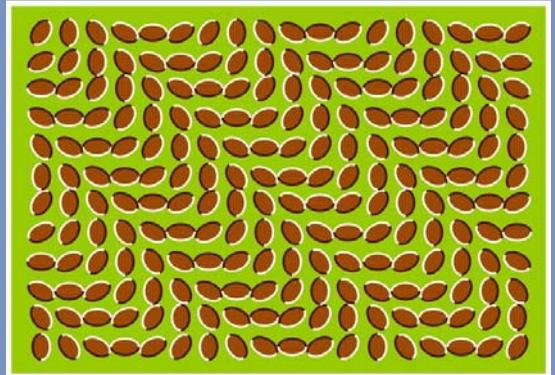


How to Beat Stress!

*The EFT Way*

Malcolm Ruddock



**Create Change Now**



HOW TO  
BEAT STRESS  
*The EFT Way*  
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# HOW TO BEAT STRESS

## *The EFT Way*



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# INTRODUCTION

Since 1980, I have been working with people from many walks of life to help them overcome their stress, limitations and access their own resources so they lead happier lives.

I could write many tomes that include all the details of psychology and lots of cognitive strategies to overcome stress and go for what you want in life.

In this book I have condensed all the most relevant information on how to overcome the limitations that affect most of us and include how to let go of stress, which means releasing the emotions and changing the limiting beliefs that are the very components of stress itself.



EFT (Emotional Freedom Technique) is one of the few ways to rapidly release negative emotions and change limiting beliefs. I use EFT as my most common treatment and you are about to learn how to use it with yourself.

This book only gives you information. **If you use this book and do all the exercises your life will change.** If you continue to use this book you will become calmer, more energised and more at peace with yourself and others.

Suggested steps:

- When thinking about your own stresses ask yourself what you really want for yourself.
- Check the Contents and read through the book.
- Play with the book and get a feel for what interests you.
- When you are ready to work on your stresses, run through the exercises and feel the changes you have made.
- There may be many ideas, notions, theories and exercises that are unusual, different or strange. Many were strange to me when I started my journey of self-

discovery and  
self-change.

- I have used everything in this book with myself and, whilst I make no apology for offering ideas for change, I accept your wishes to proceed at your own pace.
- I am only a guide. You can follow my guidance until you are free to walk where you will. You, the Explorer in your life, will take you where you want to be.
- Just notice that you are in charge of you and **totally** responsible for what you get. Once you believe and really know your power and how to overcome your limitations to your power, you will go for what you want and use this book to guide you there.
- It is YOU who is in charge of you and your feelings. It is not your mum, dad, partner, boss or the traffic that causes you stress. It is how you deal with and respond to them! As long as it is YOU, **YOU can change. When YOU change so will your world. This book will help you.**

# 1. What is Stress?

Stress is manifest by excessive emotional and/or physical reactions.

The emotional aspects are 'felt' as excessive fear, anxiety, anger, rage, sadness, jealousy, resentment, impatience and any other feelings that overwhelm or dominate us.

Other aspects may be physical, which manifest in many of the following ways: stomach aches, indigestion, ulcers, palpitations, neck ache, back ache, diabetes, strokes, heart attacks, cancer and many other 'physical' symptoms.

The mind and body are inseparable so the emotional and physical aspects relate to each other.

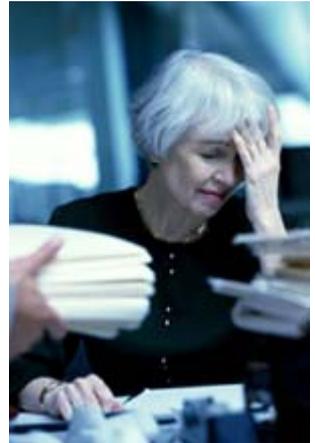
Some people are not in touch with their emotions and their stresses manifest as physical symptoms.

Others are very much in touch with their emotions and their stresses manifest as strong feeling symptoms.

Some people depress their feelings to stop the pain and feel flat, unmotivated and as having no purpose in life.

When stress is not resolved and continues to apply itself, the symptoms increase until disease is caused.

When disease is ignored it can become chronic. When chronic disease is ignored it becomes acute. When acute disease is ignored death follows.



## 2. COMMON CAUSES

- The roots of stress often lie in our earliest hours and years in life – from conception to 7 years old. We can learn to be stressed and inherit stresses.
- Early traumas, dramas and conditioning form our beliefs and set the frame for how we perceive the world and how we cope with the world and the people who share it.
- Most of our ‘reality’ comes from inside our minds.
- Most of our emotional responses to the here and now are, in fact, learned from our pasts.
- Phobias are irrational, excessive reactions to stimuli which trigger our responses to the original traumas that created them.
- Our conditioning causes us to live in ways and have relationships that can be fulfilling or stressful and anywhere in between.
- Thus we may behave in ways that cause us to become stressed. We may use strategies that do not get our needs met. We may lack the confidence to enforce our personal boundaries which give out signals for others to take advantage of us.
- We may eat, drink and ingest things that cause stress to our bodies. The majority of processed foods and drinks contain preservatives to inhibit the growth of organisms. We, as human beings, are organisms, too. Thus the preservatives must, at least, not be good for us. Much of our food lacks the vital vitamins and minerals necessary for good health.
- Our bodies are made up of 70% water and the human brain is 90% water. We need water to keep hydrated. When we feel thirsty that is a sure sign that we are dehydrated - our bodies cry for water. Yet we often turn to tea, coffee, fizzy drinks or alcohol to quench our thirsts. These are diuretics, i.e. have toxins that the kidneys expel as urine, using the body’s water reserves to clear out the toxins. One cup of tea equals one and one half cups of urine. Imagine what happens to the human body if it does not drink sufficient water to replace what we use, both in the course of exercise and to expel toxins, over 30, 40, 50, 60, 70, 80 years? Imagine the effects of all that dehydration? Then imagine what would happen if you just drank enough water to keep yourself hydrated, instead?

### 3. Consequences of failing to dispel stress

- Unresolved stress affects the body and mind and leads to **disease**. Relationships, intimate and social, are damaged by unresolved stress.
- Unresolved sadness/grief can cause depression.
- Unresolved anger affects the heart.
- Unresolved fear affects the stomach and can cause panic attacks or phobic reactions.
- Unresolved resentment and jealousy cause bitterness and may limit sexual enjoyment.
- Unresolved internal conflict can cause cancer.
- A combination of unresolved stresses will, if moderate to severe, cause disease in different organs and parts of the body.
- Dietary, mineral, vitamin and water deficiencies weaken the body and cause physical and emotional stress.
- Failure to resolve all these issues affects the quality of your life.
- Prolonged, unresolved stress shortens your life expectancy.
- If you can, think of all the people you know who died and just ask yourself “How long did they live?” Then ask, “Did they die of old age, or did they die from **disease**?”
- The human body has a life expectancy. We may expect it could be 50, 60, 70, 80, 90, 100, 110, 120 or more years. We live in a time when people are growing older and, in the future, will grow older still. The human body can live, happily and healthily, for much longer than most of us are conditioned to believe, maybe 150 years, or more. The inhabitants of Georgia, a mountainous region of the former USSR, often live to 120. They live and work in a hilly, energetic environment. Exercise, diet and happiness have allowed these inhabitants to overcome the physical limitations that limit most of us. They may drink, smoke and work hard, yet, their bodies remain strong. Post mortems often reveal heart attacks that were not noticed whilst they were alive. This means that they felt so well and lived actively and stress-free, **at least long enough to exceed what most people think is a possible lifespan.**

## 4. How to Beat Stress

**This section shows you how to let go of the negative emotions and change the limiting beliefs and limiting decisions that create stress.**

- One of the most powerful methods of healing the body, from Chinese medicine, is acupuncture and acupressure.
- Acupuncture involves the insertion of needles in relevant points on the body to heal imbalances in the body's energy system and, so heal the physical problem.
- Acupressure, using pressure on the same points, also heals physical problems.
- Acupressure will also heal emotional problems, change limiting beliefs and limiting decisions.
- The healing of negative emotions - that is, emotions that are not useful and come from our pasts - is achieved by 'tuning into' the unwanted feeling and then tapping on a sequence of acupressure points until the emotion has been released. This process lets go of the unwanted feelings that accompanied the situation in which you were stressed.
- When all of the unwanted feelings have been released you will never again be stressed by that situation.
- To expand, this is how it works: There is a situation in which you feel stress. You think about that situation and imagine that you are in that situation. You notice the first unwanted feeling that comes up. You rate the intensity of the feeling on a scale of 0 to 10.
- You tap on the sequence of acupressure points (explained later on in the book).
- When you have finished tapping you think about the stressful situation, tune into the first unwanted feeling and rate the intensity of that feeling. You find that the feeling has reduced in emotional intensity.
- You then tap on the same sequence of acupressure points.
- When you have finished tapping you think about the stressful situation, tune into the first unwanted feeling and rate the intensity of that feeling. You find that the feeling has reduced in emotional intensity, or maybe it has been released completely.
- If the feeling still persists, albeit at a lower intensity, you repeat the process until the unwanted feeling has been released.

- You then go back to thinking about the stressful situation, imagining you are in the situation and tune into any other unwanted feelings. If any other unwanted feelings come up you repeat the process with each feeling, sequentially until the whole situation cannot be stressful again.
- And so you have a brief summary of how to release all the unwanted feelings from what used to be a stressful situation, so that the next time it occurs, you will be calm and confident.

This process will be explained in more detail, with pictures and examples, as we work through this book.

I use this model with clients to heal traumas, phobias and the whole gamut of emotional issues that affect people. This therapeutic model is one of the few that heals emotions by releasing them in minutes, hours or days. Psychotherapy and counselling take weeks, months or years and, even when you know about how you get stresses and learn techniques to deal with them, you still get the unwanted feelings. Psychotherapy and counselling, whilst having the limitations of still feeling bad, depends upon you paying to see someone for many sessions. This book shows you how to give yourself therapy and heal yourself.

**Read on to find out how you can do this, easily**

## How to Beat Stress using EFT

Let us start with an experiment with the release of an unwanted feeling, one that comes up when you are not feeling as resourceful as you wish. Keep it simple because we can delve into and clear up more complex problems later in this book.

Think about a **MINOR stressor** that often bothers you. It may be a fear about doing something. It may be a situation in which you feel angry or stressed out.

- Imagine you are having that **stressor**, now.
- Step into the **situation** and make a picture of it. When you get the picture, brighten it and make it clear and sharp.
- Listen to any sounds and words and increase the volume.
- Note any tastes and smells.
- What is the first **feeling** that comes to you?
- How big is it, on a scale of 0 to 10?
- What is the name or words for it that came to you? Note the name or words – that is the **feeling**.
- Is it totally OK for you to let this feeling go? If yes, proceed.
- **Look at the picture on the next page (it may help to print that page so you can refer to it as we work together).**