

## Anger "Uncontrollable Emotions"

By Phillip Mountrose

"Phillip has used EFT with his teenage students in the group home where he taught for many years. This is a home for severely emotionally-disturbed teenage boys who have not been able to function in the normal school system.

One of the main reasons they are in this setting is to learn to get along with others. One boy, whom we will call Jerome, came to the group home from Juvenile Hall because of drug abuse and criminal behavior. Despite his own shortcomings, Jerome protested loudly about being around some of the other boys, who were also there because of criminal offenses. He considered his classmates unforgivable, and felt that they should be severely punished.

By the end of the first week, Jerome completely refused to participate in the class, choosing to stay in a secluded time-out area. He wanted to transfer out of the school, even if it meant returning to Juvenile Hall. Phillip decided to have a talk with Jerome, hoping the boy would gain some insights into his judgmental behavior. He tried to help Jerome distinguish between a person's actions and his or her value as a person.

After listening to Jerome, Phillip introduced him to EFT. The emotion Jerome chose to clear was the hatred he felt toward his classmates, which he described as unbearably high. After a few rounds of EFT, Jerome said he felt better. Phillip also noticed that the boy's body, tone of voice, and breathing were more relaxed.

The weekend passed, and on Monday, Jerome was back in class. Phillip noticed that he was much friendlier toward his peers. After their softball practice, Jerome came over to Phillip and told him that his unbearable hatred toward the other boys was completely gone. He felt optimistic about being in the school and about his future. Jerome even mentioned that he had been practicing EFT on his own over the weekend and felt it really helped. This extraordinary turn-around could have a dramatic impact on this child's future.

Fortunately, you do not have to do EFT perfectly for it to work.

Jerome began to experience success with EFT after only fifteen minutes of assistance. He continued to use EFT on his own and got along better from then on."

Excerpted from; "Getting Thru to Your Emotions with EFT"

by *Phillip and Jane Mountrose*

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*Dancing Algae Co.* P.O. Box 49416,, Colorado Springs, CO. 80949-9416

**Voice 719-291-2317 Fax 719-477-0967**

