

# Stress, Anxiety & EFT Guide

## What are the Symptoms of PTSD?

The symptoms of PTSD can start long after the event. A delay of weeks, or even months is not uncommon.

**Remember: This is a normal reaction to abnormal events; this does not mean you are mentally deficient.**

After a traumatic experience people can feel depressed, anxious, guilty or angry.

As well as these understandable emotional reactions, there are three main types of symptoms produced by such an experience:

### **1. Flashbacks & Nightmares**

This is where you find yourself re-living the event over & over again in your mind.

This can happen both as a "flashback" in the day, & as nightmares when asleep.

It will seem as though you are living through the experience all over again. You will not only see what you saw, but will most likely also feel the emotions you felt and the physical sensations of what happened at the time.

A flashback will usually be triggered by something external in your environment that is associated with the original event. This could be a picture, a smell or even a piece of music that reminds you of your traumatic experience.

### **2. Avoidance & Numbing**

It is often upsetting to re-live your experience; so you may not want to talk about the event with anyone. Instead you may try to distract yourself by keeping your mind busy & occupied. This could be by completely absorbing yourself in a hobby, work or even by playing computer games.

You may avoid people and places that remind you of the trauma.

One coping strategy for the pain you're feeling is to try to not feel anything at all & just become emotionally numb.

### **3. Hyper Vigilance**

You could find that you remain alert nearly all the time, as if you are expecting danger & find it almost impossible to relax.

You will feel anxious and most likely suffer from insomnia.

People around you will notice that you have become jittery and short-tempered.

## **Other Possible Symptoms**

In addition to the 3 main symptoms, you may experience some of the following:

- ❖ Muscular aches and pains
- ❖ Migraines or headaches
- ❖ Panic/Anxiety attacks
- ❖ Depression
- ❖ Alcoholism
- ❖ Drug Addiction (including prescribed medication).
- ❖ Extreme mood swings
- ❖ Violent outbursts
- ❖ Diarrhoea
- ❖ Sexual Fetishes

## **Ordinary Stress**

Everybody feels stressed from time to time.

Stress is entirely subjective: it is our emotional reaction to everyday events.

These events could be work, relationships, or money, etc. It is not the event, but our reaction to it.

We get angry, sad, and anxious about things that are totally outside of our control.

We become emotional over “what is” as if by shouting, worrying or crying; it will change events so that we get our own way.

Stress is part of normal, everyday life, but can also produce anxiety, depression, anger, tiredness, and headaches.

It can also make some physical problems worse, such as stomach ulcers and skin problems.

It is said that Stress is the biggest killer in the Western World.

As it is not an event, but our reaction to an event that causes “stress” I would go as far as to say most ill health is caused by ordinary subjective stress.

This is based on recent findings & research, but I don’t wish to overload you with heavy theories right now!

**This kind of Stress is not the same as PTSD.**

# Why does PTSD happen?

Whether you are an atheist or religious, the fact remains that Human beings have evolved during their history; whether we came from chimps, divine intervention or even UFO's dropping us off.

When our ancestors were all hunter gatherers & being chased by some damn scary predators such as sabre-toothed tigers; remembering the details of how you avoided almost certain death would definitely come in handy.

Technology (especially weapons) in the last 100 years has evolved far quicker than our species ever could. So now we have all manner of new & terrifying ways of creating traumatic events.

The condition of PTSD was first recognised & diagnosed during World War I.

There are a number of possible explanations for why PTSD occurs:

## **Psychological**

When we are frightened, we remember things with extreme clarity. Although it can be distressing to remember these things, it can help us to understand what happened and to survive.

The flashbacks, force us to think about what happened. We can think about what to do if it should ever happen again.

By being vigilant we can react quickly if another similar crisis happens.

It can also give us the energy for the work that's needed after the experience.

But we don't want to spend the rest of our life going over it. We only need to think about it when we have to, to prevent a similar occurrence.

## **Physical**

Adrenaline is one of the hormones our bodies produce when we are under stress. It prepares the body for action (fight or flight).

Many of your body's normal functions temporarily shut down, such as digestion. After all there's no need to concern yourself with digesting your breakfast when you've got a sabre-toothed tiger on your ass; he'll digest it for you if you don't either escape or kill him (or her)!

When the stress disappears, levels of adrenaline should go back to normal.

When we are in highly stressed states such as in PTSD; it is the replaying of the vivid memories of the trauma that keep the levels of adrenaline high.

This makes a person tense, irritable, prone to illness, and unable to relax or sleep well.

**The nervous system cannot differentiate between a real event & one that is vividly imagined.**

Therefore every time you vividly replay the traumatic event in your mind; your nervous system responds as if you are really experiencing the event again.

This is why it is imperative to your physical health & all round wellbeing to seek help & not just suffer in silence, “man it out” or pretend it isn’t happening.

## **Anxiety**

Anxiety has been described as “a psychological and physiological state characterized by cognitive, somatic, emotional, and behavioural components. These components combine to create an unpleasant feeling that is typically associated with uneasiness, fear, or worry.”

I personally believe that virtually ALL negative human emotions have their basis in FEAR at some level.

Underpinning most destructive behaviours is fear, which could also be described as the absence of love & security in the moment.

We feel the physical effects of fear/anxiety in the present moment, yet the mind is not in that some moment. It could be in the future imagining an unpleasant occurrence it believes is going to happen or it could be in the past remembering shameful feelings of guilt.

Clearly there are times to feel fear; when there is some direct & imminent threat to our wellbeing. However, most anxiety is caused by repeatedly imagining future events; that never actually happen (only around 3% of our worries come true).

Symptoms are numerous & take many forms such as phobias, O.C.D., nerve rashes, depression, addictions & many more.

I would estimate that 95% of my clients suffered from anxiety related issues, & therefore I devoted many years to discovering the multitude of causes for this emotion & the fastest most effective treatments for anxiety reduction.

# Ways to Tell if You Could be Suffering from PTSD

The following are just some possible indicators of PTSD, but do not necessarily mean that you are suffering from it. However, if you are exhibiting any of these behaviours; then I recommend consulting your Doctor anyway.

- ❖ You have vivid flashbacks or nightmares.
- ❖ You avoid things that remind you of an event.
- ❖ You feel emotionally numb.
- ❖ You drink large amounts of alcohol
- ❖ You have a drug habit.
- ❖ You suffer from mood swings for no apparent reason.
- ❖ You find it difficult to get on with other people.
- ❖ You have to keep very busy to distract yourself.
- ❖ You feel irritable and constantly on edge.
- ❖ You are often fatigued or exhausted.
- ❖ You feel depressed.

If it is less than 6 weeks since the traumatic event and these kinds of symptoms are improving, then that may be part of the normal process of getting over it.

If it is more than 6 weeks since the event, and these experiences don't seem to be getting better, I advise you to definitely contact your doctor before seeking any kind of “complimentary” treatment. Of course the choice is always yours.

## Help to Deal with PTSD Yourself

### Do

- ❖ **Contact your doctor.**
- ❖ Keep life as normal as possible.
- ❖ Talk about what happened with a friend or family member you can trust.
- ❖ Use relaxation techniques such as Yoga, Tai-chi, self-hypnosis, guided meditation, etc.
- ❖ Eat regularly.
- ❖ Exercise frequently.
- ❖ Spend time with family and friends.
- ❖ Be more careful in general; accidents can happen easily during this time.
- ❖ Expect & more importantly **BELIEVE** You Will Get Better.
- ❖ Research the subject of PTSD, the more you understand about it; the less power it will have over you.
- ❖ Smile & Laugh as much as possible. You cannot be happy & depressed at the same time.

### Don't...

- ❖ Beat yourself up about it: PTSD symptoms are not a sign of weakness. They are a normal reaction to abnormal experiences.
- ❖ Bottle up your feelings.
- ❖ Keep it to yourself.

- ❖ Avoid talking about it.
- ❖ Stay away from other people.
- ❖ Drink lots of alcohol, coffee or even smoke more.
- ❖ Miss meals.
- ❖ Take it out on people who can never truly understand.
- ❖ Be afraid to use “Complimentary” techniques. It’s your wellbeing & it isn’t the sceptics that are suffering.

In addition to the above, I personally recommend avoiding main stream media in all its formats. Believe me; you will still know what is happening in the world, only you will not be overwhelmed with “doom & gloom”.

## Emotional Freedom Techniques

### *Where did EFT come from?*

EFT has its roots in ancient Chinese medicine and the modern science of Applied Kinesiology.

EFT as we know it today was developed with the pioneering work done by Gary Craig.

### *How does EFT work?*

The basic theory is that the cause of all negative emotions is a disruption in the body's energy system. EFT restores the bodies’ natural balance, removes the energy disruption and thereby removes the problem.

With remarkable consistency, EFT relieves symptoms by an unusual routine of tapping with the fingertips on specific points on the energy meridians; which neutralises disruptions in your body's electrical system.

You may be pleased to know, EFT does not use needles!

It is the subject of much speculation why pain and physical problems respond to EFT in the same way as emotional problems.

### *Do you have to believe in EFT for it to work?*

Not at all; I was very sceptical when I went on the training course.

EFT works whether you believe in it or not. It doesn’t even matter if the practitioner believes in it or not.

It will either work for you or it won’t; & it usually does!

### *What can be treated using EFT?*

Experienced EFT Practitioners say to use this technique on anything; you have nothing to lose by giving it a go.

These techniques have been used successfully by thousands of people with a broad range of difficulties including:

- ❖ Addictive Cravings
- ❖ Allergies
- ❖ Anxiety and Panic Attacks
- ❖ Anger
- ❖ Compulsions and Obsessions
- ❖ Concentration
- ❖ Depression and Sadness
- ❖ Dyslexia
- ❖ Grief and Loss
- ❖ Guilt
- ❖ Insomnia
- ❖ Jealousy
- ❖ Negative Memories
- ❖ Nightmares
- ❖ Pain Management
- ❖ Physical Conditions and Healing
- ❖ Peak Performance
- ❖ Poor Self-Image
- ❖ Sexual Abuse Issues
- ❖ Shyness
- ❖ PTSD
- ❖ And many more!

### *Are there any side-effects?*

EFT rarely has any side effects. It is often combined with or used instead of other procedures, because of its gentle nature.

In my experience, people often feel energised after an EFT session. The only other side effects are good ones, where treating one problem will cause another problem to heal, spontaneously.

It is advisable to drink plenty of water after a session (the normal daily recommended amount will do!)

### *How long do the results last?*

EFT is almost always long lasting. Physical healings are often impressive and enduring as well but are more likely to re-emerge than emotional issues.

### *How long will it take me to heal?*

Unfortunately there are no hard and fast rules that may be applied here, because every condition is different, and every person is different.

Deeply rooted behaviours or beliefs will take longer to eliminate than some more simple problems.

Usually a person with even the most deeply seated problems will start seeing real benefits within (at worst) a few weeks, and some people (at best) within a few minutes.

But ultimately these techniques will rid us of the excess emotional baggage so that we are free to get on with our lives and realise the full range of our potential and freedom.

## E.F.T. Guide

In this section I am going to teach you the basics of E.F.T. so that you can help yourself.

As I said earlier; I was sceptical about E.F.T. when I booked to go on the Training Course.

I had heard a lot of good things about it from some high profile & reputable sources; & so felt I should at least approach it with an open mind (as I endeavour to approach most things).

As we learned the techniques, we would have a brief practice on each other whilst the tutors watched & offered advice.

It was during one of these “practices” during my Level 2 training; that I worked with a Lady who had a fear of heights.

We were in a hotel, about 6 or 7 floors up.

Not being the biggest fan of heights myself, I remembered that during my Level 1 training I had been reluctant to look out of the window of the room. After a bit of “tapping” I had been quite comfortable doing this simple task.

I decided to use the same scenario with the Lady I was working with.

She was far worse than ever I was. She wouldn't even go near the window, never mind look out of it.

I only worked with her for about 5 minutes, & was amazed when we both looked out of the “open” window & she exhibited no anxiety symptoms whatsoever.

O.K., she would need more work to get over her fear completely, but to make such a leap in ability to face a fear, in such a short time, made me realise how powerful EFT really is.

Here was a simple, quick & apparently effective technique that really seemed to work; I sat up & paid much more attention than I thought I was going to!

## The “Basic Recipe”

They use some weird terminology in E.F.T.; one being the first Technique you learn is called a “recipe”. I’m afraid I have no idea why, & to be honest; I’m not bothered, it’s just semantics!

When you first see the technique, it looks really, really odd.

Then there’s something called “The 9 Gamut” that at first glance makes no sense at all. Once you have done Level 2 Training; you don’t even use it again. I have included it in this booklet because I am not training you to be a therapist; merely providing information.

If you plan on visiting an E.F.T. Practitioner, I recommend looking for one with some sort of Psychotherapy Skills too. Knowing about “cause & effect” will in my mind be an invaluable skill when it comes to getting rid of your symptoms in the quickest time possible.

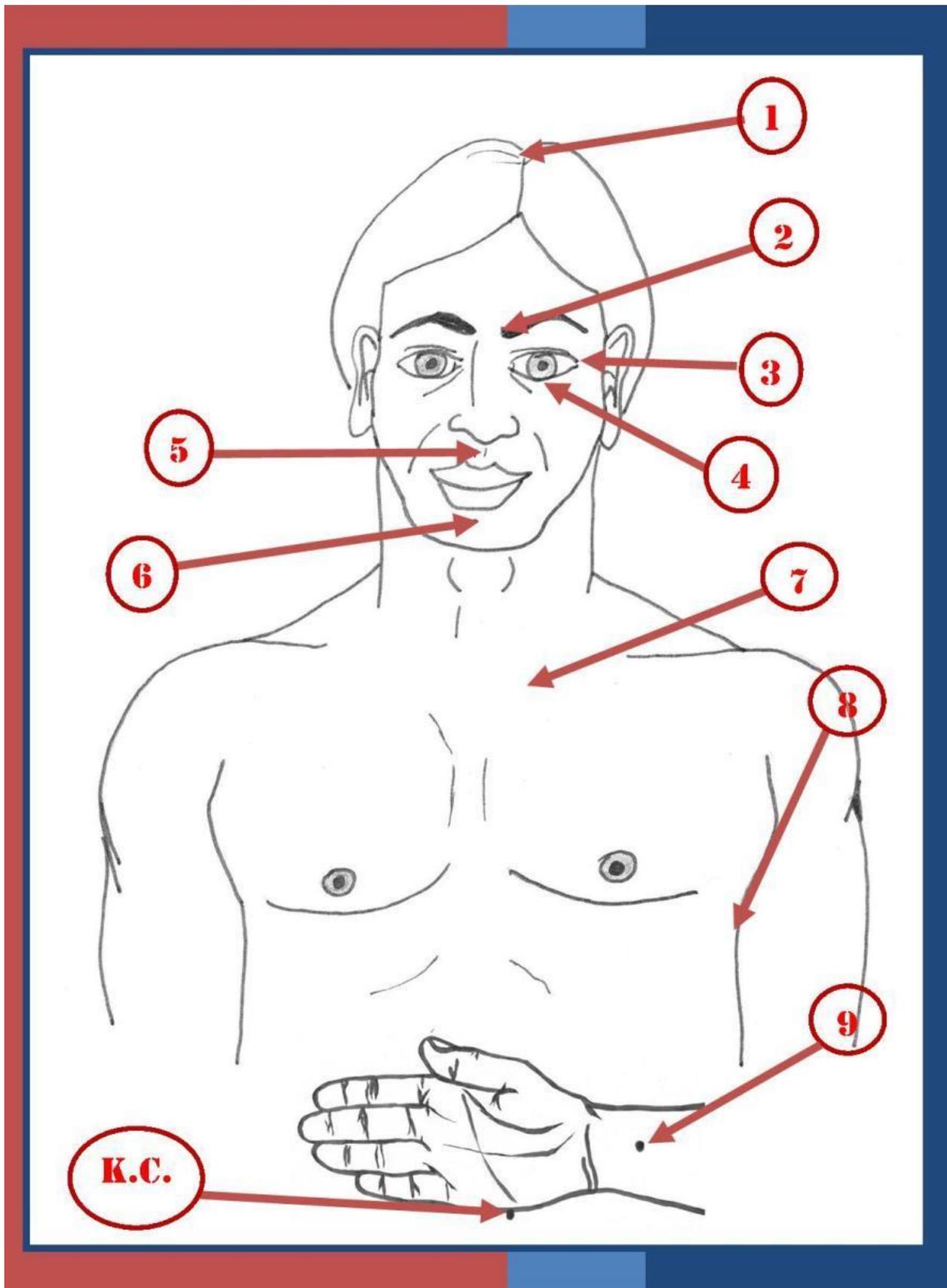
That said; an experienced practitioner will no doubt pick up similar insights by working with clients on a regular basis.

Use your own judgement, do some research & check credentials before handing over your hard earned money.

Things to look for:

- ❖ See if they belong to AAMET which is the main EFT Professional body.
- ❖ Check they have a current public liability insurance certificate.
- ❖ See if they have any Testimonials from past clients.
- ❖ Ask if they can provide you with any personal case studies (which should not identify an individual).
- ❖ Check that their certificate is genuine & not just a copy. An AAMET certificate will have a Golden Foil seal in the corner & an “ink” signature from the course instructor.

## E.F.T. Tapping Points



*Image: Diagram of the tapping points in numerical order. Also included is the position of the “Karate Chop” point which is used during the “Set up Phrase”.*

# **EFT TAPPING POINTS**

- 1. CROWN POINT**
- 2. EYEBROW POINT**
- 3. OUTER EYE POINT**
- 4. UNDER EYE POINT**
- 5. UNDER NOSE POINT**
- 6. CHIN POINT**
- 7. COLLAR BONE POINT**
- 8. UNDER ARM POINT**
- 9. INNER WRIST POINT**
- K.C. KARATE CHOP POINT**

*Image: List of names of the individual tapping points.*

## The “Set Up Phrase”

To start off you will be tapping on the “Karate Chop” point whilst repeating a phrase 3 times. This is called the “set up phrase”:

“Even though I (*state problem*), I deeply & completely Love & Accept myself”

If you struggle with the ending you can delete the word “love” or change it to:

“Even though I (*state problem*), other than that I’m fine”.

After this you repeat what the “*problem*” is (also known as the “*reminder phrase*”) and tap on the other points in numerical order.

Example: “Even though I have *agonising toothache*, I deeply & completely love & accept myself” is repeated 3 times whilst tapping on the “Karate Chop” point. Then as you tap on each of the other points you say “*agonising toothache*”.

## A Word on Tapping

Use your index & middle finger to tap on the points about 5 – 7 times each with a light pressure. You need to feel you are doing it, but you don’t want to be inflicting pain on yourself or end up with a black eye!

## In Your Own Words

It is extremely important that you use your own descriptive words for the pain/emotion you are feeling at the time you are tapping. If you are “f\*\*\*ing furious, that is what you use, rather than saying “I’m slightly miffed!”

The more descriptive & specific you can be, the better & faster the results will be.

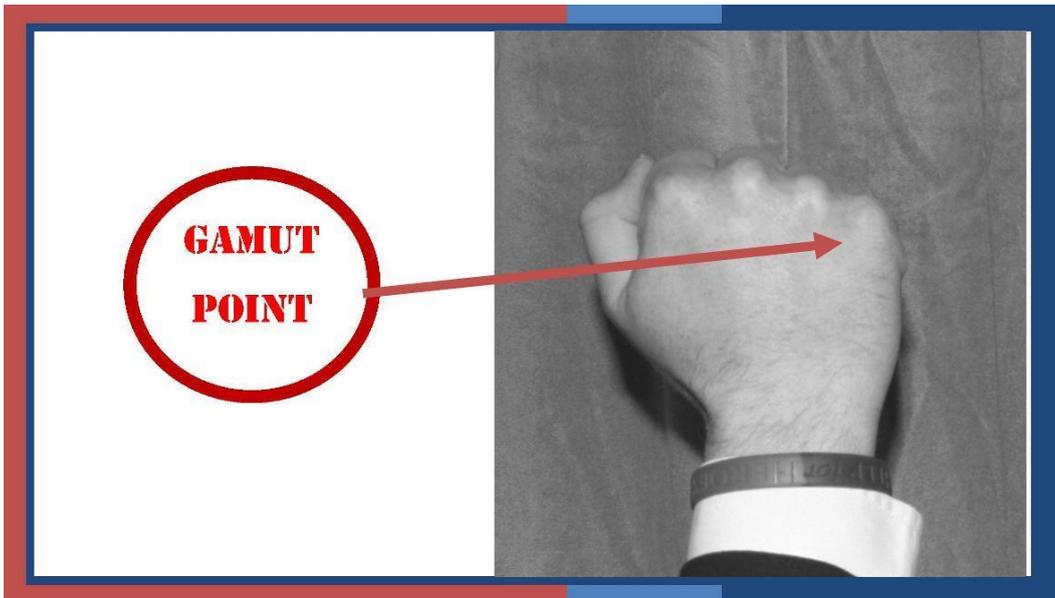
## The “Suds Scale”

Before you begin a round of tapping, you first must identify how intense the pain/emotion is at that exact moment. I won’t bore you with the details of why it’s called the “Suds Scale”; just another one of the odd things in E.F.T.

Just gauge what you are feeling in the present moment on a scale of 0 to 10.

0 is no pain or negative emotion, whilst 10 is extreme pain or negative emotion. i.e. “f\*\*\*ing agony” or “f\*\*\*ing s\*\*t scared!”

## The “9 Gamut”



*Image 19: The Gamut point is on the back of the hand between the little finger & ring finger, & about an inch towards the wrist.*

After the first round of tapping you can add in the following routine, before doing another set of tapping on the points 1 – 9 whilst repeating the “*reminder phrase*”.

### The “9 Gamut” Procedure

Keep your head still, facing forward & Tap on the Gamut Point whilst you do the following:

- ❖ Stare straight ahead.
- ❖ Close your eyes (for a second or two)
- ❖ Open your eyes
- ❖ Look hard down to the left
- ❖ Look hard down to the right
- ❖ Roll your eyes in a circle clockwise
- ❖ Roll your eyes in a circle anti-clockwise
- ❖ Hum a simple tune for a few seconds (happy birthday is the standard)
- ❖ Count to 5 quickly
- ❖ Hum simple tune again for a few seconds.

Apparently this has something to do with using both hemispheres of the brain, but we don't need to go into depth of why it works in this booklet.

Just give it a go & see if you get some positive results.

## Additional Rounds of Tapping

After the first round of tapping you will need to assess whether your pain/emotion has decreased or not using the “Suds Scale”.

Even if you use the “9 Gamut” & extra round of tapping; it is unlikely that you will remove a symptom entirely in a single round if it scores above a 5.

In addition, this is not the technique to use to remove a memory associated with a traumatic event. Use it to work on a specific emotion or physical pain that you are experiencing in a particular moment.

**Note:** E.F.T. does not remove positive emotions such as Love, Joy, Happiness, etc. before you ask!

### If Symptoms Are Reducing But Not Gone

You may have to do 3 or 4 rounds of tapping to get rid of each specific pain/emotion. In the second & subsequent rounds, all you need to do is alter the “set up phrase” slightly as in these Examples:

1. “Even though I have this remaining (*problem*), I deeply & ...”
2. “Even though I am still slightly (*problem*), I deeply & ...”
3. “Even though I have this last bit of (*problem*), other than that...”

### Note on Pain

This is the nervous systems way of letting you know that something is not as it should be somewhere in your body. Therefore E.F.T. will not get rid of ALL the physical pain if there is actually a mechanical injury; but it will reduce the pain.

### Personal Example:

In 2009 whilst awaiting a date for surgery for a Hernia operation I attended a party. After a few hours I succumbed to an urge to have 5 minutes on an adult Bouncy Castle; drinking Black Sambuca may have had something to do with it!

The result was I folded myself in half, popping 2 ribs off the sternum & causing soft tissue damage to my upper spine during the process.

EFT never got the pain below a Suds Scale of 2; because the pain was a reminder of the fact I was not at optimal physical condition & could have caused more damage if I didn't rest. It also reminded me how stupid I'd been!!

## The “Movie Technique”

I will now share with you one of the more advanced techniques, but I would recommend either training to be an E.F.T. Practitioner or visiting one to do this properly.

The main reason I say this is because when you work with deep rooted problems you encounter “Unconscious Resistance”, & in E.F.T. something called “Secondary Benefit Syndrome.”

You don’t need to understand these concepts to use the technique & as I have mentioned earlier in this book; I am providing information only.

If you decide to try this technique of “**Your Own Free Will**” because you can’t afford to train in E.F.T. or visit a Therapist, you will most likely find that it does reduce the severity of your P.T.S.D. symptoms.

### Give it a Title

If you are having flashbacks & nightmares then you will have a mini-movie that is being played over & over in your mind about the traumatic event.

This movie probably lasts a couple of minutes. So you need to give it a title as if it was a real movie. Once again you need to use your own words.

### *Personal Example:*

When I was in the R.N. a shipmate fell off a car park roof whilst we were on a run ashore.

The sound of him hitting the concrete still sends shivers down my spine to this day when I think about it.

Obviously this was a traumatic event for the 3 of us that were with him.

To the best of my knowledge, we all came to terms with this event over time.

However if the nightmares still persisted today, I would use this Technique & the title of my movie would be “Fall of the Drunken Sailor”.

### First Round

Once you have your “Movie Title”, you need to do a round of tapping just the same as in the “Basic Recipe”. (There is no need to do the “9 Gamut” with this method)

**Example:** I would have said “Even though I have this “*Fall of the Drunken Sailor*” Movie, I deeply & completely accept myself” 3 times whilst tapping on the “Karate Chop” point.

Then I would say “this “*Fall of the Drunken Sailor*” Movie” as I tapped on the other 9 points in numerical order.

## Tell the Story

Difficult to do this on your own, but imagine you are telling the story of the “movie” event to someone else.

You tell the story until you feel some negative emotion appear.

As soon as you feel an emotion, you stop the story there & tap on whatever the emotion is.

This could take a few rounds of tapping to completely get rid of it.

**Example:** “He was mucking about hanging off the edge of the car park, suddenly he disappeared from sight & I realised he had fallen.”

In the present moment, I feel “*numb* (even now as I recall it) & *I want to cry*”.

On the “Suds Scale”, this is a 7.

(I wasn’t actually expecting to be doing this for real when I started typing. I have just shed a tear, & will in reality do a round of tapping now.)

First round over & it is now a “3” on the “Suds Scale”.

“Even though I *still feel a little numb & want to cry*, I deeply & completely love & accept myself” is repeated 3 times as I tap on the “Karate Chop” point.

Then “*still feel a little numb & want to cry*” is said as I tap on each of the other tapping points in numerical order.

Second round completed & the numbness has disappeared; & I no longer feel the urge to cry.

**Note:** This just goes to show that even though we think we have come to terms with an event, it is not always the case. I genuinely wasn’t expecting to exhibit any strong emotions in using my example.

## Continue with the Story

Once you have reduced the emotion to a “zero” on the “Suds Scale”, you start telling the story again from the beginning until you encounter another emotion. Then you stop & work on that emotion until it has gone.

You keep doing this until you can tell the whole “movie” calmly & without any negative emotions.

Example: “He was mucking about hanging off the edge of the car park, suddenly he disappeared from sight & I realised he had fallen. There was absolute silence from all of us, which seemed to last an eternity; it was almost surreal. Then the silence was broken by...”

I will not finish that sentence, but needless to say this is where I am feeling some level of emotion & need to do some work on myself at some future point.

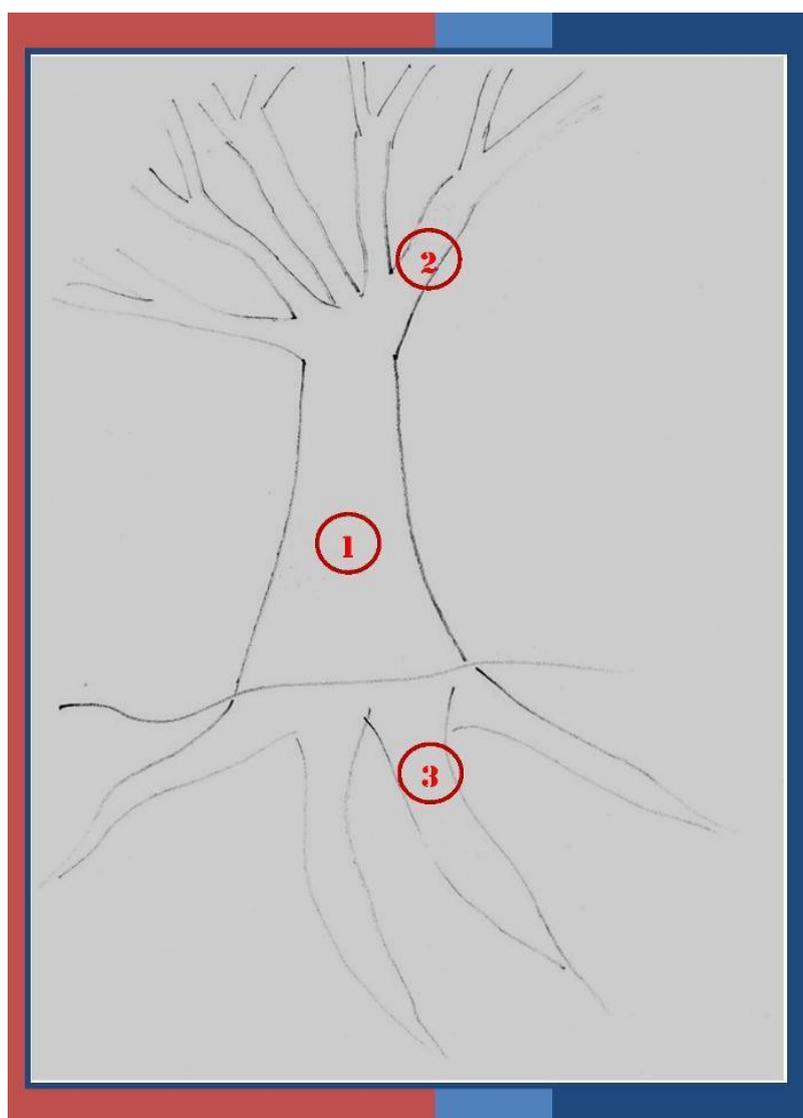
### Unexpected Change in Emotion

You may be tapping away on an emotion with a “Suds Scale” of 4, when you suddenly feel a new & **stronger** emotion appear.

If this should happen, you work on that emotion instead until it is reduced to a “Zero” on the “Suds Scale”.

**Note:** This can also happen with physical ailments & is known as “chasing the pain”. You could be working on a shoulder pain, & then the pain moves to your neck. If this happens (& often does), it is nothing to worry about; just work on the new pain.

### The Tree Metaphor



*Image: The Tree Metaphor*

You do not need to know all about the “Tree Metaphor” used in E.F.T., but I will briefly share my personal take on it.

The tree can be broken down into 3 main areas:

- ❖ Main “General” Problem
- ❖ Aspects of the Problem
- ❖ Unconscious Elements of the Problem

If we tap on just the main “general” problem, we are very unlikely to find total resolution.

There will always be “aspects” to the problem & quite often some “unconscious elements” that will pop up.

These are the parts of the “tree” we work on with our tapping.

### Felling the Tree

When we tap on individual aspects of a problem (& unconscious elements when they appear) we metaphorically take the tree apart piece by piece.

We do not need to work on every aspect or element to fell the tree.

Most human beings don’t have just one solitary tree causing them concern in their lives; but rather something resembling a small grove to a vast forest!

Another advantage E.F.T. can provide is when you chop down one tree; it can knock down another couple with it.

I.E. you don’t need to work on every single one of your horde of problems to become a well-rounded, emotionally stable, psychologically integrated Homo sapiens.

### Tree Metaphor Example: Fear of Flying (aerophobia)

- ❖ If we just tap on “fear of flying” which is the “main trunk” of the problem, it is very unlikely to disappear.
- ❖ Instead we tap on the individual “aspect branches” one at a time until they cause us no more negative emotion.  
For our example these could be:
  - A feeling of being trapped.
  - A feeling of being out of control.
  - Worry that a wing will fall off.
  - Concern there may be a terrorist on board.
  - The pilot might become sick, etc.

- ❖ Whilst we are working on an aspect, an unexpected “root” cause may surface. We will not know where it came from & usually may not be certain whether the memory associated with the emotion is real or not. Removing the “root problem” of a tree will fell it far quicker than working on the aspects. So if unsure; tap on it if there is any emotion.

For our example this could be:

- A childhood memory of being locked in a cupboard.
- A vivid memory of what you were doing when you first heard about 9/11.
- Or a multitude of what may seem like unrelated causes.

## **Final Case Study**

I helped a client who was approached by someone covered in blood & wielding a knife. Although, it turned out that it was in fact his own blood, that he had been stabbed & was only seeking assistance; it still caused my client to think he was about to be stabbed & fear for his life.

This caused my client to struggle to sleep. When he did manage to sleep; he always awoke with that image in his mind.

After just one session of E.F.T., my client could replay the event in his mind quite calmly, tell me about the event without any emotion & has since reported that he has never lost a night's sleep since our session.

Even after 12 months, he reported back that he was sleeping soundly & exhibiting no symptoms whatsoever.

## **Conclusion & Last Thoughts**

I hope the information contained in this booklet has provided you with some answers, allayed some doubts & given you “food for thought”.

I have tried to pepper in a little empathy, humour, & humanity whilst broaching this serious & sensitive subject.

It is humour that is going to serve you best in any time of despair. Everyone has heard of the “healing power of laughter”, yet few employ it as often as they should.

Remember now a time when you were rolling around in fits of hysterics, who you were with, where you were, & what was so hilarious.

I'm serious, do not read any further until you have a funny memory in your mind.

If you are reading this line, then you must be laughing now, giggling or at the very least tittering.

As you recall that great time, how did you feel during that moment?

I'm betting you felt pretty damn good, totally alive & without a worry in the world, yes?

If you're anything like me, I'm sure you're remembering that time **vividly right now** & thinking "*I'm feeling pretty damn good, totally alive, & I don't have a worry in the world right now!*"

Good, so though I am not a Doctor, I am still going to issue you a prescription: a dose of laughter to be taken as often as possible; at least once a day!

When we are laughing, happy & feeling good; we are much more forgiving, much more cooperative & even more loving to others.

Without going all "hippy" on you, this is the current of the Universe & when you are in alignment with the Universe, good s\*\*t happens!

The opposite leaves us feeling alone, bitter & angry with the world. We know the results of this misalignment; all too well.

Branches of Psychology, Physics & Theology all say one thing basically the same; your beliefs create your reality.

So believe you are going to get better, believe you are going to be successful & most importantly; believe in yourself.

I know you are not looking for sympathy, I know you want to be treated like a normal human being & apart from your symptoms, I know you are just another regular human being.

That is another reason why I did not write this like some psychology students stuffy dissertation; there are plenty of them to read if you want to.

It is far from a comprehensive guide to E.F.T. or P.T.S.D. (& will no doubt be revised at some point due to my perfectionism!), but please do not allow yourself to discard it lightly.

Thanks,

Sheridan Sinclair

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