

SESSION WITH IAN

Andy: So we're working on dental fears and phobias, and I understand you have some issues in that area.

Ian: A little bit, yeah.

Andy: Mm-hmm. What comes up when you think about that?

Ian: Specifically? Like a specific event?

Andy: Or an area, or is there something about the visit to the dentist that would, trigger...

Ian: Yeah, needles and drills, definitely.

Andy: Yeah. So, what is it about the drills that—is it the sound, or...

Ian: The sound, the smell, the chipping away at the teeth...

Andy: The powdering of it, yeah.

Ian: Yeah, the sound of the teeth, like shattering, and then feeling the little bits of the teeth, flying around. Yeah. Yeah.

Andy: Going around. Okay. And the smell.

Ian: Yeah, and then like, them realizing that they didn't quite give you enough pain killer, or something like that.

Andy: Ah. So then they have to come back with that big needle again.

Ian: It's a big needle again, yeah.

Andy: And that hurts?

Ian: Oh, yeah.

Andy: All right. So have you been to the dentist recently?

Ian: I haven't been to the dentist in thirteen years.

Andy: Okay. And—in thirteen years. Boom, boom! Chh!

Ian: [Laughing]

Andy: Which leads us to specific events. Do you have a specific memory of going to the dentist?

Ian: I mean, I've got a bunch of memories of going to the dentist.

Andy: Okay.

Ian: One of the worst was this walk-in clinic in Edinburgh.

Andy: How old were you?

Ian: I was nine.

Andy: Okay.

Ian: And I had cavities. And my mom was like, "You've got to go to the dentist." And I was like, all right. And I always hated the dentist, as a kid. It was like a running joke.

Andy: So by the time you were nine, you already hated the dentist.

Ian: Oh, totally. Yeah.

Andy: So she was pushing you to go to the dentist.

Ian: Yeah. And we were like traveling, and we didn't have a dentist over there. And so...

Andy: It wasn't like you were buddy-buddies...

Ian: It was just like, "Oh, here's a dentist." [Laughing]

Andy: Go!

Ian: [Laughing] Yeah, exactly.

Andy: [Laughing] And you had to go in.

Ian: Yeah. I went in, my mom, like, took my sister shopping while I got dental work done.

Andy: Oh, so she goes to go shopping and you get to have...

Ian: Yeah, yeah. And I don't remember too much of it, except I remember, like, it was a much more old-fashioned dentist that like the people I had been to in the States. In Woodstock, where, like they gave you the *happy nose*, and you're like, "Oohhh."

Andy: Oh, oh, right. [Laughing] So you were living in Scotland at the time, so it was quite a bit different.

Ian: Yeah, it was totally different than here. It was just real old-fashioned. Like, they strapped me to a chair, and they stuck a big, fat syringe in each side of my mouth.

Andy: So they strapped you to the chair.

Ian: Yeah.

Andy: Just because you were a kid? Like, were you fighting them at the time?

Ian: I think it was so that I—well, I was resistant to the idea of the syringe in general. Like, it totally freaked me out.

Andy: Okay. Okay.

Ian: I remember like...

Andy: I'm just wondering if it was like general procedure. If I went to the dentist in Edinburgh, would they strap me down?

Ian: I don't know. I mean, that was this one dentist. At least that was my memory of this dentist.

Andy: When you remember that event that you're just telling me about, do you have an emotion about it?

Ian: Yeah, definitely, like it gets me like feeling a little anxious, for sure.

Andy: Okay. At the time, if you could say zero to ten, how high on that scale would it be?

Ian: It was a ten, for sure.

Andy: Yeah, okay. And when you think about it now?

Ian: It doesn't bother me that much now, but like I do get, still, a little uncomfortable. Like I feel a little tight in my gut.

Andy: And it's only been thirteen years since you went to the dentist.

Ian: Well, yeah. And that's not—at least as far as I'm aware, I haven't avoided the dentist for thirteen years out of fear, entirely. I don't eat a lot of sugar. I don't think I've had any cavities and I don't have a lot of, like, extra money, so I haven't gone in for checkups, or anything.

Andy: Yeah, okay.

Ian: I'm kind of a no doctors, no dentists sort of a guy, in general.

Andy: Yeah. Product of Findhorn and you've got angels on your side, right?

Ian: I guess so.

Andy: [Laughing] Good. Okay, well, let's just maybe work with that memory, then. And we were talking about it earlier, and it sounds pretty intense, really. You were in a strange office, nine years old...

Ian: Yeah. The whole thing had, like, kind of a, like it just seemed really old and like dusty.

Andy: [Laughing] Okay.

Ian: [Laughing]

Andy: All right. So it's not exactly your first choice for...

Ian: No, the dentist seemed like old and ornery, and gripey.

Andy: Didn't really like kids.

Ian: It was not fun.

Andy: Okay.

Ian: It definitely was not fun.

Andy: When you have the memory now, that you're telling me, how does it—do you replay out of a movie, or...

Ian: Yeah, I mean, I can't—I'm not really sure, because of the way memories work, how much of it is real and how much of it is, like, my slightly twisted exaggeration.

Andy: [Laughing] You may have embellished?

Ian: Yeah, I'm sure. Like in some ways, I feel like there were two dentists. But I know that there was just one. But, there were definitely two needles, I'm sure of that.

Andy: Hm. Okay.

Ian: Or at like two times, that he injected me.

Andy: Yeah, yeah.

Ian: And then at a certain point, while he was drilling, he had to inject me again, because I was not quite numb enough, so...

Andy: So that there was actually three?

Ian: Three times, yeah.

Andy: Three times. Okay.

Ian: And the two times though, were like the most traumatic because nothing was numb at all, and he just jammed this needle deep into my gums. And it was like so painful.

Andy: He just like jammed it in there.

Ian: Yeah. It was a like a forceful—he just like [makes shoving sound].

Andy: Okay, it wasn't like, "We're going to give you a little gas or we're going to rub this on there."

Ian: No. And he didn't talk to me about it. He was just like, "Open up!"
[Laughing]

Andy: Okay. So did you feel like you were respected? Or taken care of, in any way?

Ian: I mean, I don't know. It was just—it was different than I was used to, for sure. He wasn't gentle.

Andy: Okay. But you weren't really excited about going to the dentist, even from what you knew?

Ian: I always hated the dentist.

Andy: Mm-hmm. Okay. All right. Well, let's do some tapping on that, and I know this is new for you, so don't worry. Just follow along.

Ian: Okay.

Andy: So we'll start here, on the karate chop point. And, even though... . Just repeat after me. Even though...

Ian: Even though...

Andy: I had this intense event...

Ian: I had this intense event...

Andy: And at the time it was a ten...

Ian: And at the time it was a ten...

Andy: Going to the dentist...

Ian: Going to the dentist...

Andy: I was nine years old...

Ian: I was nine years old...

Andy: And he was really rough...

Ian: And he was really rough...

Andy: And gruff...

Ian: And gruff...

Andy: And they strapped me down to the chair...

Ian: And they strapped me down to the chair...

Andy: And gave me a huge needle...

Ian: And gave me a huge needle...

Andy: And it still bothers me...

Ian: It still bothers me...

Andy: When I think about it now...

Ian: When I think about it now...

Andy: Is that okay?

Ian: Yeah.

Andy: And I deeply and completely...

Ian: I deeply and completely...

Andy: Love and accept myself...

Ian: Love and accept myself...

Andy: That okay to say?

Ian: Yeah.

Andy: All right. Some people can't. It's good. All right. Now we'll start up here. So that's just setting up. And now we're just going to go through that. I want to keep the memory of this event alive.

So, how tall was he? Was he much bigger than you?

Ian: He was much bigger than me. He seemed like 6-1/2 feet tall. [Laughing]

Andy: [Laughing] 6-1/2 feet. He was very big. Yeah. And you were only nine?

Ian: Yeah, that's right.

Andy: Yeah, yeah.

Ian: Do I do just one at a time?

Andy: You can do both on this side. This is good. As long as it doesn't put you into a trance, or something. Okay. And now on this side. This event... . This dentist trip... . Just repeating after me.

Ian: This dentist trip...

Andy: These are reminder phrases to keep it really connected to the feeling and the experience.

Ian: Good.

Andy: And what did he do? He strapped you to the chair?

Ian: Yeah, he strapped me to the chair.

Andy: Was he just like talking to you at the time, or did he just grab one arm, and, or did he just start...?

Ian: I don't really remember. He didn't seem to have too much to say to me.

Andy: Mm-hmm.

Ian: I definitely didn't feel like I was being, like, led through the process.

Andy: Right, okay. So you weren't nurtured through and guided. You were just...

Ian: No, no. He was just doing another job.

Andy: Mm-hmm. And you had cavities?

Ian: Yeah, yeah. I was a candy eater as a kid.

Andy: Mm-hmm. Okay. Which you don't do now?

Ian: That's right.

Andy: So is it very vivid, the memory, when you...?

Ian: Oh, you know, I haven't thought about it, much. And when I remember it now, it's like—I remember—a lot of it is pretty hazy, actually.

I remember, like, the dripping needle...

Andy: Oh, you could see the end of the—and it was dripping?

Ian: Yeah. And it was like big and fat.

Andy: Mm-hmm.

Ian: The syringe. And I remember a lot of brown and gray in the office. It was like really drab.

Andy: Oh. A brown, gray, dreary place.

Ian: Yeah. I feel like the dentist was kind of bald and had a beard, and...

Andy: Okay. Good. He was a bald, bearded dentist.

Ian: Yup.

Andy: In a gray, brown, drab office.

Ian: Yeah.

Andy: But he had a big needle! [Laughing]

Ian: He had a big needle in there.

Andy: And he just stuck it in.

Ian: Yeah, he like pounded it into my...

Andy: Okay, you remember this point here?

Ian: Forgot about that.

Andy: Little bit under, on—below the nipple there, the rib. You got it?

Ian: Yeah.

Andy: Okay. That's the liver point. Good one to hit. Okay. So, you were pretty scared, then?

Ian: Yeah. I mean, I was just, it was traumatic.

Andy: Mm-hmm. When you think about it now, do you feel like you can connect with the emotions and feelings of that time? Or you're not quite...

Ian: I'm not, like, totally connecting to them, but I do feel a little anxious when I think about it, for sure.

Andy: So, anxiety.

Ian: Yeah, yeah.

Andy: What does that feel like?

Ian: Oh, it feels like tight in my stomach.

Andy: So you get tight in here?

Ian: Yeah.

Andy: Yeah? Okay. All right. Is that measurable right now? Could you say, zero to ten, what the tension and tightness in your stomach is?

Ian: Feels like it's already been decreasing a little, since we've been doing this.

Andy: Okay.

Ian: But I think it probably was like a five or a six when I started. And I think it's maybe a three or a four now.

Andy: Good. Okay. So you're feeling it relax in there?

Ian: Yeah. I am.

Andy: Okay. Good. Okay. And this memory was—it was a ten when it happened, right?

Ian: Yeah. It was horrible.

Andy: [Laughing] Mm-hmm. Horrible. But you were saying, it's hard to know which you were embellishing and which was an actual experience?

Ian: Mm-hmm. I mean, I think that's true about most of my childhood memories.

Andy: Mm-hmm. I have a feeling it's true about everybody's.

Ian: Right.

Andy: I mean, one of the—I think police and judges say that the least reliable witness is an eyewitness.

Ian: Right.

Andy: And we're basically eyewitnesses of our own experience. So you remember, and sometimes blow things up. It really doesn't matter if we made it up or not, because if we're still responding to it, then, it's having its effect, whether it actually happened, or we interpreted how it happened.

Ian: Right. Right. And sometimes, like, the memory is almost truer.

Andy: Mm-hmm. Yeah. Yeah. Okay. Anything stand out on that experience, now?

Ian: I mean, the biggest things were just the being stabbed with the syringes.

Andy: Oh, he just stabbed you with the needle. He just pulled your lip down, and...

Ian: Yeah, he like, I think he like, I think he stuck something in my mouth, to keep it open...

Andy: Oh! So he wedged your mouth open...

Ian: I can't remember, exactly, but I just felt like I was, yeah. Like he was just like roughly just doing it. Just getting business done.

Andy: Right. And not caring, and just sticking that needle in there. And then it happened again? He did it again, because it didn't work?

Ian: Well, he did it on both sides. And each side was really painful. And then as he was drilling one of the teeth, I started to, like, kick.

Andy: Oh. Why, you couldn't watch him... [Laughing]

Ian: [Laughing] And so he then got another needle and injected me again, because the pain wasn't entirely stopped.

Andy: Okay.

Ian: And I was so mad, because he didn't just use gas, which is what I was used to. And I actually liked gas, I remember, as a kid.

Andy: Yeah. Sure. It's fun. [Laughing] So you were kind of ripped off.

Ian: Well, yeah, I was just like really pissed, because it hurt going in and it didn't quite...

Andy: Didn't do the job, right?

Ian: ...do the job, yeah.

Andy: Yeah. So not only were you scared, you were angry.

Ian: Yeah.

Andy: Yeah. And could you do anything about it? Did he listen?

Ian: I mean, I couldn't talk.

Andy: Oh, yeah, that's a dental trick, isn't it? We'll fill your mouth with things, and then ask you questions.

Ian: Yeah, I felt there was no communication happening with that dentist.

Andy: Mm-hmm. Okay.

Ian: And my mouth was numb, and I think, somehow, had something in it.

Andy: Mm-hmm. So, sort of that he was working in there, so it's pretty hard to—but you could be doing this, except that your arms were strapped, right?

Ian: Right. I mean, he was just—it was like my mom dropped me off. It needed to be done in like an hour, or something. He was just doing it. I don't remember really.

Andy: Pick you up in an hour, yeah?

Ian: Yeah.

Andy: So there you were, by yourself.

Ian: Yeah.

Andy: And he's not listening.

Ian: Yeah. I mean, it didn't really matter what I tried to say. I don't think I was intelligible.

Andy: [Laughing]. Right. Except there was a kicking motion that you could do. So that got you more Novacaine. But not the gas.

Ian: That got me more Novacaine, yeah.

Andy: He may not have had that. But if you were in Woodstock, you would have gotten... . Yeah, that's good. Okay. I'm a little ahead of you. We'll go back.

Ian: I'm sorry.

Andy: I'll meet you there. Okay. So how are you doing? How's your body feeling?

Ian: It's feeling more relaxed than it was, I think.

Andy: And your stomach?

Ian: Still feeling a little funny, but...

Andy: Funny, like tingly, tight...

Ian: A little tight.

Andy: Mm-hmm. Okay. Does that happen other times?

Ian: Yeah. That's like my, that's my anxiety meter.

Andy: Oh, okay. So the intensity of this feeling that you're feeling now?

Ian: Yeah, I mean, I don't even know, like if, I could say that it's my stomach organ that's tight...

Andy: Yeah, I know but...

Ian: ...or, but it's, but it just is like, it's like an intense...

Andy: This energetic thing...

Ian: Yeah, uncomfortable.

Andy: Yeah. Could be a chakra. Could be like a third chakra, or something like that.

Ian: Right, right.

Andy: Okay, so if it had a shape, and a size, what would it be like, now?

Ian: My stomach?

Andy: This anxiety thing, yeah.

Ian: This anxiety? Yeah, it would probably be like a little sort of ball, in this area.

Andy: Like a golf ball size? Or tennis ball?

Ian: No, I think it's bigger. I think it's like...

Andy: Like a softball?

Ian: Yeah, like a grapefruit.

Andy: Grapefruit size? Okay. Yeah?

Ian: Maybe a little bit bigger than that.

Andy: Mm-hmm. And what about a color?

Ian: [Pause] I don't know. I guess like orangeish.

Andy: Mm-hmm. Nice orange?

Ian: Yeah, it's nice.

Andy: Yeah? I mean, it's a little agitated...

Ian: I mean, I'm not sure, really.

Andy: Really what I'm trying to do is like, the left brain verbalizes. So when we talk about things, and we describe it, we're really using that, sort of, the intellectual, verbal side of our parts of our brain. And we'll go with the left brain/right brain thing.

So the right brain is more artistic and creative, and doesn't communicate in words. So I often like to bring the description and an image. And what we're then doing is, I think, getting the whole brain to work on this issue.

So some people picture things just like that. And it doesn't have to be right. It's just what comes up...

Ian: Right.

Andy: ...and we can work with it. But it often just pops up, and it's really relevant.

Ian: Right, right. Yeah, I don't know. Like, by the time I was thinking about the color, I was already thinking about grapefruits.

Andy: So they're [crosstalk 00:16:49]

Ian: [Laughing] Yeah.

Andy: But, you know, this feeling, is it a good feeling?

Ian: No. No.

Andy: So if there was a color, associated with the size and intensity of that feeling...

Ian: It would probably be grayish, I think.

Andy: All right. Okay. Like a deep or dark gray?

Ian: Yeah, something like that. It would be a greenish-gray.

Andy: All right. Okay. And would it be, zero to ten, right now?

Ian: It's actually, fairly, like it's there.

Andy: Mm-hmm.

Ian: I'm feeling kind of tense.

Andy: Okay.

Ian: It's like a five.

Andy: All right.

Ian: Yeah.

Andy: All right. Anything else that you notice when you're feeling like a five there?

Ian: Yeah, my breath is a little bit more constricted.

Andy: So your breathing is shallower?

Ian: Yeah, and it's sort of like—I have to like work to be able to breathe fully. This is a thing that I've been going through—I was going through this a lot, the end of last week and over the weekend, as well.

Like, *Oh, I can't breathe*. Like [gasps, then exhales] I, like, have to try, really hard, just to get my lungs to let myself breathe.

Andy: Okay. And was there a reason for that? Was there an event that...

Ian: Oh, yeah, that event.

Andy: Well, you did mention it. If you wish to talk about it now...

Ian: [Laughing] I don't necessarily wish to talk about it.

Andy: Okay, but it's there. Let's call it *that event*.

Ian: That event. Yeah. Okay.

Andy: Which was a good event.

Ian: It was a great event.

Andy: Oh, okay. So zero to ten, this event was...

Ian: It was like an eight.

Andy: All right. Okay. But then you were sick for several days.

Ian: I was sick for several days.

Andy: Okay.

Ian: Immediately following, yeah.

Andy: And so, and that didn't really make sense to you, right?

Ian: No, I didn't understand it at all.

Andy: Okay.

Ian: I mean, I knew that—it sort of made sense to me why I was so uncomfortable with this event, because I do a lot of self-reflection, and I try to be present with what's going on inside of me.

And it's not like the first time I've dealt with this issue, this fear of commitment. But, yeah...

Andy: It seemed like an extreme result, and you couldn't pin it on like a draft, or...

Ian: Yeah. I was pretty sure that, like, I had encountered some kind of toxic waste.

Andy: [Laughing]

Ian: [Laughing]

Andy: Okay. Yeah. So that's how it felt. Now, you were feeling and describing something as a five, with this gray and grapefruit-sized—just sitting here. Now we've gone through the dental—we'll put that event to one side right now.

What do you think this five was? What was getting you to there?

Ian: I don't know exactly what brought me to there. But the more we talk about this thing that happened a couple of days ago, the more uncomfortable I'm feeling, so...

Andy: Okay. So, is it all right, we'll just refer to it as that event?

Ian: Sure. Sure.

Andy: With a capital T. And it's okay to refer to commitment and things like that. But we won't—yeah.

Ian: Yeah.

Andy: Okay. Now, question. Commitment. What does commitment mean to you?

Ian: Well, I mean, in many ways I think like, intellectually anyway, commitment is a great thing. It's like a liberating force.

Andy: Oh, yeah?

Ian: Yeah. Like if you're committed to something, then it frees you from your lower self, which would otherwise have you just like waste about, you know?

Andy: Okay. So actually freedom comes from commitment?

Ian: Exactly. Like if I'm committed to a project that I'm doing, then it liberates me from my laziness.

Andy: This doubt and the things that you....okay. Wonderful. So where is.....

Ian: And, and from my doubts. And from my other fears and stuff. Because it's just like I'm committed, so it's like I have to keep going with it. Yeah.

Andy: And it fuels you and... . So what is this application?

Ian: It's really difficult for me to quite identify. Like commitment almost feels like too much of a reduction, even, for it. But it is definitely around that. It's also...

Andy: Is there another word that might work?

Ian: Like, I don't know. I just don't want to be trapped.

Andy: Mm-hmm. You've been trapped before, haven't you? Physically.

Ian: Oh, yeah. I have been trapped before, physically. Yeah.

Andy: We were just talking about an event where you were strapped to a chair. So you know what that feels like.

Ian: Yeah. And I've felt trapped in relationships, on a number of occasions. Even the most recent relationship I was in, which was a beautiful one, but... . We lived together, which was a mistake, I think. And it became a huge trap, so, yeah. So I don't know. I'm like pretty afraid of becoming ensnared. Lassoed.

Andy: And what would ensnare you? Someone else, or your responses to...?

Ian: I mean, I, in my world, it's definitely like the woman who will ensnare me, you know? Who I'm like, wary of and I'm not entirely closed to the idea. Like I kind of—there's a romantic part of myself that loves the idea of getting married and all of that.

Andy: So, this is a love/hate relationship with love. [Laughing]

Ian: Yeah, yeah, totally. Like, I ultimately want to get married and have kids.

Andy: Yeah.

Ian: But I'm also like...

Andy: Not now.

Ian: Well, I mean, I'm not even opposed to, like if I were just hanging out with a woman, and it were great, I wouldn't be opposed to continuing to hang out with her, and then like see where it goes, but, I don't want pressure.

Andy: So, may I hazard this was a good one?

Ian: This is a great woman, and she wasn't giving me any pressure. I was giving myself the pressure.

Andy: Yeah, so, it's an inside job, we might say.

Ian: Yeah, really. [Laughing]

Andy: [Laughing] Okay. And then you were sick for three days, and fluish kind of thing, right?

Ian: Yeah, yeah. I had like a high fever, and all my muscles ached, and were like, went into spasm, basically.

Andy: Mm-hmm.

Ian: And I could hardly walk straight. I was like, I've never been so devastated. It was really weird.

Andy: Could I have her phone number? [Laughing]

Ian: [Laughing]

Andy: Oh, damn! I just got married. Never mind. Let's do a little tapping on that.

Ian: [Laughing] Okay. [Laughing]

Andy: So even though...

Ian: Even though...

Andy: I had this event...

Ian: I had this event...

Andy: That we're calling that event...

Ian: That we're calling that event...

Andy: And it affected me...

Ian: And it affected me...

Andy: In a strange way...

Ian: In a strange way...

Andy: I felt sick...

Ian: I felt sick...

Andy: And it was an inside job...

Ian: And it was an inside job...

Andy: And this intestinal thing must have been pretty high in meter.

Ian: Yeah, it was super high.

Andy: Okay. And so my anxiety meter...

Ian: My anxiety meter...

Andy: Was super high...

Ian: Was super high...

Andy: And I deeply...

Ian: And I deeply...

Andy: And completely...

Ian: And completely...

Andy: Love and accept myself...

Ian: Love and accept myself...

Andy: Okay. [Laughing] But be careful if you want to love him, because [laughing] it could be scary. Okay.

So, that event...

Ian: That event...

Andy: It was scary...

Ian: It was very scary...

Andy: Oh! She's a good woman.

Ian: Yes.

Andy: Mm-hmm. Very attractive...

Ian: Very attractive woman, indeed. Yeah.

Andy: The kind I could be trapped by...

Ian: Yeah, the kind I could marry. She was beautiful.

Andy: Yeah. She was beautiful in many ways?

Ian: Yeah. Really, really, inspiring. I mean, I don't know. I just, I just met her, really.

Andy: Mm-hmm. But what you saw, you liked?

Ian: Very much. Yeah.

Andy: Okay. And that scared you.

Ian: Terrified me.

Andy: Yeah, it terrified me. Yeah. All the possibilities...

Ian: I don't even want to think about them.

Andy: [Laughing] Okay. It scared me. It's scary to think about it now.

Ian: Yeah, it is. Mm-hmm. It's totally scary.

Andy: Mm-hmm. And how does it feel? How do you know it's scary?

Ian: I feel hot.

Andy: Your body heat has gone up?

Ian: Yeah.

Andy: And you feel sweaty?

Ian: I was actually like in a hot and cold sweat for those two days, after, as well. But you're making me feel like I can't really blame it on this date. It seems so totally irrational, right? So it must have been something else.

Andy: Oh, yeah. It's got to be—you tripped over some toxic waste, or you inhaled something, or... .

Ian: Exactly.

Andy: You didn't have a brush with...

Ian: I was in New York. I inhaled like some kind of toxic substance.

Andy: [Laughing] Okay. Yeah, you just had a brush with love, that's all.

Ian: Yeah. [Laughing]

Andy: You had an intense reaction to your vulnerability. Is that how you felt? Vulnerable?

Ian: Yeah. Yeah. I also felt afraid of, just like, I don't know, misleading her and...

Andy: Mm-hmm. And maybe not being the man she thinks you are.

Ian: Yeah, yeah. All that stuff.

Andy: Mm-hmm. Mm-hmm. So it could be like setting her up for disappointment.

Ian: Yeah, exactly. Like even for me to continue to hang out with her, was basically to be ass.

Andy: False advertising.

Ian: Yeah, exactly. Is to be a selfish person.

Andy: Hm. So, you have some pretty high standards, huh?

Ian: Yeah, I mean, it's all ridiculous. And I was aware of it the whole time, that it's like a ridiculous thing for me to have these thoughts, but...

Andy: Are you good enough for her?

Ian: Yeah, I think I'm great.

Andy: [Laughing]

Ian: [Laughing]

Andy: Okay, so you're good enough. So what's this...

Ian: It's just that I don't really want to be—I'm just not consistent enough, so.

Andy: Okay. Mm-hmm. So this commitment thing, you could be like trapped, because a woman ensnares.

Ian: Oh, yeah. Yeah, that's the way it goes, isn't it?

Andy: Right. I don't know. [Laughing] That's how it feels.

Ian: Totally.

Andy: Yeah. Feels like when you fall in love with a woman, you become vulnerable to her?

Ian: Yeah, totally.

Andy: And then you become measured by her? Like if she finds out, the more she knows you, the more opportunity there is for like a disappointment in her? Is that what you're saying?

Ian: That's not the experience I was having or the thing I was thinking. I'm saying I don't think—it's just—I mean, like I'm deeply afraid of monogamy.

Andy: Hm.

Ian: I don't know that I can do it. I really think that I can't. I think that I'm too selfish. I think that I can't actually be with one woman for the rest of my life.

Andy: Right.

Ian: And I know that sounds really selfish. And I feel like kind of an asshole for saying it.

Andy: So you have some feelings that you have judgments about.

Ian: Yeah. Yeah. I mean, I don't have any problem with the fact that I don't believe in monogamy.

Andy: Just have to find a whole bunch of women to talk to.

Ian: [Laughing]

Andy: [Laughing] There's something else, though, right? I mean...

Ian: Well, yeah. At the same time, I do, kind of like, I do sort of want that kind of like, beautiful love.

Andy: Is it—yeah.

Ian: Like I want to be happy. I want to have a wife and children.

Andy: Yeah. That was something you said earlier. You'd like to have a wife and children some day, and at the same time, you don't believe in monogamy.

Ian: Well, I mean, I have major—it's not like I just flat-out don't believe in it. But I have major doubts about it.

Andy: Right. Have you ever, well, what was the relationship with your parents?

Ian: My parents were monogamous for the, like, year-and-a-half that they were together. I wouldn't say that I don't believe that I can be monogamous. I've been monogamous. I make a good boyfriend. I'm good at doing those boyfriendly things.

Andy: Yeah.

Ian: But, I feel like every time I'm in a monogamous situation, any time there's a contract on a relationship, it brings along with it all these expectations...

Andy: And some other feelings from you?

Ian: Yeah, of entrapment and everything. I mean, it's like if—it's sort of like, if I have to not be with anybody but this person, well then I have this list of needs. And this person needs to deliver on this list of needs, or else I'm not going to be happy. And they can't really deliver on them.

Andy: Right.

Ian: So it's like, it's this trap. It's fucked.

Andy: It is. Yeah.

Ian: Yeah.

Andy: Yeah. Very fucked up.

Ian: Yeah.

Andy: And it's hard to find that place. You know, I mean, you know, I can relate. You know [Laughing] So there's a desire and a yearning for this connection and communion...

Ian: Yeah.

Andy: Mm-hmm. And when it's a gift, when it's not expected, or contracted out...

Ian: Yeah, it should never be, really. It should never be expected or like an agreement, I think.

Andy: Right.

Ian: I think that's what makes it a trap and it's part of like what makes you feel like you're not free, and it's part of how the...

Andy: Makes you feel?

Ian: Yeah. It's what makes me like I'm not free. It's also part of what kills the sense of mystery in a relationship, I think.

Andy: Well...

Ian: That expectation.

Andy: And even when you spoke of a contract, you know, you bring out your list. Okay, if I'm going to commit to you then, you've got to...

Ian: Have sex with me, at least this many times a week, and...

Andy: If I'm not having sex with somebody else, I'm having it with you.

Ian: Yeah. [Laughing]

Andy: Yeah, that's the old contract, you know. Man and woman say, "Well, I won't have sex with anyone but you." She says, "I won't have sex with anyone but you." But what they leave out is that there will be sex.

Ian: Right. [Laughing]

Andy: [Laughing] Sometimes it doesn't happen. And then you're not supposed to, because you said you'd only have it with them.

Ian: Yeah.

Andy: Yeah. It can be complicated. Yeah.

Ian: Yeah.

Andy: And, fraudulent.

Ian: Right.

Andy: And, so when it's not contracted out, when it's not intense, it's easier.

Ian: Yeah, yeah.

Andy: And when we go back to this thing that we were calling that event, there was some risk. Something came up?

Ian: Yeah, well I mean, she's a 33-year-old woman. I have like a long list of associations that I make with women at that age range. Which has now become my age range.

Andy: [Laughing] Yeah, right. They used to be older women.

Ian: [Laughing]

Andy: So the biological clock was ticking. In your mind, you think it might be?

Ian: For her?

Andy: Yeah.

Ian: Well, I mean, we spoke—I know she wants kids. I know she wants to get married. There's only so much time that she has to do that, you know?

Andy: Right. Mm-hmm. So she was sizing you up? You were being interviewed.

Ian: Yeah, we were both sizing each other up. For sure.

Andy: You enjoyed the interview?

Ian: It was fun. It was really fun.

Andy: Mm-hmm.

Ian: One night, for sure.

Andy: And somehow, for some reason...for some toxic [laughing], you spent the next three days reeling.

Ian: Yeah. [Laughing]

Andy: [Laughing] Got a little close to your center, right?

Ian: Way, yeah.

Andy: Okay. Immense feeling of trapped.

Ian: Yeah.

Andy: Vulnerability.

Ian: Yeah.

Andy: And powerlessness. Like you can't change it. It's, if you make that commitment, then, then I'm ensnared.

Ian: Well, yeah. And then it's also like, and then it's like my true colors are going to show.

Andy: Oh, all right. Then your self-centeredness will show up.

Ian: Well, yeah, exactly. It's like I am really great, except for the fact that I'm totally selfish.

Andy: [Laughing] Okay. Unlike the rest of us...

Ian: Yeah.

Andy: [Laughing] Even those who sacrifice everything are doing it for their own reasons. Okay, let's take a little break.

Just checking in. How's your breathing. See if you can take a...

Ian: I definitely feel more relaxed.

Andy: Mm-hmm. Okay. You know, I was drawing a little bit of a connection between this feeling of physical trapness with the emotional trapness.

Ian: Right. Right.

Andy: Does that ring for you?

Ian: Yeah.

Andy: Similar kind of experience, emotionally? Mm-hmm. Okay. Well, you know, what I find is that often we have had experiences as a child, and we make a decision about life, and then we file it away. And then these things trigger certain feelings.

And you know, at this point, you're feeling like, well, I might want to have fun. I want to have a good time. So your parameters are pretty well—you know how to do that. Where to find it. And yet you were drawn to this woman and...

Ian: Well, I also feel like I want to have a little bit of a deeper connection than I've been having lately.

Andy: Mm-hmm. So there's a yearning...

Ian: It's like, I mean, it's like life is great. I'm in college. Things are fun, you know?

Andy: Great.

Ian: It's like there's nothing for me to complain about, in terms of the women that I've been seeing. And I see women as much as I want to, really.

Andy: Right. Yeah. I can see you in wouldn't have a hard time. [Laughing]

Ian: It's a great time in my life, in that way, except that I don't really feel like I am ever quite, like, finding that level of connection that I long for on some deeper level.

Andy: So, okay. So there's a part of you that yearns for that deep connection.

Ian: Yeah, yeah. Totally.

Andy: And there's a part of you that reacted to the potential of it, so that maybe you're terrified of that vulnerability.

Ian: Yeah. Definitely.

Andy: Okay. So let's do a little something. Even though...

Ian: Even though...

Andy: I'm torn...

Ian: I'm torn...

Andy: Between the yearning...

Ian: Between the yearning...

Andy: For connection...

Ian: For connection...

Andy: And the fear...

Ian: And the fear...

Andy: Of the loss of my identity...

Ian: Of the loss of my identity...

Andy: Could that be...?

Ian: Maybe the loss of my freedom. Like I think it's one that I can easily get behind.

Andy: Okay. That's good. Maybe I was projecting. [Laughing]

And I deeply and completely...

Ian: And I deeply and completely...

Andy: Love and accept myself...

Ian: Love and accept myself...

Andy: This paradox...

Ian: This paradox...

Andy: This contradiction...

Ian: This contradiction...

Andy: This yearning for commitment. Not commitment. Yearning for connection...

Ian: This yearning for connection...

Andy: I'm missing that...

Ian: I miss that...

Andy: I know what it feels like...

Ian: I do know what that feels like, yeah.

Andy: And I yearn for it...

Ian: I yearn for it...

Andy: I'm having fun...

Ian: I'm having a great time...

Andy: Yeah. And I just want some, that connection...

Ian: But I want some of that connection. Yeah.

Andy: But it's connected to...

Ian: But it's connected to...

Andy: My loss of freedom...

Ian: My loss of freedom. At least in mind, it is.

Andy: Mm-hmm. It doesn't have to be real. Because intellectually, you can see that it doesn't have to be. But what I'm getting is there is an emotional, like knee-jerking. I tap your knee it's going to go...

Ian: Like I want that deep connection, but aaaahhh!

Andy: Yeah. Right. [Laughing] Back off!

Ian: [Laughing] Yeah, totally.

Andy: So there's a push-pull. I want this connection, and I'm afraid of it. I'm afraid of that. Losing my freedom...

Ian: I'm afraid of that. I'm afraid of losing my freedom...

Andy: That I'll become vulnerable...

Ian: That I'll become vulnerable...

Andy: That I'll care...

Ian: That I'll care...

Andy: And I'll give up this great life...

Ian: That I'll give up this great life. Yeah, then I'll be old. [Laughing]

Andy: Yeah. I'm in college. I'm having a ball. I could be a dad in nine months.

Ian: [Laughing]

Andy: I'm going to be wearing a tie. I could have responsibility. I could be in a contracted relationship and all the joy will be gone. Are those accurate?

Ian: Yeah.

Andy: Yeah. Fear of being trapped. Like being in the dentist chair when you were nine. No power. I just wandered into this thing.

Ian: I mean, I'd like to think that it's at least a little more fun than that.
[Laughing]

Andy: Mm-hmm. Yeah. And I'm not saying it is or it isn't. I'm just, that fear...

Ian: Fear. Yeah.

Andy: Yeah. Right. Yeah. So, when an opportunity arises where you could actually have this connection, the opposite comes up.

Ian: Yeah. Yeah.

Andy: Because I think that Werner Erhard—I heard it say, "When you speak of love, everything that is not love comes up."

And when you're faced with this potential, then all the issues came up. And I don't say that they're right or wrong. I just think that if you were to use some tapping when this comes up, you might not have to have the flu symptoms.

Ian: Yeah, that sounds good.

Andy: Yeah. And I would buy sneakers, so that you could run away faster.

Ian: [Laughing]

Andy: And good transit away from New York when you need it.

Ian: [Laughing] Yeah.

Andy: Yeah. Okay. All right. Let's take a little break. And see how you're doing inside. How's your—can you breathe? And we had a grapefruit-sized, gray...

Ian: It's smaller than a golf ball, now.

Andy: Smaller than a golf ball?

Ian: Yeah.

Andy: Okay. Well that's pretty good.

Ian: Yeah.

Andy: Any color come up?

Ian: Things are feeling like more pale yellow.

Andy: Mm-hmm. Okay.

Ian: Little calmer.

Andy: Yeah. All right. And if you were to say how you're feeling, zero to ten...

Ian: Probably about a two or a three.

Andy: So that's pretty manageable.

Ian: Yeah, yeah. Yeah. Pretty good.

Andy: All right. Well let's check in on nine-year old experience. We were talking about how being strapped in and being you know, gruff dentist. Is the memory changed at all?

Ian: [Pause]

Andy: How you access it? Is it clear?

Ian: It's probably a little less clear, actually.

Andy: Mm-hmm. Okay. All right. And when you, do you have any emotional connection to that memory now?

Ian: It still makes me a little uncomfortable, but...

Andy: Where, zero to ten, so we get a sense...

Ian: Like I think maybe a three or a four.

Andy: Okay. That's quite a bit less.

Ian: Less. Yeah. It was like a six.

Andy: Yeah, okay. And what's the feeling there? Does it bring any—when you say—it brought it back up again.

Ian: A little bit, yeah.

Andy: Okay. So what do you think it was? Like being out of control. Being...

Ian: I just think it was that dripping needle. [Laughing]

Andy: Okay, so there's this image of this big, and...

Ian: And then him like, sticking it in and it just being like painful, like in writhing and screaming and...

Andy: Okay. All right. Let's go for it. Let's go for...

Ian: [Laughing] Yeah.

Andy: Even though I was strapped in the chair...

Ian: Even though I was strapped in the chair...

Andy: And couldn't get away...

Ian: I couldn't get away...

Andy: And he just jammed that needle in my mouth...

Ian: He he just jammed the needle into my gums...

Andy: And I'm writhing and screaming...

Ian: And I'm screaming...

Andy: But I can't get words out...

Ian: I can't get words out...

Andy: And I deeply and completely...

Ian: I deeply and completely...

Andy: Love and accept myself...

Ian: Love and accept myself...

Andy: All right. I'm screaming. I'm writhing...

Ian: I'm screaming. [Laughing] And he's sticking this thing into my gums.

Andy: And he's jabbing me... [Laughing]

Ian: Stabbing me with a needle.

Andy: Stabbing me. This Scottish dentist stabbing me [Laughing] ...

Ian: [Laughing]

Andy: It's a terrible picture. I'm glad it isn't one in my file.

Ian: [Laughing] Yeah, definitely the worst dental experience of my life.

Andy: Yeah. Your worst dental experience. Yeah. He didn't take care of you. He just did his job.

Ian: Yeah.

Andy: And he stabbed you. And it's like this—you have this idea of this stabbing feeling. It's like if I was to come at you with this.

Ian: Yeah. I mean, he must not have come at me so far away. Like he couldn't have been like...

Andy: [Laughing]

Ian: Like that, right? But that's what it seemed like to me at the time.

Andy: Mm-hmm. Sure. Yeah. It just seemed like a big swoop in there with this thing.

Ian: Yeah. I expected that it was going to be like, you know, like I'd get a sense that he was like starting to stick it in my mouth. It was just like, it was so fast. And I just like...

Andy: Yeah. It just feels like the memory is like a, just a big stabbing motion.

Ian: Yeah, yeah. Totally.

Andy: Mm-hmm. Yeah. Okay. A little change there? You just had a—yeah. Okay. What changed? You just had a big breath?

Ian: I just felt like some stuff coming out, like, letting go of that, a little bit.

Andy: Okay. All right. Good. What's going on now?

Ian: It's just amazing how like that could be, like, such a sort of a non-issue in the grand scheme of my life.

Andy: Mm-hmm. One hour.

Ian: How I could like store that, yeah. One hour of an experience, for this long. Because I didn't really think it was like...

Andy: Yeah.

Ian: I mean, I know it's a terrible story. And it's great to tell.

Andy: [Laughing]

Ian: I can really shock somebody, but...

Andy: Right. Mm-hmm.

Ian: I didn't realize I had so much stuff still, around it.

Andy: Yeah. Now, at this moment, you seem more relaxed.

Ian: Yeah, I feel more relaxed now.

Andy: Good. And how's your body? Is that golf ball gone back down?

Ian: It's small, yeah. It's smaller.

Andy: Mm-hmm. Because it had gotten bigger again, didn't it?

Ian: Yeah, definitely.

Andy: Mm-hmm. Yeah. Power of an event like that just got imprinted somewhere. And I noticed something a little before that, too. It was just like it just—almost a subtle letting go in your body, there, that... . And you felt that, as well, right?

Ian: For sure, yeah.

Andy: Mm-hmm.

Ian: Yeah.

Andy: Okay.

Ian: I felt like a few different phases of relief, that's what happened, if you're talking about that last...

Andy: [Laughing]

Ian: The syringe moment.

Andy: Right.

Ian: It's funny, like, as soon as we do that, I'm like, then it's actually getting tense a little bit, but it's like, it keeps easing out more. So...

Andy: Okay. So if we were to do this...

Ian: Yeah. [Laughing]

Andy: ...do this motion here, you can get a little...

Ian: I get a little bit coming back, yeah.

Andy: Okay. So one or two, or, out of ten?

Ian: Yeah, I would say it's like a, maybe a two.

Andy: Okay.

Ian: Yeah.

Andy: All right. Let's go—even though...

Ian: Even though...

Andy: I have this remaining...

Ian: I have this remaining...

Andy: Reaction...

Ian: Reaction...

Andy: To the needle movement...

Ian: To the needle movement. To the idea of being injected.

Andy: Just to the idea of being injected. And that motion...

Ian: And that motion...

Andy: I deeply and completely...

Ian: I deeply and completely...

Andy: Love and accept myself...

Ian: Love and accept myself...

Andy: Okay. [Laughing] You've got a great smile. [Laughing] All right. That motion still affects me...

Ian: That motion still affects this remaining reaction...

Andy: That needle motion...

Ian: The needle. The jabbing...

Andy: The jabbing...

Ian: The jabbing...

Andy: Stabbing...

Ian: Syringe...

Andy: Oh. Just picturing that syringe coming at you. Oh, it must be terrible.

Ian: I hate the syringe.

Andy: I hate the syringe. Was it the ones with, like, the finger thingies on it, and...

Ian: Yeah, yeah. [Laughing]

Andy: [Laughing] It's like they would use for an elephant.

Ian: Yeah. [Laughing] Yeah, that's what it looked like.

Andy: Elephants and nine-year-old boys. They use them for. Yeah. It looked huge. And it was suddenly there. It was really a quick movement, wasn't it?

Ian: Yeah, I did not...

Andy: You weren't ready...

Ian: ...see it coming.

Andy: Mm-hmm. Yeah. It was there. And hurting. This remaining reaction...

Ian: This remaining reaction...

Andy: This remaining jabbing, stabbing injection feeling...

Ian: This remaining, injection feeling. The stabbing injection...

Andy: Stabbing and jabbing...

Ian: Stabbing and jabbing...

Andy: Stabbin' and jabbin'! [Laughing] Ay, laddie, we're stabbin' and jabbin' today laddie. [Said with a Scottish accent]

Ian: [Laughing]

Andy: [Laughing] Does it take you back? [Laughing]

Ian: [Laughing]

Andy: Yeah. Stabbin' and jabbin'. Needles for all wee lads. Okay, laddie. Just stop wigglin'. And your screaming.

Ian: Yeah.

Andy: And writhing. And trying to get away. And kicking. And you didn't see it coming. Good. Starting to let go again?

Ian: This only affects specifically right here.

Andy: Mm-hmm.

Ian: Where it's like clenched from this.

Andy: Well, this is the third chakra. And that's where the personal will center is, for where we put ourselves out into the world, and if you were strapped down and not being, and, you know, hurt, that could just slam shut.

And then when you're in a situation that even remotely looks like, feels like, you know, quacks like loss of freedom, loss of self, than it will come down and you'll protect yourself again and pull away.

And you really had no say in that, did you? And you weren't considered in it.

Ian: No.

Andy: Mother said, "You have to go to the dentist." You go to the dentist.

Ian: I didn't want to. I definitely didn't want...

Andy: And the dentist says, "Pow! Bam!"

Ian: Yeah. [Laughing]

Andy: [Laughing] So what did your will, or your word mean?

Ian: I mean, nothing, really.

Andy: Yeah. Hm.

Ian: I mean, she was like, well, that's... I mean, of course I didn't want to go there. Then it didn't really make any difference, right?

Andy: You're going.

Ian: Yeah.

Andy: Yeah. And that was your relationship with your mother?

Ian: I mean, no. It wasn't entirely.

Andy: Only in that situation.

Ian: But, I mean, yeah. On the level of dentistry, which I respect, you know what I mean?

Andy: It's good for you, right?

Ian: I mean, like I did have cavities.

Andy: She was looking out for you.

Ian: Yes. Yeah, yeah.

Andy: Okay. Well, let's just check in, again. We're just about complete, and... . Are you feeling pretty relaxed?

Ian: Yeah.

Andy: Yeah?

Ian: Yeah.

Andy: Mm-hmm. Well let's just check in on that, one more time, the old memory with the Scottish jabber stabber.

Ian: [Laughing] You say those words, and it's like, "Oh, there it is again." But it's like at a one, now. If it was at a two, it's now at a one. Maybe we're starting to get into fractions.

Andy: Yeah, and [laughing], yeah. Well, often something will come down to a point, but it's not quite gone. And tomorrow you might say, "What was that thing I'm thinking about?" and have no reaction. So I think one is a good thing. For what it was, and how intense it was, at the time. And it has been affecting you.

How about when you think about *that event*?

Ian: Oh, I'm back at like a, I think, a two.

Andy: Okay. All right.

Ian: Or a three, but...

Andy: So do you think you might have more ability to maintain yourself?

Ian: Oh, yeah. I feel a lot cooler than I did earlier, for sure.

Andy: So you could go near the jaws of love and death and survive...

Ian: Hopefully, not have like that horrible flu reaction again. Yeah.

Andy: Yeah, yeah. Yeah. So you could actually enjoy this thing, and see where it goes.

Ian: That's going to help, yeah.

Andy: Yeah. And if you ever need to go to the dentist, you might...

Ian: I think I can probably do it, yeah.

Andy: Okay.

Ian: I really don't believe that the reason I didn't go to the dentist for the past thirteen years is just because I was afraid.

Andy: No, I don't think so, either. But, however, that has been in there...

Ian: And I haven't wanted to go, you know? [Laughing]

Andy: Yeah. Oh boy! [Laughing] Hm. I've got a free Friday night. What do I do?

Ian: [Laughing] Yeah.

Andy: Not go to the dentist.

Ian: Yeah.

Andy: Yeah. Yeah. Well, thank you for coming. Thank you for trusting me and being willing to go through this and...

Ian: My pleasure. Thank you.

Andy: ...thank you.