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EFT resolves man's difficulty relating to strong women

by Annie O'Grady

Dear EFT Community,

Here, Annie O'Grady, EFT practitioner and trainer and Matrix Reimprinting practitioner, tells of using EFT to help a client overcome his lifelong difficulties in dealing with women he perceived as strong and dominating.

By removing the charge on the originating image of his mother (and sending her healing compassion in the process), the client's formerly hostile reactions to "strong" women in social situations and at work disappeared and he found himself instead enjoying their interaction.

-Stephanie M

Andy is a teacher in midlife who, up to 3 weeks ago, found relating to strong women difficult in his personal life and in his professional life too.

For no reason that he knew of, he often felt sure that such women didn't like him, felt that they became angry, critical and judgmental around him. Andy would react with hostility, suspicion, defensiveness, which influenced his behaviour towards them. He would try to hide his feelings but would continually react badly to what he would read in their facial expression, their voices and their body language.

Many women had triggered this response in him. He had several broken relationships behind him. This was just the way life had always been – until he decided to work to change this pattern in an EFT session at my office, while he was on holiday from his work of teaching adults within a company.

During our tapping session I asked Andy to focus on an image, while I tapped continually on his finger acupoints. The image was of his late mother, as she'd looked when he was a boy. She'd been a large-boned, dominating woman. At the back of his mind he had 'always' carried this image of her face. She was looking at him at a time when she was boiling with rage and seemed to be mentally writing him off as hopeless.

An angry woman

'I think she was always an angry woman,' Andy told me. 'I have photographs of her when she was young, and she looked angry then. And later, obviously she was disappointed in me.' But this insight had not helped him relax around strong women. He felt he needed an agent of change, and tapping had already helped him to change for the better in other ways.

While I tapped on his fingerpoints, Andy focussed on this familiar mother image and the feelings of resentment and fear that it aroused in him. Within a minute, he experienced the image spontaneously starting to cry. In his mind he listened to his

mother saying she didn't know any other way to be but angry. He imagined he was tapping on her, until she seemed at peace. As this rapid transformation was happening, Andy himself felt at peace. Afterwards, he said he just felt amazed.

Next day a social situation tested him. He was confronted with a large dominating woman he had always disliked and avoided.

'This time in her presence,' he said, 'I felt nothing. No reaction against her. I felt just naturally accepting of her. It was very strange, not to be triggered by what I imagined was going on in her mind about me.'

'We sat together on a couch and chatted. I could feel the warmth and compassion going on in her beneath her strong manner. We got on marvellously. It was amazing.'

Testing the session

Back at work, Andy faced two women on the teaching staff with whom he had had difficulties. Both were large and, he felt, dominating. He was fascinated to find out whether his tapping session had affected his relating to these women.

He reported now: 'I could look at them with no expectations. I just felt – nothing. I was just in the moment. It's all very interesting.'

'One of the women is leaving. We had a big hug.'

'The other – I see her quite differently. She lost her last job as her company folded, so she now works very hard at controlling her environment to minimize any chance of this company imploding. Now I see her with much less energy and issues of my own.'

'So the session worked a treat, Annie. Very impressive.'

(When Andy read this report he said he felt tears of gratitude for EFT, 'along with goosebumps that we have achieved this.' It seems obvious that this shift has changed for the better the life trajectory he was on.)

Now that we tappers live in a new energy era of empowerment, often we don't have to wait a long time to get obstacles to shift out of our way. Perhaps we can do it now.

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