

Handling Emotional Triggers With EFT

Preparing for the Triggers We can Anticipate in the Future

by Gene Monterastelli

Looking into the future to see what is coming up.

Many times our emotional triggers catch us off guard. There are other times when they are not a surprise at all. We know what we are walking into. We know we are going to encounter people, places, or experiences that are going to set us off. We simply need to take the time to consider beforehand all the people, places, and experiences of our day that might trigger us.

If we know what is coming, we can work with EFT ahead of time to help us respond in the way we truly want to. Here is an example of how we can work in advance on an event that we are pretty certain is going to trigger us emotionally.

For example, you have a meeting later today with a co-worker who has always bad mouthed you and your work in the past. When this has happened it has caused you great levels of self-doubt, making you useless for the rest of the day, because it is the only thing you can think of.

You can't avoid the meeting and there is virtually no possibility that you can change the attitude or actions of your co-worker. You can change the way you are going to respond to this trigger.

Begin by testing 0 – 10 how true this statement is:

"I am going to let my co-worker's remarks about my work affect the way I feel about my work or myself."

If this statement rings true, we begin tapping...

(The Choices phrases at the end of these statements have been added by Pat Carrington)

Even though I am not looking forward to my meeting today with Dave, I choose to be open to the possibility that it will turn out well.

Even though he always says horrible things about my work and about me, I choose to be calm and confident throughout our meeting.

Even though when he does this it makes me feel like a wreck for the rest of the day, I choose to have a surprisingly good rest of the day.

Even though when he says those things it makes me question my own ability, I choose to feel confident throughout the meeting.

Even though I don't know why he says these things, I choose to deeply and completely accept myself.

Even though maybe he feels uncomfortable around me, I choose to let that be his problem not mine.

Even though maybe he is intimidated by my work, I choose to see that as his problem not mine.

Even though maybe he is worried he doesn't do very good work, I choose to be confident of mine.

Even though I can't change the way he thinks, what his fears are, or that he is attacking me, I choose to feel calm and confident.

Even though I can't control his behavior, I won't take what he says personally.

Even though he may attack me verbally I choose to remember that just because he says something doesn't mean it is true.

Even though he says those horrible things about my work and about me I am just going to let them roll off my back.

Even though he may attack me verbally, I know that what he says is not true.

After doing this, recheck each statement. If it is not to a 0 (or close to it) tap through the sequence again.

Planning ahead of time to deal with the emotional triggers you are going to face in your day is powerful. Does this mean that your triggers will have no effect on you? Maybe, maybe not. But what it is going to do is lessen the impact that these trigger do have on how you respond emotionally.

And, if you do still have some emotional response to the triggers, this again is good news. It tells you that you are on the right track. The work you have done has made a difference, and now all you need to do is keep working on this issue.

Things To Remember

It is best to be honest with yourself about what your emotional triggers are. It does you little good to pretend they are not there. If you need to spend some time tapping on your resistance to do this work, do so and then go ahead with the rest of the work..

Every time you encounter an emotional trigger it is new information about you. This information is a gift. Do not waste the gift. Take this information and use it to heal yourself.

Just because you have been working on an emotional trigger doesn't mean that you're not going to be triggered by it in the future. But by doing the work, you are going to insure that the response is less and less intense. Each time you work on a trigger, the closer you are going to be to having no negative emotional response at all.

You know the things you face in the future which are probably going to affect you. Take the time at the beginning of the day or right before you face one of your triggers, to do some preventive EFT work.