

Tapping Out Your Anger

Here are three basic EFT techniques I use to help release anger. They don't require exact statements or phrases, and they help you return to balance quickly. They're most effective when you're good and angry.

For each technique, I do recommend starting with the usual **set-up statement**:

Massage One Sore Spot: *"I deeply accept myself even though I have all this anger."* Or, *"I deeply accept myself, even though I'm so angry about _____."* **Repeat this at least once on each side.**

Here are three techniques you may want to experiment with:

"Listen Up!" is a great technique to use when you're boiling mad and want to blow off some steam in a harmless way and balance your energies at the same time. You can use a photo of the person you're angry with if you'd like to, but it's not necessary. Just find a place where you can make some noise without disturbing anyone, and preferably where you can walk or pace around as you tap.

Start with the set-up statement (above), then tap around the points and talk to the person as if he or she were sitting in the room with you. Tell this person exactly how you feel without editing yourself. Be loud, demanding, rude, bossy, just tell it and yell it as you see it. Keep going until you feel drained, relaxed, relieved, or tired, or until it gets funny. Then finish with some positive affirmations (see next page).

Insert Colorful Language Here allows you to take advantage of profane or otherwise colorful language, if you feel comfortable with that. Even if you rarely use profanity, using it in this context seems to help neutralize emotional charge and quickly calm you down. Again, find a place where you can be loud and it won't disturb anyone, start with the basic set-up statement (above) and use any EFT format (from Tap while You Talk to the Choices Method, or any other method), inserting your favorite profanities, labels, or name calling words as you tap and talk.

It usually doesn't take long before tapping this way just becomes funny or absurd. It's typical to start out raging, and end up laughing, which is a great way to take the charge off a highly emotional situation. Finish with some positive affirmations (see next page).

The Random Rant is a great technique to use when you have a number of stresses or frustrations going on at the same time. Just start with the set-up statement (above), then tap around the points, talk or yell loudly, and don't worry about trying to stay on one subject. Go from one topic to another, and back again, in whatever way the tapping round unfolds. Repeat things over and over if it feels good to do so.

Say out loud whatever comes to mind, whether it makes sense or not. Often you'll hear yourself say something unexpected and realize it's one of the most important aspects in the situation. Either way, rant till you feel better, till you run out of things to say, till you yawn yourself out, till you laugh, or till you're exhausted and want to go to sleep. It's like cleaning layers of sludge out of your system, and it just feels good. Finish with some positive affirmations (below).

Ending With Positive Affirmations:

At the end of an EFT round, tap one of the Karate Chop Points, and say something like, *“I now choose to love and accept myself even though I’m having these feelings, and even though I’m in this situation and having all this stress. I now choose to trust myself and trust the process. I know things can get better, and I know I’ll be okay no matter what.”* Or make up your own, as long as the emphasis is on loving and accepting yourself.

Here’s a diagram of the EFT points, in case you need a reminder. All the best to you!

