

EFT reduces test anxiety in moments

Helen P Bressler

A recent experience prompted this EFT snippet. It gives an example of just how versatile and rapid EFT can be. With regard to this, I was in a computer room at a university recently when a very agitated lady entered the room. At the time there were a number of folks in the room awaiting an observed clinical exam as part of their nursing degree. The lady literally had moments to go before she entered the exam room. She had arrived late and had announced her nervousness for all to hear. Our conversation was as follows:

Me: Can I ask you if you have ever heard of EFT, Emotional Freedom Techniques?

She (we did not have time to exchange names): No, what's that?

Me: It's an energy psychology, it can help you eliminate your nerves (she had burst into the room declaring her nerves) by tapping on various points, a bit like acupuncture.

She: What do I do?

Me: Just follow me, find your sore spot, it'll be around here (I was demonstrating on myself)

She: Er, oh, ow - got it

Me: Follow me with words and actions, "*Even though I am really nervous about this exam I deeply and completely love and accept myself.*" I'll say it with you

We rubbed the sore spot three times and then proceeded to tap on the facial points, collar bone and karate chop point stating 'this nervousness'. I could see in her face she was thinking 'What on earth am I doing but I'm so nervous I'll give anything a go'

By the time we were at the karate chop point (this was the first and only round) her face had completely changed and rather than tapping with that tentative 'what I am doing' action, she was tapping away with a 'wow what's going on, this is great' look on her face and a purposefulness of action to her tap.

I asked her how she was feeling. Her reply: *'Oh my God, I can't believe that, I feel totally calm. Wow, I LOVE this collar bone point (she started tapping on this point), I could tap on that all day!'*

At that point she was called into her exam. I remained in the room and although the results aren't out for a few weeks, she returned with a smile on her face and a huge thank you from her lips.

So EFT calmed this lady's state in seconds and reiterated the gratitude and absolute joy I have in being a certified EFT practitioner.

Blessings,

Helen P Bressler.