

Holdup Trauma eliminated in 45 minutes

by Annie O'Grady

Mark, a man in his fifties, decided to deal with his state of low energy and tiredness and 'I can't get moving', through booking some tapping sessions.

This was after he attended one of my EFT tapping demonstrations to an audience.

During our preliminary talk Mark shared that he had just come through a few years of family conflict and death, a court case, financial loss, and a relationship breakup, all of which led to his exhausted state. And his home was about to be sold. He didn't know what to do with his life.

But then he added, 'And I've been in two holdups.'

He had subsequently been diagnosed with post traumatic stress over these incidents, which were a few months apart, five years ago. Work Cover treatment had made little difference to his fearful flashbacks and aroused anxieties.

After I explained that we use up enormous amounts of our energy in keeping our uncomfortable feelings bottled up, Mark agreed to begin his first EFT session by first working through his holdup traumas.

Even the worst events can be cleared

I asked which of the two holdup events had been worse. He said decisively, 'The second one.' I explained that EFT's exceptional successes in resolving trauma allow us to gently de-fuse even our worst events.

We began by using the Tearless Trauma technique. Mark titled this holdup 'Samurai Sword'. I asked him to imagine that he could put the event memory behind a wall – in his mind – because initially we would be dealing only with this title.

His intensity rating was 10. *Even though the Samurai Sword really upsets me, I deeply and completely accept and love myself.* Reminder:

Samurai Sword. Within five minutes his intensity was down to 2. Now I asked him to 'narrate the movie called Samurai Swod', stopping the moment he felt any intensity. He was able to start right away.

'It was after midnight, I was working in the Caltex when three young guys came into the shop. They all wore hoodies and long coats, and they separated. I felt suspicious that they were going to steal things.' At this stage he felt anxiety at 4, and we tapped that down.

He continued: 'Suddenly one of them jumped up on the counter waving a big samurai sword he'd had under his coat. He started shouting at me --"Hand over the money or I'll kill you!" I was terrified, I stood there shaking.'

Mark and I tapped through all the aspects of this attack: Mark's shock and terror -- the visual of this dark figure above him holding the big sword two-handed above his head ready to slash down -- the sound of the attacker shouting -- the words themselves -- Mark's helplessness at being alone. All of this took a while.

Then he mentioned remembering the look in the man's eyes under his hood: the rage and hate glaring at him. Mark said, 'His face was dark, I could only see his eyes.'

'Now when I see an Islamic woman veiled so I can only see her eyes, that brings back the terror.'

We tapped. 'Even though I'm terrified by the hate in his eyes and I'm shaking, I am now bringing healing to this.' Reminder: 'This terror and shaking.' Mark's intensity was soon at 1.

'He made me so angry'

There was more to the story. Mark went on: 'I was giving him the money and cigarettes and he was stuffing them in his pockets. Then he jumped down from the counter and said in a different voice, 'Sorry, mate, I didn't want to kill you.'" This made me so angry, that if I'd had a gun I would have shot him.'

Although Mark's reaction was understandable, the force of the rage he himself still felt years later was a burden on his mind and body that he hadn't known how to let go. So we tapped those feelings to zero

But more rage welled up. He said, 'I pressed the alarm button under the counter. I waited and waited. Then I phoned the emergency number. The cops arrived immediately. But they hadn't received the alarm.

'Forty-five minutes later, the alarm company phoned to ask if there was any trouble. My employer hadn't paid their bill. I was furious. If I'd been injured and could only reach the alarm, I could have died there waiting.'

Now we were tapping down more of the anger that Mark had bottled up for years – fury that his employer had not protected him.

Betrayal and helplessness

The issue was now betrayal, along with the terrible helplessness Mark had felt then. Earlier he had spoken of betrayal and helplessness in his family situation. It seemed that loss of trust and safety were life themes that we would be tackling later.

Completing the Movie Technique, Mark retold the holdup story twice, finding only some more hidden fear. He was now calm. This trauma would no longer be eroding his energy. His color had improved, his movements were brisker.

(Despite this story of drama and emotional turmoil, Mark -- like many men – had appeared calm throughout. I am constantly grateful for the tool of the SUD numbers. If he had not been reporting his intensity fluctuations, we probably would not have neutralised the problem so thoroughly.)

I asked him to notice how he felt the next time he saw the eyes of a veiled woman. If he still had a flashback, he now knew how to tap that away himself.

Clown mask and pistol

Two weeks later at his next EFT session, Mark was still marvelling that his 'Samurai sword' holdup memories no longer bothered him.

He briefly described the second holdup, which five years later had only bothered him a little. It had occurred in the same setting, where a man in a clown mask had pointed a pistol at him. Now Mark shook his head, because this memory held no charge at all. (Had it piggy-backed to peace on the first holdup memory?)

Since Mark's session his life had taken a turn for the better. While his circumstances had not changed, he was no longer so exhausted, his outlook was more hopeful, he was having new ideas about possible business moves... and he was exploring EFT online.

As practitioners, we get used to such great results. But to Mark, his trauma healing was amazing, especially because no other healthcare modality had been able to erase his stress symptoms over five years.

No wonder we EFT practitioners are passionate about our work. Thank you, Gary Craig!

Annie O'Grady is a certified EFT practitioner (EFTU, AAMET) and trainer (AAMET), author of the DIY book ['Tapping Your Troubles Away with EFT'](#).

She works with individuals and groups on Skype around the world, and in person in Adelaide, South Australia.

Telephone:

Within Australia 0448 338 289

Outside Australia *61 448 338 289

annie@EFTemotionalhealing.com

www.EFTemotionalhealing.com