

## EFT: Help Gain Freedom from the Fear of Public Speaking

You know the signs, knots in your stomach, sweaty palms, clammy skin, rapid respirations.... all revolving around your having to speak before a group of people.

Perhaps it is just your office staff, or maybe you have to present a report to your co-workers.

It doesn't matter whether the number of people you must speak before is three or 300, you still feel the same fear and anxiety.

Many of us have experienced these "jitters" or a sensation known as "butterflies" when we have had to speak in front of a group of people. Generally, our first time doing so was more than likely while we were in elementary school. Unfortunately, this fear did not stop there. It has followed us through our life. It has accompanied us throughout our entire education right into the job market. It even has an official title these days, if you will, and is more commonly known as the fear of public speaking.

For some, speaking in front of others can present a huge problem. They may experience various levels of discomfort ranging in intensity from butterflies in the stomach to full blown panic.

Thanks to a wonderful new technique known as EFT or Emotional Freedom Techniques, no one need suffer any such negative emotion such as the fear of public speaking. EFT was developed by Gary Craig, a Stanford Engineering graduate and ordained minister. It is based on the ancient practice of acupuncture however, instead of using needles to activate the acupuncture meridians, they are activated using gentle pressure or tapping.

EFT is an experimental technique that has shown great results. It is beginning to be used by therapists, psychologists, psychiatrists and various medical doctors around the world as part of their treatment plans. However, EFT should not be used instead of the conventional treatment you may already be receiving. If you are currently under a doctor's care, let them know you are interested in adding EFT to your treatment regimen and get their advice before going ahead on your own.

Gary Craig understood that the cause of all negative emotions was due to a disruption in the body's energy system. Thus, by correcting this disruption, EFT allows you to be free from fears, phobias, anxieties, self-limiting beliefs, etc., easily and painlessly.

EFT is easy to learn and can be used to treat a variety of issues. I have been using EFT on myself as well as with my coaching clients for quite some time and have yet to come across an issue that it has not worked on.

When using EFT for a specified issue such as the fear of public speaking, one of the key elements is to zero in on the emotions or feelings the person associates with this issue. For instance, they may state they have the fear of being laughed at or of losing their train of thought. By tuning into these specific emotions and addressing them one by one, the discomfort the person feels surrounding the issue of public speaking is generally greatly reduced after just a few rounds of tapping. Often these feelings are totally gone after just one session of EFT.

I am an EFT practitioner with the designation of EFT-ADV, having received my advanced certificate of completion after passing the advanced EFT examination. As an EFT practitioner, I work with my coaching clients, instructing them on how to effectively use EFT in as little as one to three sessions. If you are someone who likes to learn by themselves, Gary Craig offers the basic manual as a free download on his website at [www.emofree.com](http://www.emofree.com). Once you learn the basic recipe, you can work on many issues for yourself. Gary's site also offers a wealth of articles on EFT. For easy reference, I have an EFT Tapping Points guide that is available as a free download on my [usinglawofattraction.com](http://usinglawofattraction.com) website where you can also find additional information and articles on EFT.

So, the next time you experience those "jitters" or "butterflies" why not contact an EFT coach or practitioner? It is a wonderful thing to be free from anxiety and have the choice to do a particular event or not instead of being held captive by fear, doubt or anxiety. The choice is completely up to you. As for me and my clients, we choose freedom, Emotional Freedom that is!

Wishing you the best of success, always!

## About the Author

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