

EFT Releases Freeway Driving Fear

by Annie O'Grady (EFT CERT-1)

When schoolteacher Melanie started to panic while driving her car around Adelaide, in South Australia, she couldn't understand it. She would now panic whenever she came to a freeway, or a road curving off to one side.

'I would just freeze and I couldn't drive on,' she said.

Melanie had been driving for some time, if a little nervously, before this fear developed. Hearing that EFT (Emotional Freedom Techniques), the world's fastest-growing Energy Psychology Therapy, could dissolve phobias quickly and gently, she came to me for a session.

To introduce her to EFT – an effective self help technique where you fingertap key acupressure points while focusing on a difficulty – we did four fast demonstration rounds. She focused on sadness she'd felt for three years, over a misunderstanding with a friend. She was astonished to lose the sadness so quickly.

I guided her to track the driving difficulty back to her first solo interstate drive. She had been enjoying this drive, and had bought a chicken roll for lunch. However, soon after eating it, she began to feel strange – disoriented and ill. Fighting the worsening sensations, she kept driving when she could.

Her heart now started pounding, and she had to stop to vomit. She suspected food poisoning. She stopped at a roadhouse and vomited again. (Melanie has a vomiting phobia -- which she can now deal with later through EFT.)

Closer to home on the freeway, as she pressed on she became even more disoriented. She hallucinated that the (flat) road was rising up and down, felt she was speeding although the speedometer showed 10 kph, gripped the wheel desperately.

Terrified, she pulled into the next truck layby, hoping to find help, but it was empty. She tried to call her son in Adelaide but her cell phone would not operate. This was the worst part of her journey.

Later the phone worked. Her son and a friend eventually arrived, and her son drove her car home with the friend following.

In EFT terms, we tapped all over this series of events, for all the emotions, body sensations, disorientation, vomiting, her feelings when calling her son: helplessness, embarrassment that she, the mother, was out of control, guilt for bringing him out.

When we tested the work, her anxiety was at zero. I asked her to remember the last time she had tried to drive on a freeway, and we collapsed emotions about that.

I asked her to imagine she was now about to drive on a freeway. She easily imagined it.

Later Melanie reported, 'I can now drive on freeways! And the impact on my general driving has been very positive, I'm much more relaxed.'

ANNIE O'GRADY is an EFT practitioner and teacher. She consults in South Terrace, Adelaide, also does EFT sessions by phone locally and anywhere in the world. She holds Workshops, classes, demonstrations in Adelaide, country and interstate, including by request.

Tel. 61 8 8537 0447

Website: www.EFTemotionalhealing.com

Email: annie@EFTemotionalhealing.com