound! *I was really in control and in tune with my emotions relating to food.* I tapped throughout the trip on these triggers...

- Some weekends I have a difficult time staying in control and not overeating...but I find that now it is much *easier to get right back on track after the weekend.* And I am aware of the triggers that set off my eating.
- *The procrastination has gotten much better*...not yet perfect, but I know what holds me back. I continue to tap on feelings of inadequacy.
- *The heartburn has improved a lot and I have made the connection to resentment* and I continue to tap on that as well...when I feel the heartburn flare up, it is *easier to control without medication and usually the cause is very clear.*
- In general I have *more energy* and find that *I am more comfortable being more assertive. I have found my 'voice' in situations* where I might not have felt secure before.
- I have recently realized that I don't wear black clothing nearly as often as I had in the past! I used to wear black almost exclusively and I give credit to feeling lighter about myself in general!
- And lastly, I see a shift not only in myself, but recently a few people who I have not been in touch with for quite a while seem to be reaching out to me...calling just to say hi...I feel like it has to do with this vibration...it's lifted and I guess others sense it and notice too!

Veronica