

Severe Anxiety Attacks

By Marie Holliday

This case concerns a thirty seven year old lady called Leyla (she asked to change her name).

When I met Leyla at the end of August last year she was suffering from severe anxiety attacks. This terrible anxiety had been with her for over seventeen years. She had a nervous breakdown when she was younger where she was institutionalized for a month suffering with depression. When we met her symptoms at this stage were:

- extremely self conscious
- lacking in confidence
- fear of what to say to people
- constant worry
- afraid of meeting people, particularly the opposite sex
- drinking too much to stop her fear & paranoia
- felt guilty all the time and hated herself
- palpitations

Leyla had moved to Spain recently to be with her mother whom had been her constant caregiver through life, particularly during her bad times, of which there were many. She had been unable to work because of her constant anxiety attacks and fear of meeting people and total lack of confidence.

She didn't drive and this was a problem, as the area she lives in is relatively isolated, particularly for younger people. She was wondering about moving back to the UK because she was so unhappy, but had been unhappy there too.

Her mother had spent a fortune for her on therapies, analysis, treatment etc. over the long years. Most of this time Leyla had been on anti depressants.

When we met, Leyla was at the end of her limit with her problems, desperately unhappy, depressed, feeling constantly unwell. In her own words "I'm making myself ill."

She had a particular night out that had brought her to this final desperate plea for help ... she just called it "Lost it in the karaoke bar". The night involved a lot of drinking, some bad behavior towards a pub landlord and meeting a guy she quite liked but she thought she embarrassed herself with him. Because it is a small town where everyone knows each other, she was dreading seeing him again and the barman.

Next morning she couldn't remember much and knew she was behaving like this with drink to cover her anxiety but then only felt worse next day, which made her more anxious. She said it was "like a Big black cloud" hanging over her and 0-10 intensity intensity for this was an 8.

I started tapping on this "big black cloud" during which time she sobbed her heart out and we continued the tapping until she quieted.

The tapping continued on "being self conscious" during which time she said "I hate that term!"

On asking why, "she said you're not self conscious, Marie, you're confident."

We then tapped on "Your'e OK..I'm not"

The next sequence she called "the Wednesday thing", this was the night she had been out and was drunk.

Her intensity level was lowering but shot straight back to a trembling "8" with the "Wednesday thing".

The next sequence was "lost it in the karaoke bar"

Then finally "remaining lad thing"

During the next few rounds her emotional intensity dropped dramatically to a "1".

During the tapping on the PR point I constantly added references and lengthy detail around the events, and imagining the scenario around her seeing this guy from karaoke bar and what she would do ... also walking in the bar and seeing the barman she had been rude to.

Whilst tapping, we spent quite some time on acting out the scenes mentally, then checking if she felt OK with seeing the guy now. We also tapped for what she would like to have instead of this big black cloud over her. She said she would like to be "Bright, sunny, cheerful and yellow".

I said perhaps like a " Big Yellow Beach ball?"

Leyla loved this image, so we tapped on" even though I have this terrible fear of people and what to say, what to do...I am going to be just like a big Bright, Sunny yellow beach ball. I will bounce along through life, bounce down the streets, not scared of anyone. If I see this guy I will shine out so much sunshine I will dazzle him with my personality, what I say...in fact I can see myself apologizing to him and buying him a coffee in case I offended him that night and then bounce along through life like this big yellow ball"

We also used this imagery process and tapping on the "barman embarrassment" incident and buying him a drink and apologizing. During our session, Leyla had a palpitation attack which we tapped for and that dissipated.

Finally I designed a maintenance plan for Leyla to tap on daily for whatever cropped up (and taught her how to tap)

first thing in a morning for how she is feeling.

Some daily issues:

- pre tap before she is due to meet someone or go somewhere.
- tap if she felt anxious
- tap if she had palpitations

The session was about 3 hours but Leyla was left feeling more relaxed than she can ever remember and very tired.

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To follow up, I rang Leyla after a few days. I spoke to her mother who said she had never seen her as relaxed but very sleepy just constantly sleeping. She was also tapping each day regularly and had bought a Bright Yellow Beach Ball!!

Leyla rung about a week later and commented she was feeling very calm, more relaxed but still very tired. we discussed to keep tapping and this tiredness would go in its own time bearing in mind she had felt so ill for such a long time...perhaps her body needed to sleep?

I had just returned from your conference Gary in UK when I received a call from Leyla saying "Thank you for helping to get my life back together Marie." I said it wasn't me but EFT. I just kick started her body and that she was the secret of her own success because she was tapping several times a day on anything and everything that came up.

She rung again about a week later with another thank you and that she felt like "superwoman".

She had so much energy, she had visited a friend who was always the life and soul of the party and she was not intimidated now by other people and what to say. She felt happy, confident, looking forward to a new life.

Her mother came on the phone, she was over the moon about it and said she couldn't believe after one treatment of EFT that she had got her lovely daughter back. She had spent so much money on treatments in the past, her financial resources had been drained but she was buying Leyla a car as a present.

Today before I wrote to you, I rung Leyla to ask if I could have permission to share her story and she was delighted, saying if it could help anyone else that would be great.

Five months on, she is still feeling good about herself. She taps once a day, every morning and if she occasionally has bad moments taps on those when they happen.

She now has a job with her brother doing holiday changeovers in apartments.

She has had her first driving lesson in her new car and recommends everyone she meets to look in on the EFT web site.

She feels it is like starting a life over again. She is very slowly coming off her anti depressants and doesn't feel the need for them. We both shared "Happy New Years" as we finished our conversation and I think, hope and pray that Leyla's will be one of the best ever for her.

I feel privileged to share Leylas' story with you all .., EFT is the best gift I have ever received in my life, it is too good to keep to ourselves, we must pass it on.

Warm regards to all,

Marie Holliday. EFT-CC, EFT-ADV, AAMET, RH, INHA

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