

EFT Tapping Releases Freeway Driving Phobia

by Annie O'Grady

When teacher Melanie started to panic while driving her car around the city she lived in, she couldn't understand it. This began to happen whenever she came to a freeway or a road curving off to one side.

She told me at the start of her EFT tapping session with me: 'I would just freeze and I couldn't drive on.'

Melanie had been driving for some time, if a little nervously, before this fear developed. She'd decided to try for help from EFT (Emotional Freedom Techniques), the world's most popular Energy Psychology therapy, as she'd heard that it could dissolve phobias quickly and gently.

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. As an introduction, 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.

A solo drive

Melanie's driving difficulty tracked back to her first solo interstate drive. She had been enjoying country driving, 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, 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 her home city, 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.

Tapping all over it

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

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