

10 Tips to Brighten Your Life

Tip #4 of *The Power of 10s*

Tap Away Anger



by Lindsay Kenny, EFT Master, Pro-ER Master Trainer

Grrrrrrrrrr! Don't you have someone or something that just drives you batty? Someone who pushes your buttons or whom you just can't stand? Or is it someone who has really hurt you, disappointed you or really ticked you off? It's natural to occasionally feel that way about someone. Not everyone can be as affable, considerate or as wonderful as you and I, right? It's also normal to occasionally get mad at politicians, the government, the utility company or some other outside force.



If you carry around that anger, however, it can hurt you. Seldom does your anger at someone else hurt him (or her.) It hurts you - physically, mentally and emotionally. Anger causes the hypothalamus to release tiny little proteins called peptides. The peptides then become attached to our cells like little magnets. Our bodies then become "addicted" to those attachments, seeking more and more anger to feed them. Anger can easily become a habit.

People who often explode in hostile rages or who sit around fuming over every slight, real or not, may be making themselves sick. Dr. Redford Williams, a researcher in behavioral medicine at Duke University Medical Center says, "Our studies indicate that anger is right up there with any other health hazard we know about."

Research suggests that chronic anger is so damaging to the body that it ranks with cigarette smoking, obesity and a high-fat diet as risk factors for early death.

When people are angry they can't think straight and therefore don't make the best decisions. Their concern becomes about getting revenge, being right or punishing another person with their wrath. Judgment is impaired when we're livid about something so we often say and do things we later regret. You know the drill. Anger can really eat at you... especially when it becomes chronic. So let's tap it away.

Here are the simple steps to Tap Away Anger:

- 1. First, imagine a big, burlap bag in front of you.** Put all of the anger you have about one issue or toward one person (or entity) into that bag. You may need two or more bags, but stuff it all in there. Do not put all of your anger about everything in your life into one bag, however. Limit it to one subject or person at a time.

For instance have a bag just for ONE of the following things:

- Anger and resentment toward a particular person who has lied to you, disappointed you or hurt you
- Anger at having to pay taxes
- Anger and resentment toward your ex for a myriad of things
- Anger at irresponsible politicians (or other public workers or agencies)
- Anger, hurt, resentment toward family members
- Anger at yourself for whatever (being fat or in debt or lazy)
- Anger at a school, company or church (or their representatives) for rejecting you or disappointing you
- Anger at all of the men or women who have broken your heart



Get the idea? Pick one focus for your anger... for now. You can do other bags once you get the hang of it. Notice that anger is almost always accompanied by resentment. It's also often accompanied by frustration, betrayal or hurt feelings. So feel free to put all of the anger-related emotions about your issue in the bag too.

- 2. Give the bag of anger a vivid name, such as:** This bag of anger at my sister... My anger at Eric for everything rotten he's done to me... This anger and resentment toward politicians... or just... This bag of anger and resentment toward myself. Make sure the name is descriptive and meaningful for you.
- 3. Give the entire "Bag of (Whatever)" an intensity rating from 10 to 1** That is, when you concentrate all of your anger and resentment toward a person, an entity or a series of related event, what would the combined charge be? You don't have to experience the anger at this moment. Just guess what it would be if you got riled up about it.
- 4. Do a Reversal Neutralization** on any subconscious resistance to letting go of the anger. This is REALLY important to do.

Note: Our "Secondary Benefit Syndrome" (SBS,) is not the same as "psychological reversals" taught in basic EFT. If you're not familiar with SBS Reversals and how to neutralize them, please read my [e-booklet on Reversals](#) about this important subject. You can also watch a short video about Reversals on YouTube at <http://tinyurl.com/ReversalsVideo>

To neutralize Reversals to letting go of your anger, follow these simple instructions: While tapping on the Karate Chop point say one of the following statements three times. Or you can say three or four of the statements one time each:



- *Even though I **don't** want to let go of this anger, for whatever reason, I do want to love and accept myself.*
- *Even though I **don't** want to get over this anger because I want to punish (person's name) with it, I accept myself anyway.*
- *Even though I **don't** want to let (person's name) off the hook by releasing this anger, I want to respect who I am.*
- *Even though I **want to punish** (person's name) with my anger, I still love and accept myself.*
- *Even though I'm **not** letting this go and **YOU can't MAKE me**, I'm still a pretty good person.*



Note: The negative wording is very important in a Reversal because it neutralizes the resistance to letting go. It's also important to know that a Reversal Neutralization does not fix the issue; it only fixes the impediment to fixing an issue. You'll still need to tap on the problem, starting with the set-up statement, as shown below.

After neutralizing the Reversal (Step 4) shake your hands out, as if you were shaking water off of your fingertips.

Now, "Tap Away the Anger"

5. On the Karate Chop point, do a simple set-up statement such as: *Even though I have ton of anger in this "bag," I still accept myself (sometimes.)*

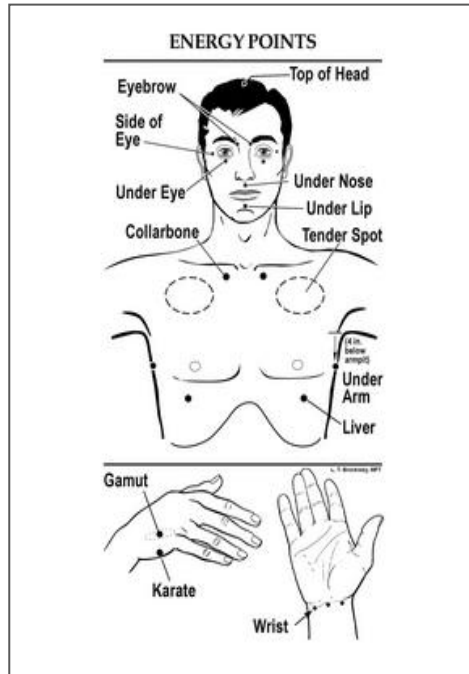
6. Do one to three "rounds" on the meridian points shown below, saying some of the following statements or statements of your own. Doing it this way helps cover different aspects of the issue.

(See [explanation of abbreviations](#) below.)

- | | |
|----|--|
| EB | This big bag of anger (use the name of your bag) |
| SE | How could she behave like that? |
| UE | I can't believe she would hurt me like that |
| UN | So much anger toward her |
| CH | This anger and resentment toward Nicole |
| CB | All of this anger, hurt and resentment |
| UA | This bag of negative feelings toward her |

LP All of those times she's disappointed me
 WR I almost hate her
 TH I want to punish her with my anger

Note: It doesn't matter what point you use with which phrase. Just vent how you feel about it, or what he/she/they did to you.



Abbreviations of tapping points:

EB = beginning of Eye Brow
 SE = Side of Eyes
 UE = Under Eyes
 UN = Under Nose
 CH = Chin
 CB = Collarbone
 UA = Under Arms
 WR = Wrists

Top of Head

TH =

7. After

see what down. about

doing the first one to three rounds above, check back in with yourself to what the intensity level is now or see the size of the bag is, then write it Then do two or three more rounds whatever else comes up regarding your anger, adding some desire statements,

such as:

EB This remaining bag of anger at _____
 SE *I want to let it go*
 UE No I don't
 UN *Yes I do*
 CH It's hurting me not him/her
 CB *I do want to release it*
 UA This whole bag of anger and resentment
 LV How she/he treated me was unfair
 WR *But I want to forgive her*
 TH No I don't!

Next round:

EB *Yes I do!*
 SE It's not worth it
 UE *I want to move on*
 UN All of this anger that's been eating me up
 CH I was justified in being hurt
 CB It was their fault, not mine
 UA But the anger is hurting me, not them
 LV *So I'm willing to release it, for my own sake*

WR *I want to let go of it*
TH *I allow myself to let it go*

8. Keep repeating this pattern until you can choose to let it all go. The goal is to get to a zero on all anger, resentment, frustration or other negative emotions around this issue. If you get stuck, do a few rounds using the Reversal phrases. If your number stays the same it's likely that you are resisting letting go of the anger. Vent about that, saying how you don't want to let it go. *Be persistent until you're at a zero.* Just feeling "better" isn't good enough.

9. Test your results. When you're at a zero, see if your bag of anger is empty. See it blowing away. Try to get angry again to make sure you are clear of all of the aspects. If there's any charge then keep tapping. Or, if your anger is more complex than you first thought, find a competent practitioner to help you.



10. Now tap a round or two saying some positive feelings or thoughts, such as:

I'm bigger than this.
I'm glad to be over it
I'm proud I did something about it.
I'm a survivor.
Good for me!
I feel better now.
I even want to forgive them for hurting me.
I choose to forgive him/her/it, even if it's for my own sake.
I choose to learn from this and move on.
I choose to forgive myself for the role I might have played in this.
I choose to reclaim my power!

Doing this process doesn't mean you'll never get angry again. But it can mean that you become slower to anger. And you won't be piling new disappointments or anger onto a pile of existing rubbish -- that's when people blow their fuse, or just "snap". In the future, if something angers you, allow yourself a minute or two to fume over it or be righteous about it. Feel free to be indignant about it. But tap while you're doing that and you'll tap away the anger and resentment all at the same time. Just don't allow it to fester!

Then, when you're truly over it, choose to forgive whoever is responsible. If that's a problem, then you're not through tapping. Completely tapping away your anger "is for your own good", as your mother probably used to say. ☺

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Good Luck and Good Tapping,
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