

SESSION WITH JENNY

Jenny: Hi!

Andy: Thanks for being here today. We're working on dental fears and phobias, and I believe you have something to work on here.

Jenny: I do.

Andy: Yeah? So, what is it? Do you have to make a phone call?

Jenny: I have to make the phone call for quite a while now.

Andy: Okay. And you've been finding it hard to just even dial the dentist?

Jenny: Dial. Yeah.

Andy: All right. And what's the appointment for?

Jenny: Cleaning.

Andy: Just for a cleaning.

Jenny: Yup.

Andy: And you're having trouble...

Jenny: Yeah.

Andy: Okay...

Jenny: But for me, a cleaning is a little more in-depth. Because I had a little gum recession, and I need to have a lot of Novocain, and my teeth are very sensitive, so...

Andy: So you have to have freezing...

Jenny: Just for the cleaning.

Andy: ...just for the cleaning.

Jenny: Yeah. And I'll do one side, and then I'll schedule the next side for another week, because that's about all I can handle.

Andy: All right. Okay.

Jenny: So it's a little more than just the regular, old cleaning.

Andy: Yeah. And is there any concern about the unknown, like, oh, you have to have other work that could come up?

Jenny: Yeah. Yeah. Definitely.

Andy: Okay. So there's the unknown, but there's also the known. You know that you're going to have to have this procedure, and you can handle just so much.

Jenny: Right.

Andy: Okay. So what is it about that? Is it the pain? Freezing...

Jenny: It's more that I feel extremely vulnerable. It is the last thing I would want anyone to see. And I would be embarrassed and humiliated. And it's the thought of that, as well as there may be other things that come up that would have to be worked on.

Andy: So there's fear of what possibly could happen, but also...

Jenny: Right.

Andy: ...just being there, vulnerable, with your mouth open and people will be walking in and out...

Jenny: Right. Or having that person who's working on me be disgusted...

Andy: Oh!

Jenny: ...with what they're seeing, or things like that. It's just like most...

Andy: It would be like judged, or something.

Jenny: Yeah. And the most vulnerable I could imagine myself being.

Andy: Okay. All right. And vulnerable is a state that's—you could be taken advantage of. You could...

Jenny: Or that someone is seeing a really ugly part of me, I would say.

Andy: All right. If you could rate your feelings about this, zero to ten, ten being the most intense, where would you be?

Jenny: I would say ten.

Andy: Okay. And any physical—when you think about making the call, is there a place in your body that...

Jenny: Um, I would have a general anxiety. I mean, I didn't even get to the point where—I would think about making the phone call, but I wouldn't actually get to the point where I would dial the phone, so I didn't have a physical reaction as of yet.

Andy: Okay. When you get anxious, is there a place in your body that—your stomach, yeah?

Jenny: I mean, I guess my stomach might flip over, or something like that.

Andy: Okay. Do you get—like sometimes, there's different things, like maybe weak, light-headed, anything like that?

Jenny: I would say those kinds of symptoms, on the drive there.

Andy: Okay. And when you think about the phoning to make an appointment, you're having a ten anxiety.

Jenny: Or actually after I make the appointment, I probably feel that anxiety until the day when I have to go...

Andy: All the way...

Jenny: Sure, sure.

Andy: ...so it's better to put it off until a few days, and I'll just, *Can I get in?* And...

Jenny: Right.

Andy: Okay. All right. So it's anxiety. Any other feelings about it, would that translate as fear? Fear of the unknown. Fear of the known. Any trigger words to do with the dentist, that, you know—it's just like a general thing at this point?

Jenny: I especially don't like it when they do that thing where they will tap your teeth to see how tight...

Andy: Does this hurt? Does this hurt?

Jenny: Yeah, that kind of thing; you know, the whole preliminary.... I'm not really scared of the needle. I'm not scared of the cleaning, or any of the instruments or anything like that. It's more the examination.

Andy: And that's where you feel exposed and vulnerable?

Jenny: Yeah. I mean once you get past that, we already know what's going on. Go ahead and clean, and I have all the Novocain and I'm okay.

Andy: Okay. All right. So it sounds like two basic things at the moment. One is just this anticipation and the anxiety around it.

Jenny: Yeah.

Andy: And that of being vulnerable and exposed to judgment.

Jenny: Yes.

Andy: And someone's disgust. Like a, "Oh, look what's here!"

Jenny: Right, because the things I've experienced dentally, I'm too young to have these conditions.

Andy: Oh! So you just think it's a...

Jenny: And I've had—you know, it's kind of a strange thing. I'm too young to have these things going on, and they first started really showing up right after my dad passed away.

Andy: How long ago was that?

Jenny: Fifteen years ago.

Andy: Fifteen?

Jenny: Yeah. So I was like 21, 22. And I started having these issues during the time that I was grieving for him.

Andy: Mm-hmm. Okay.

Jenny: So. And I think I may have known at that time that he also had dental issues.

Andy: Okay. All right. Is that okay if we go to maybe do some tapping around Dad's passing at some point in the session, as a specific event?

Jenny: Oh, yeah, that would be a very eventful session.

Andy: Okay.

Jenny: [Laughing]

Andy: Okay. All right. Well let's just work with the phone, right now, and then we'll go to that.

Jenny: Yeah. Okay.

Andy: So let's do some tapping here. Even though...

Jenny: Even though...

Andy: I have this ten anxiety...

Jenny: I have this ten anxiety...

Andy: Just thinking about...

Jenny: Just thinking about...

Andy: Phoning the dentist...

Jenny: Phoning the dentist...

Andy: And making an appointment...

Jenny: And making an appointment...

Andy: Because I know...

Jenny: Because I know...

Andy: I'll be vulnerable...

Jenny: I'll be vulnerable...

Andy: And I could be judged...

Jenny: And I could be judged...

Andy: Because my teeth belong to an older person...

Jenny: Because my teeth belong to an older person...

Andy: Or should...

Jenny: Or should...

Andy: And that's not right...

Jenny: And that's not right...

Andy: And I feel...what do you feel about that?

Jenny: I feel disgusted with myself. Embarrassed.

Andy: Okay. And I judge myself...

Jenny: And I judge myself...

Andy: And I still...

Jenny: And I still...

Andy: Deeply and completely...

Jenny: Deeply and completely...

Andy: Love and accept myself...

Jenny: Love and accept myself...

Andy: Is that okay to say?

Jenny: Yeah.

Andy: Yeah? Good. Some people can't.

Jenny: Yeah.

Andy: Yeah? Okay. Let's do some tapping. You like to do both sides?

Jenny: No, it's okay to...

Andy: Okay. All right. I've got one place up here where you work with. This phone call...

Jenny: This phone call...

Andy: It's a scary call...

Jenny: It's a scary call...

Andy: It means something...

Jenny: It means something...

Andy: Means I'll be exposed...

Jenny: It means I'll be exposed...

Andy: I'm asking for it...

Jenny: I'm asking for it...

Andy: I'm actually dialing and asking to be embarrassed.

Jenny: I'm dialing and asking to be embarrassed.

Andy: To have my own judgments reflected back to me.

Jenny: To have my own judgments reflected back to me.

Andy: I feel vulnerable...

Jenny: I feel vulnerable...

Andy: It's a ten...

Jenny: It's a ten...

Andy: I resist...

Jenny: I resist...

Andy: I'm fighting it...

Jenny: I can't make the phone call.

Andy: I cannot make this phone call. Can't remember where my mic is. I can't make this call...

Jenny: I can't make this phone call...

Andy: Don't ask me to make this phone call...

Jenny: Don't ask me to make this phone call...

Andy: You got this one too?

Jenny: I've had to make the phone call for months.

Andy: I've been resisting for months...

Jenny: I've been resisting for months...

Andy: Yeah. It's not getting any easier...

Jenny: It's not getting any easier...

Andy: My teeth aren't getting any younger...

Jenny: And my teeth aren't getting any younger...

Andy: Yeah. And I'm not getting any more relaxed...

Jenny: And I'm not getting any more relaxed...

Andy: Yeah. I'm afraid...

Jenny: I'm afraid...

Andy: I judge myself...

Jenny: I judge myself...

Andy: I feel like I'm vulnerable...

Jenny: I feel like I'm vulnerable...

Andy: It's the most vulnerable thing...

Jenny: It's the most vulnerable thing...

Andy: That's what you said, right? It's like the most vulnerable place you could be?

Jenny: Yup.

Andy: Yeah? Exposed...

Jenny: Exposed...

Andy: People staring and looking into your mouth...

Jenny: People staring and looking at my mouth...

Andy: Shaking their heads maybe...

Jenny: I hope not.

Andy: Yeah. But you have a real good imagination, don't you?

Jenny: I really...yeah. I do.

Andy: Yeah. You're an artist?

Jenny: I am.

Andy: So it works for you?

Jenny: And against me.

Andy: And against you. A double-edged sword, here. This great imagination...

Jenny: This great imagination...

Andy: Can you visualize being in the chair and...

Jenny: I can.

Andy: Mm-hmm. How does that feel if we go there?

Jenny: I...don't like it.

Andy: No. Okay. It's not any easier.

Jenny: I can...yeah. It's easy to imagine.

Andy: It's easy to imagine, but emotionally it's not easier.

Jenny: It's easy to imagine. No.

Andy: Because it's right there.

Jenny: Yeah.

Andy: Yeah. So you can actually create the situation, as if it were real?

Jenny: Over and over and over and over again in my head.

Andy: Yeah. And unfortunately, our awareness, our consciousness, doesn't know the difference between...

Jenny: Our consciousness doesn't know the difference between...being there...

Andy: The real thing...

Jenny: Right. The real thing.

Andy: Yeah. So you're actually experiencing being in the chair...

Jenny: I'm experiencing being in the chair...

Andy: Every time you think about it...

Jenny: Every time I think about it...

Andy: Going to the phone...

Jenny: Going to the phone...

Andy: Because going to the phone is sitting in the chair...

Jenny: Because going to the phone is sitting in the chair...

Andy: So you go to the dentist every time you think about it. [Laughing]

Jenny: [Laughing] I go to the dentist every day I get up.

Andy: Instead of once every six months you...

Jenny: I'm going to the dentist every day in my mind.

Andy: Yeah. Mm-hmm. And you don't even have to drive...

Jenny: And I don't even have to drive...

Andy: At least you don't have to commute. But it's the most vulnerable thing you could do...

Jenny: It's the most vulnerable thing I could think of doing...

Andy: And here you are, doing it every day...

Jenny: And here I am, doing it every day...

Andy: And your mind goes there...

Jenny: And my mind goes there...

Andy: Yeah. Just can't stop going there...

Jenny: I can't stop going there...

Andy: And it's always the same feeling...

Jenny: And it's always the same feeling...

Andy: Mm-hmm. How are we doing now? Is...yeah? It was a ten when we started talking about it?

Jenny: No, well now I have more physical feeling about it.

Andy: Ah, good! Can you tell me...

Jenny: Well, I just feel, like maybe tight in my chest.

Andy: Okay. Tight in my chest.

Jenny: And...

Andy: Just tightness.

Jenny: No that...

Andy: Did your breathing get shallow, anxious, nervous?

Jenny: Yeah.

Andy: Yeah.

Jenny: I feel nervous.

Andy: So it's hard to take a deep breath?

Jenny: I would say so.

Andy: Mm-hmm. So you're actually getting into the physical experience of this anxiety. Mm-hmm. Great. Not so great. That's okay.

Jenny: Not so, no. Not so great.

Andy: But good because we're tapping, and maybe we have some opportunity to reduce it. Okay, so...thinking about the call...

Jenny: I'm thinking about making the phone call...

Andy: And once you do that...

Jenny: And once I do that...

Andy: You have to go, don't you...

Jenny: I have to go...

Andy: Because that's what you do. You keep your word. Yeah. And then you surrender to it.

Jenny: Then I can get it over with.

Andy: Yeah. And then it's over for a few months...

Jenny: Then it's over for a few months...

Andy: Yeah?

Jenny: And I'd like to rather think that they're there to take care of me.

Andy: Hm!

Jenny: Not to hurt me.

Andy: Or judge you...

Jenny: Or judge me...

Andy: Yeah.

Jenny: Because they're doctors. They're professionals.

Andy: They're professionals, yeah. They probably see lots of stuff. Maybe your mouth isn't so bad after all.

Jenny: I take really good care of it.

Andy: Yeah?

Jenny: Yeah.

Andy: Mm-hmm. So it's just imagining.

Jenny: I try and tap that I take good care of my teeth.

Andy: Yeah. Okay.

Jenny: And so I, but...

Andy: You do take care of your teeth.

Jenny: I do! I take excellent care of my teeth.

Andy: And yet you feel like you might be judged.

Jenny: Right. Or that when I get there, it might be somehow worse than I imagined, and I'm going to be told terrible things, and, it's going to be bad.

Andy: Yeah, you're a genius! Your imagination—you're a genius! You're brilliant! I bet your art is excellent.

Jenny: The paintings are better than my teeth.

Andy: [Laughing] And more fun...

Jenny: And more fun...

Andy: And more fun. Yeah. So what would you do with your time and energy if you weren't thinking about not making a phone call?

Jenny: I'm constantly in fear. I don't know. I'm living in this anxiety and fear on a daily basis, because I have to make the call.

Andy: Well what would you do with all the free time?

Jenny: I don't know. I'd probably just relax.

Andy: [Laughing] And have energy to change?

Jenny: And I would, yeah, and have energy for the things that I want to do. And I would probably be very conscious that I was not in fear or full of anxiety.

Andy: Okay. All right. Let's take a little break. How are you doing now? We'll just check in and—is it still a ten?

Jenny: I'm just feeling—my hands get kind of tingly and I feel a little, um, and my feet as well. And I just feel that kind of buzzing energy.

Andy: Okay. But not the anxiety, at the moment.

Jenny: Um, no. I mean, I'm conscious of what we're doing...

Andy: Doing, yeah. But it was a ten when you were thinking about making the phone call. If I asked for a cell phone and you were going to make a...we couldn't just bring one over here and have you dial the...

Jenny: [Giggling] No!

Andy: Do you know the number?

Jenny: No.

Andy: It's not burned, seared into your memory? [Laughing]

Jenny: No.

Andy: No? Okay. It's not something you want to remember.

Jenny: No. If I tried hard, I probably could.

Andy: Okay. All right. Well. That would be one way of knowing. You make a phone call...

Jenny: To make the phone call now!

Andy: Yeah [Laughing] But let's talk about Dad.

Jenny: Okay.

Andy: What did you call him? Dad, Daddy, Father? Your Honor?

Jenny: Daddy.

Andy: Daddy. Okay. That's what my daughter calls me, Daddy.

Jenny: Yeah, Dad or Daddy.

Andy: Okay. And he died fifteen years ago?

Jenny: Yeah. I was 21, so...

Andy: And what was your relationship with your father?

Jenny: I was very close with him. Rejected Mom, sister, and was very attached to Dad.

Andy: Okay. So he was your source and nurturing and connection and validation.

Jenny: Yeah. Yeah. Yeah.

Andy: And, he left.

Jenny: Yes.

Andy: Yeah. And you were only 21. He couldn't have been very old, then.

Jenny: Fifty-nine.

Andy: Oops. That's my age.

Jenny: He was 59, and he had pancreas and liver cancer.

Andy: Oh, okay. So that was pretty swift?

Jenny: Yes. And it was also during the summer months, like now, where he was diagnosed. And then we spent the summer kind of waiting and getting information. He passed away in September, and I feel like my physical

things come up, kind of, during these months, as a revisiting of that time, somehow.

Andy: So, it's sort of a mourning or a—possibly, but annually, around the time that he went, there is this process.

Jenny: I think so, yeah. Or a cellular remembering event kind of thing.

Andy: Is that the way you want to remember Dad, or...no?

Jenny: No!

Andy: Okay. When he left, in the manner that he left, I would assume it was a ten. Is that...

Jenny: Yes.

Andy: Yeah? And what was the feeling? Were you feeling loss? What would you say, in your words?

Jenny: Uh...I think it's kind of beyond words, in a way. I think it was so intense that I left kind of rational reality. It was kind of something I couldn't assimilate.

Andy: Mm-hmm. Okay. So it's even beyond putting words to it.

Jenny: Yeah. Yeah. It was something I couldn't accept.

Andy: All right. Let's do a little tapping to—yeah. Couldn't accept, okay?

Jenny: No.

Andy: That's pretty clear, right there. So even though...

Jenny: Even though...

Andy: My dad passed away...

Jenny: My dad passed away...

Andy: When I was 21...

Jenny: When I was 21...

Andy: And I couldn't accept it...

Jenny: And I couldn't accept it...

Andy: Can you, yet?

Jenny: Yes.

Andy: I have now...

Jenny: And I have now...

Andy: But I still go through...

Jenny: But I still go through...

Andy: Heightened symptoms, intensified symptoms...

Jenny: Heightened symptoms, intensified symptoms. I maybe did not grieve, fully, the way I should have.

Andy: Yeah, okay.

Jenny: I left my house, as soon as—after he passed away. And moved up here, and lived alone, basically.

Andy: Okay.

Jenny: Bad move.

Andy: Hm.

Jenny: Nobody knew him. And I was alone.

Andy: All right. Okay. And I'm not complete with that...

Jenny: And I'm not complete with that...

Andy: And I deeply and completely...

Jenny: And I deeply and completely...

Andy: Love and accept myself...

Jenny: Love and accept myself...

Andy: Good. That will help you. I didn't grieve him...

Jenny: I didn't grieve his death...

Andy: No. I lost my father...

Jenny: I lost my father...

Andy: I lost my connection...

Jenny: I lost my connection...

Andy: He was my source...

Jenny: He was my source...

Andy: He was the one I went to...

Jenny: He was the one I went to...

Andy: It's beyond words...

Jenny: It's beyond words...

Andy: It's a huge loss...

Jenny: It's a huge loss...

Andy: And every summer I remember...

Jenny: And every summer I remember...

Andy: What he went through...like I can go through it with him again.

Jenny: I'm just going to tap.

Andy: Yeah. And if I say something that you don't agree with, just go, "No."

Jenny: Okay.

Andy: Okay? Good. This pain...

Jenny: This pain...

Andy: This loss...

Jenny: This loss...

Andy: Bye, Dad...

Jenny: My Dad...

Andy: Bye, goodbye, Dad...

Jenny: Oh, goodbye, Dad...

Andy: Yeah. Loss of my dad...

Jenny: The loss of my dad...

Andy: It's too much...

Jenny: It's too much...

Andy: Too big for words...it's way too big for words...

Jenny: It's way too big for words...

Andy: I never really grieved you...

Jenny: I never really grieved you...

Andy: I never really got over this...

Jenny: I never really got over this...

Andy: And I go through it again every summer...

Jenny: And I go through it again every summer...

Andy: With you, step by step...

Jenny: With you, step by step...

Andy: I miss you...

Jenny: I miss you...

Andy: Beyond words...

Jenny: Beyond words...

Andy: And it's hard to be here without you...

Jenny: And it's hard to be here without you...

Andy: Yeah, and I moved up to Woodstock...

Jenny: And I moved up to Woodstock.

Andy: And I was alone...

Jenny: And I was alone...

Andy: I never really—nobody knew you there.

Jenny: Nobody knew you there.

Andy: And I was alone...

Jenny: And I was alone...

Andy: I've dealt with it all myself...

Jenny: I've dealt with it all myself...

Andy: I've just been coping...

Jenny: I've just been coping...

Andy: It true?

Jenny: What?

Andy: Is that true? Just like managing it, getting along...

Jenny: Yeah.

Andy: And now with the tapping, maybe we—the energy can move. But it was a huge loss...

Jenny: It was a huge loss...

Andy: It was the biggest connection you had in your life...

Jenny: It was the biggest connection I had in my life...

Andy: I miss you, Dad...

Jenny: I miss you, Dad...

Andy: I miss you...

Jenny: I miss you...

Andy: I go through your passing every summer...

Jenny: I go through your passing every summer...

Andy: My physical symptoms...

Jenny: With physical symptoms...

Andy: I feel them every summer...

Jenny: And I feel them every summer...

Andy: They get worse...

Jenny: They get worse...

Andy: This loss...

Jenny: This loss...

Andy: This pain...

Jenny: This pain...

Andy: Okay. Anything come up? Any thoughts?

Jenny: [Pause] I guess then I started having problems with my teeth.

Andy: Oh, that's true. Yeah. So you associate the problems with your teeth. Mm-hmm. They happened after you left—after Dad left.

Jenny: Yeah.

Andy: Yeah.

Jenny: He had lost his—he had lost his teeth. As well...

Andy: Oh, okay. Did he have, like gum disease?

Jenny: I don't know.

Andy: Oh. But he, his teeth were taken out.

Jenny: Yeah. Yeah.

Andy: Okay. So, you're just like Dad...

Jenny: I'm just like Dad...

Andy: I've got teeth problems, too...

Jenny: I've got teeth problems, too...

Andy: I've got dental problems...

Jenny: I've got dental problems, too...

Andy: Yeah. I'm connected...

Jenny: I'm connected...

Andy: Yeah. We're connected still...

Jenny: We're connected still...

Andy: We're connected by our problems...

Jenny: We're connected by our problems...

Andy: So you're carrying your love for your father like a burden.

Jenny: That makes sense to me.

Andy: Yeah. Instead of a flag, like you know, "Look, you know, my dad's life was not in vain," but you're actually going...

Jenny: Right. Connected with the problems.

Andy: Yeah. Connected to our problem. Yeah.

Jenny: Yeah.

Andy: What if you connected with something else?

Jenny: That would be nice.

Andy: Yeah.

Jenny: If I could connect with something else.

Andy: What is it you love to do?

Jenny: With my dad?

Andy: No. Well, what did you love to do with your dad?

Jenny: I mean, what is a positive thing I could connect with—with my dad, with?

Andy: Yeah. Mm-hmm.

Jenny: He was a spiritual person. Spiritual seeker. And that way we were the same?

Andy: Mm-hmm. Yeah. Okay. Let's keep tapping. So it's time to let some of this go, isn't it? You've been carrying it all. You miss him the most, don't you. Nobody misses him as much as you do. You keep the memory alive, don't you?

Jenny: [Silent. Sniffling]

Andy: He'll never die, as long as you keep him alive in your mind. But maybe you could do it some other way. Yeah. This grief...

Jenny: [Crying] This grief...

Andy: This loss...

Jenny: This loss...

Andy: This sadness...

Jenny: [Whispers] This sadness...

Andy: I lost my dad...

Jenny: [Crying] I lost my dad...

Andy: He was a spiritual seeker...

Jenny: He was a spiritual seeker...

Andy: He gave that to you...

Jenny: He gave that to me...

Andy: You had it in common...

Jenny: We had that in common...

Andy: Is your art an expression of your spiritual creativity?

Jenny: I guess so.

Andy: Yeah?

Jenny: Yeah.

Andy: Maybe he even helped you find that.

Jenny: Hm?

Andy: Maybe he helped you find that connection in which you express as your art.

Jenny: I guess in some way.

Andy: Mm-hmm. How are you doing? [Laughing]

Jenny: Uh...[sniffing]

Andy: And are you in your body?

Jenny: Yeah.

Andy: And you're feeling grounded?

Jenny: Yeah.

Andy: Yeah? Good. Is it okay to talk about this and...?

Jenny: Yeah.

Andy: Yeah? There's tissues here.

Jenny: Yeah. No.

Andy: No?

Jenny: No.

Andy: Okay. Absorbent finger.

Jenny: Yeah.

Andy: All right.

Jenny: I don't know what else to say in the moment.

Andy: That's all right. Let's just keep tapping.

Jenny: [Sniffing]

Andy: This daddy connection...

Jenny: This daddy connection...

Andy: Rewiring the daddy connection...

Jenny: Rewiring the daddy connection...

Andy: Would that be okay?

Jenny: That would be great.

Andy: Yeah? Creating new neural nets around Dad...

Jenny: I would love to create new neural nets around Dad...

Andy: It could be with reconnecting to—can you remember good times with Dad?

Jenny: Um, yeah. Difficult.

Andy: Hm. So, you remember so vividly his time of passing.

Jenny: Yeah, and negative things instead of positive things. I would rather remember positive things, but it's kind of difficult.

Andy: Yeah, because the pain of grief and loss is here, and it's hard to see past that, yeah?

Jenny: Yes.

Andy: Mm-hmm. Well, let's just tap. Keep tapping to...

Jenny: I don't have to be like him.

Andy: Hm?

Jenny: I don't have to be like him.

Andy: No.

Jenny: In this way.

Andy: Right.

Jenny: In this negative way.

Andy: But it has been—it has been quite an homage and a love, an expression of connection, hasn't it? That you could suffer, too...

Jenny: Yes. I could suffer, too...

Andy: I suffer from my dad...

Jenny: I suffer from my dad...

Andy: Yeah.

Jenny: [Speaks softly] I suffer from my dad...

Andy: And I lost my dad...

Jenny: And I lost my dad...

Andy: And I'm still suffering...

Jenny: And I'm still suffering...

Andy: What would happen if you stopped grieving him, if you stopped having these cycling symptoms? Would that mean you didn't love him?

Jenny: No.

Andy: You could still love him and be happy?

Jenny: Yes. I don't know. [Laughing]

Andy: Is it a possibility...

Jenny: It's a possibility...

Andy: But the way you've been doing it...

Jenny: But the way I've been doing it...

Andy: Is missing him...

Jenny: Is missing him...

Andy: And suffering...

Jenny: And suffering...

Andy: And being sick..

Jenny: And being sick...

Andy: And having bad teeth...

Jenny: I think I—and having, and having bad teeth. I think I took on the illness.

Andy: You took it on for him? You tried to...

Jenny: Yeah. I mean like, when he was sick, I felt sick. And I thought I was sick, instead of him being sick, because I couldn't really deal with him being sick.

Andy: Oh, okay.

Jenny: So I was sick myself.

Andy: Was it inside?

Jenny: And I weighed myself all the time, and I wasn't eating, and these kinds of things. And then I was scared of dying. But I wasn't acknowledging that he was dying and it was not me.

Andy: Okay, so you internalized the process that he was going through.

Jenny: Yes. I internalized the process that he was going through. Absolutely. Yeah.

Andy: Yeah. So you got really skilled at it. And there's your imagination again, how creative you are. You could actually manifest his issues in your body.

Jenny: Yeah. Yeah. I thought I was sick, not him.

Andy: You actually believed you were sick.

Jenny: Yes.

Andy: And then you created this situation with your teeth...

Jenny: Yes.

Andy: Just like him.

Jenny: Yes. And then created this situation. And then whatever other physical ailment I've suffered, then...yeah.

Andy: Right. All right, well, that's a good daughter. That's a loving daughter. Not necessarily good to herself...

Jenny: Not necessarily good to myself.... I transferred. It was, I guess, a transference. Of illness.

Andy: Yeah. Hard to face losing him.

Jenny: Right.

Andy: Easier to face suffering and dealing with the things in your own body.

Jenny: Yes. So, I think that's what I did.

Andy: Okay. Want to keep going? Want to change that?

Jenny: [Laughing] Yes.

Andy: So who can do that? Who can make the change?

Jenny: I can make the change.

Andy: Yeah? Can you?

Jenny: I think I can. I mean, I think I can. I'm open.

Andy: Yeah? So what would have to change?

Jenny: [Pause] I would have to think that I was—could be well. I would have to think that I deserved to be well, and that it's okay to be healthy.

Andy: It's okay—yeah, it would have to be okay to be healthy.

Jenny: It would have to be okay with me to be healthy.

Andy: Is there anything that would help you make that decision?

Jenny: Um. [pauses] I don't know, I...

Andy: For instance, if you could speak to your father now, would he be happy that you were feeling sick?

Jenny: No. He would want me to be healthy.

Andy: Okay. If you thought of that as a way of sort of honoring him, in a healthy way, like that, I'm going to...

Jenny: Yeah. That feels good.

Andy: Yeah?

Jenny: Yeah.

Andy: So, for you, I could live...

Jenny: I could live...

Andy: For you, Dad...

Jenny: Or I could live and be healthy, for you.

Andy: In a way, celebrating your life by celebrating my life.

Jenny: Right. Right. Because he wouldn't want me to suffer.

Andy: No. So you could celebrate your life...

Jenny: I could celebrate my life...

Andy: In a way that he would be proud of...

Jenny: In a way that he would be proud of...

Andy: And happy for...

Jenny: And happy for...

Andy: Rather than joining him...

Jenny: Rather than joining him...

Andy: In his problems...

Jenny: His physical suffering...

Andy: Yeah.

Jenny: Sickness.

Andy: Right. Would that be a helpful thing to consider?

Jenny: Yeah, most certainly.

Andy: Okay.

Jenny: I think it's just one aspect of beginning to be healthy.

Andy: Mm-hmm. Mm-hmm. First of all is choosing to.

Jenny: Yeah.

Andy: And having the permission to.

Jenny: Right. I choose to be healthy.

Andy: Yeah.

Jenny: And I give myself permission to be healthy.

Andy: Because when you were—your father was passing, and you were resisting that concept and having these illnesses yourself, you may have decided something about life. And you remember—memories of what you decided?
[tapping begins]

Jenny: I think I decided that I couldn't stay. Or I couldn't go on.

Andy: I can't go on without you.

Jenny: Yeah.

Andy: Well. So you've been—every day, you have to fight that decision, because you're here.

Jenny: I thought it was too soon, or...

Andy: Well, yeah, it was too soon. You got there way too soon, didn't you? Yeah. It's not right. Wasn't fair. I'm not ready. I'm not ready for that...

Jenny: [Crying] I'm not ready for this.... I'm not ready for this.

Andy: Not ready.

Jenny: No.

Andy: I'm all on my own, now...

Jenny: I'm all on my own, now...

Andy: You left too soon...

Jenny: I left too soon...

Andy: You did pretty well, so far.

Jenny: Hm?

Andy: You did pretty well so far, with our...

Jenny: I did pretty well so far...

Andy: But it wasn't a lot of fun...

Jenny: But it wasn't a lot of fun...

Andy: Yeah. It's been a struggle...

Jenny: It's been a struggle...

Andy: Yeah, because you decided not to go on. And here you are. So you're fighting your own decision, yeah? Mm-hmm. Think you could make a new one?

Jenny: I can.

Andy: Yeah? Is it time to live? Is it okay to live?

Jenny: It's okay to live.

Andy: To be alive?

Jenny: It's okay to be alive. I'm not fully alive when I'm suffering, and I'm in pain, and I'm worried, though. [Crying] I can feel that I'm not really participating.

Andy: And you're not...

Jenny: I distance myself by having physical pain, physical problems.

Andy: Right. Yeah. So you separate from life, like that.

Jenny: I do.

Andy: Yeah.

Jenny: I do.

Andy: Do you think you could use a tapping, if you needed to, to...

Jenny: Absolutely. I do.

Andy: Yeah? Great. Okay. Good. All right. Well, we're going to take a little break.

Jenny: Good.

Andy: A little bit of water, and...

Jenny: Good idea.

Andy: And a few breaths. How are you doing?

Jenny: Oh, fine.

Andy: This okay?

Jenny: Yeah. Yeah.

Andy: Well, I would just love to see you fully engaged in your life, because I'm betting your art, your relationships—all ready to blossom.

Jenny: Now, that rings very true to me, that kind of like—the any kind of physical, and I've had other physical issues, just completely—it's like going zap! Being down a tunnel, you know, and you're at the end of this tunnel, and then everything else that's going on as life is filtered through whatever pain or discomfort. And I'm extremely used to—I've adapted. It's almost like an adaptation to live through whatever pain or discomfort there is. And I can function highly, like an alcoholic or whatever, who can function highly, through the pain.

Andy: Yes. Okay.

Jenny: I have this whole visit with my family. I've been in pain, and I don't mention anything. I will not say anything to anybody. And I can just...

Andy: Because you're brave. This is just courage...

Jenny: I can make it through the day, and nobody knows. What kind of talent is that?

Andy: You get a medal every time you...

Jenny: No. I mean it's really—but I'm not really—but then I can't really be present in what everyone's doing, and I don't really feel alive. I don't. I'm just filtering through whatever pain I'm having at the moment.

Andy: So this was a way that you learned how to survive?

Jenny: And distance myself by not...

Andy: By not living.

Jenny: Yeah. And also I think that some mental anguish can take the place of physical anguish. It's kind of like when Abby says, "Chasing the pain."

Andy: Mm-hmm. So we could go from this thing to that thing.

Jenny: Yeah. Without the pain—yeah, without the pain, then what? Then you'd really have to be there, participate, have intimacies or, you know, feel alive, be happy. Too much to bare.

Andy: You lost your dad. That was the most intimate relationship you had? I mean, emotionally, and spiritually and I know the relationship I have with

my daughter is the most precious one. And I just feel like I can empathize for you in not having that...

Jenny: Right.

Andy: ...but if it's getting in the way, at some point, you know, you have to go to—you are married, right? So you have another relationship...

Jenny: Right. Right.

Andy: Is that intimate and loving and warm?

Jenny: It is.

Andy: Okay. Good. So let's do a little tapping on this illness helps me...

Jenny: Yeah. Okay.

Andy: ...or I use it on this, or I notice that when I'm ill, I'm not engaged and it's a...all right. Okay. All right. Okay. All right. Even though...

Jenny: Even though...

Andy: When I'm ill...

Jenny: When I'm ill...

Andy: Life is removed...

Jenny: Life is removed...

Andy: I'm removed from...

Jenny: I'm removed from participating, feeling...

Andy: Mm-hmm. Okay. I feel my illness, not my...

Jenny: I feel my illness, not my aliveness.

Andy: Mm-hmm. Is that—did you think you made a choice about that at some point? Is this a preference?

Jenny: It's a learned, as well, from family...

Andy: Over time, this worked.

Jenny: Yes.

Andy: The only way to deal with the relationships in the family, other than Dad, was to insulate and to step back, move.

Jenny: Be sick, or...

Andy: Yeah.

Jenny: Yeah.

Andy: Do you get attention when you're sick?

Jenny: No, because I don't tell anybody. I'm pretty quiet. I'm kind of a stoic sufferer.

Andy: Aha! Okay.

Jenny: I don't say anything, except in my mind.

Andy: All right.

Jenny: Such as, *Oh, well you have no idea how much I'm suffering!*

Andy: Or you think you're suffering. But this is all in here.

Jenny: Yeah. Or you know—but, for my sister and my mom, you know, but wait, I'm suffering. And also to use it to, yes, isolate myself from fully participating in life.

Andy: Okay. And can you still deeply and completely...

Jenny: I can still try to deeply and completely love and accept myself.

Andy: Love and accept myself. Okay. With this amazing imagination...

Jenny: With this amazing imagination...

Andy: You have a whole life inside you, don't you...

Jenny: I have a whole life inside me...

Andy: All this is going on, and nobody knows...

Jenny: All this is going on, and nobody knows...

Andy: Like your whole conversations are going on...

Jenny: It's a whole world.

Andy: I have this world...

Jenny: I have this whole world of suffering and pain and sickness...

Andy: Separate from this thing outside me...

Jenny: Totally separate from this thing outside me. Nobody knows.

Andy: Nobody knows. I'm the stoic sufferer...

Jenny: I'm the stoic sufferer...

Andy: And you think you've got it bad...

Jenny: You think you've got it bad...

Andy: You don't know...

Jenny: You don't even know...

Andy: You've got no idea...

Jenny: You've got no idea...

Andy: This is suffering...

Jenny: This is suffering...

Andy: In silence, no less...

Jenny: In silence. And also for my dad's death. I definitely...

Andy: Nobody knows that.

Jenny: ...nobody suffered as much as me. That was my instant reaction to my mother and my sister was, "There's no way that you could suffer as much as I'm suffering right now, from this."

Andy: Yeah. I'm different...

Jenny: I'm different...

Andy: You lost your husband and your father...

Jenny: You lost your husband and your father...

Andy: And you don't feel it like I feel it...

Jenny: But you don't feel it like I feel it...

Andy: And this is mine...

Jenny: And this is mine. And now it's become like a part of me. I don't know who I'd be without it.

Andy: Fifteen years of this inner world of...

Jenny: Fifteen years of this inner world. And I don't know how to ...

Andy: Let go and ...

Jenny: Let go of it.

Andy: Yeah. What does letting go of it feel like? Is it...

Jenny: I don't even know. I can't imagine what letting go of it feels like.

Andy: Be like—could be like having to make a phone call to the dentist.
[Laughing] A little anxiety around thinking about it.

Jenny: Probably.

Andy: But right now you just can't even imagine doing it.

Jenny: No.

Andy: "I can't let this go."

Jenny: Did you say, "I can let this go?"

Andy: No. I don't think you can.

Jenny: Oh! [Laughing] I don't think I can let this go.

Andy: That's what you feel?

Jenny: That's what I feel.

Andy: Yeah. It's learned. It's ingrained. It's fifteen years, maybe more.

Jenny: It's learned. It's ingrained. And I identify. Identify myself with it, as if that is me.

Andy: Yeah.

Jenny: That's who I am.

Andy: Yeah. Yeah. This is how it is. This is me.

Jenny: This is who I am. This is me.

Andy: Yeah. It's something that—like a cross. You'll carry this one.

Jenny: It took a long time to even get there. Which feels good, to know that I'm doing that. I know that I'm doing that.

Andy: So at least you know that what you're doing, before you just did it.

Jenny: Right. I'm conscious.

Andy: So now you've come to an awareness that...

Jenny: I'm conscious about it. And therefore, I think that I can tap it out.

Andy: Yeah. Yeah.

Jenny: Or whatever.

Andy: Part of, or half of the battle is knowing there's a battle.

Jenny: Right.

Andy: Good for you. That's good.

Jenny: If I didn't suffer, I wouldn't know who I was.

Andy: Oh! Yeah. Let's say that again.

Jenny: If I didn't suffer, I wouldn't know who I was.

Andy: Okay. So I identify with my suffering...

Jenny: I identify with my suffering...

Andy: I am my suffering...

Jenny: I am my suffering...

Andy: I don't have pain...

Jenny: I don't have pain...

Andy: I am the pain...

Jenny: I am the pain...

Andy: I am pain...

Jenny: I am pain...

Andy: This is my pain...

Jenny: This is my pain...

Andy: I am the pain...

Jenny: I am the pain...

Andy: I'm unique and different...

Jenny: I'm unique and different... [Laughing]

Andy: You can't get this. You can't understand me...

Jenny: You can't get this, and you can't understand me...

Andy: You just don't know...

Jenny: You just don't know...

Andy: You think you have pain...

Jenny: You think you have pain...

Andy: You think you've got problems...

Jenny: You think you have problems...

Andy: Not like mine...

Jenny: But not like mine...

Andy: No. Mine are different...

Jenny: Mine are different ...

Andy: And I am them...

Jenny: And I am them...

Andy: You just have them...

Jenny: You just have them...

Andy: You have a few problems...

Jenny: I've always had these problems...

Andy: I've always had them. I'll always have them...

Jenny: And I will always have them...

Andy: And I am them...

Jenny: And I am them...

Andy: That's how I know who I am...

Jenny: That's how I know who I am...

Andy: Mm-hmm. I'm kind of proud of this...

Jenny: [Laughing] I'm kind of proud of this...

Andy: Because, you know, you're surviving them...

Jenny: Right.

Andy: You're constantly engaged in the battle for life...

Jenny: I am constantly engaged in the battle for life...

Andy: Because you're winning...

Jenny: Because I'm winning...

Andy: Dad lost the battle...

Jenny: Right. But Dad lost the battle...

Andy: I'm still fighting, Dad...

Jenny: But I'm still fighting. Yeah.

Andy: It's one of those, you know, people are, if you say that, "I'm a survivor," often they create events to survive, where they wouldn't be able to say that any more. You're a survivor...

Jenny: I'm a survivor...

Andy: Every day...

Jenny: Every day...

Andy: I'm surviving what other people have no idea, because it doesn't show out here.

Jenny: That's exactly right.

Andy: Nobody gets it...

Jenny: Nobody gets it...

Andy: I'm going through all this, and you don't understand...

Jenny: I'm going through all this, and you don't understand...

Andy: You just have no idea...

Jenny: My mother told me yesterday I was perfect.

Andy: [Laughing] What a joke, huh?

Jenny: She said, "Because you're perfect."

Andy: Oh, yeah, you're perfect. Like you don't know what she's going through, because you're perfect.

Jenny: And I immediately clung to my thing. And I went, "You have no idea."

Andy: So you had to defend your limitations. I'm perfect. "You have no idea what pain is, mother!" You don't know what pain is...

Jenny: You don't know what pain is...

Andy: I'm pain walking...

Jenny: I'm pain incarnate...

Andy: Incarnate, yeah. I carry my own cross [Laughing]...

Jenny: I carry my own cross...

Andy: And that's how I know who I am...

Jenny: And that's how I know who I am...

Andy: What would happen if you put all that away...

Jenny: What would happen if I put all that away...

Andy: Who would you be...

Jenny: Who would I be? I don't know. I would be too good.

Andy: Too good.

Jenny: Yeah.

Andy: Mm-hmm. And then life would be...

Jenny: Good.

Andy: ...good. Too good. Well then what would—how would you balance that out?

Jenny: I feel like I would create—I feel like I would create something. That I always need to create some kind of pain.

Andy: There's always—yeah. The pain is a balance for something, isn't it? Because you are perfect, and you've been apologizing for that all your life.

Jenny: That's for sure.

Andy: You've been making up for who you are...

Jenny: I've been making up for who I am...

Andy: And apologizing for being who you are...

Jenny: And apologizing for who I am...

Andy: Has it helped anybody?

Jenny: No. No.

Andy: Makes it sort of smooth things out a little bit?

Jenny: In my own mind.

Andy: Ah! [Laughing] All right. Living so that...

Jenny: I don't want to hurt anybody.

Andy: Right. And being your best would...

Jenny: And being my best would...

Andy: Crucify people. We couldn't handle it out here.

Jenny: My sister.

Andy: Oh, your sister. Yeah.

Jenny: My mom.

Andy: So you moderate yourself...

Jenny: So I moderate myself...

Andy: So your family will accept you...

Jenny: So my family will accept me...

Andy: And you won't destroy them with...

Jenny: And I won't destroy them. But they don't even know that I'm suffering anyways, so it doesn't really make any difference.

Andy: Right. Your mother thinks you're perfect.

Jenny: Right. So it doesn't make any difference whether I'm suffering or not.

Andy: So if she thinks you're perfect, and all this time you've been playing low, imagine what she's going to think if you let it rip.

Jenny: Right.

Andy: Yeah. You could just walk into the dentist any day of the week. And they'd go, "We don't need to see you."

Jenny: Right.

Andy: "Would you stop coming here?" [Laughing] "Your teeth are perfect."

Jenny: Right.

Andy: You wouldn't have to suffer at all...

Jenny: I wouldn't have to suffer at all...

Andy: It doesn't seem to be helping, though, does it?

Jenny: It doesn't seem to be helping. It's just something I identify with.

Andy: Because Mom thinks what Mom thinks...

Jenny: Because she thinks what she thinks...

Andy: And what's your sister, is it...

Jenny: Hillary.

Andy: Yeah, so Hillary thinks what she thinks.

Jenny: She thinks what she thinks.

Andy: Yeah, and you think what you think...

Jenny: And I think what I think...

Andy: And you keep it...

Jenny: And I keep it...

Andy: And then you go round and round...

Jenny: Right.

Andy: And then you build houses...

Jenny: And then I build houses...

Andy: And then you build villages...

Jenny: And then I build villages...

Andy: And then you build reality. You have this whole world.

Jenny: And then I build—yeah. I have the whole, real world built up.

Andy: And then when things get intense, you can get sick...

Jenny: And when things get intense, I can get sick...

Andy: Is that true? And then you move away.

Jenny: I really would like to stop it, though.

Andy: Aha! But it's been so useful. Are you sure you want to let go of it? Does it feel like you have to be really different to let go of it? Like a lot of work or something?

Jenny: Uh, yeah.

Andy: Mm-hmm. It's just a lot of work to change.

Jenny: I feel like it's a setup in my brain to connect to certain—it's a...

Andy: It's a construct. It's like there. You have to go in with sledge hammers and build a new freeway over here, because I'm just always...

Jenny: Right. Right. And those connections are made.

Andy: Yeah.

Jenny: I feel like those connections are made, and they're very difficult to break.

Andy: Yeah. They're in concrete. Yeah. It's not like just saying, "No."

Jenny: Now I'm going to be something.

Andy: I'm going to be something else. It's just not that easy...

Jenny: It's not that easy...

Andy: Anybody who thinks that that's easy...

Jenny: Anybody who thinks it's easy...

Andy: It's like, just doesn't get it...

Jenny: They're crazy...

Andy: Yeah. They're wacked. This is much too big for that...

Jenny: It's much too big for that.

Andy: It's hard. It's difficult...

Jenny: It's hard. It's difficult...

Andy: Can't be easy...

Jenny: You have to work on it for a long time...

Andy: A long time, going to have to work on this for the rest of my life...

Jenny: Right. Going to have to work on this for the rest of my life...

Andy: It couldn't be like a miracle...

Jenny: It couldn't be like a miracle...

Andy: Miracles are like [snaps finger] bang! Bap!

Jenny: Right.

Andy: No. That'd be too easy...

Jenny: That'd be too easy...

Andy: It would make me wrong...

Jenny: It would make me wrong...

Andy: Because if it all got better, you know, tomorrow...

Jenny: If it all got better tomorrow...

Andy: It would have wasted all this suffering...

Jenny: It would have wasted all this suffering...

Andy: Right? It would invalidate all the previous...

Jenny: It would invalidate all my previous suffering.

Andy: Yeah. Yeah.

Jenny: I'm willing.

Andy: Yeah? Would you be okay with what you did and the way you did it being okay, and just not doing it any more?

Jenny: I don't know.

Andy: [Laughing] Okay.

Jenny: [Laughing] I don't know.

Andy: No, but it's like...

Jenny: It'd be an inside job.

Andy: It has been.

Jenny: It has been an inside job, and it would be an inside job, that I wouldn't have to tell anyone about. You know, but I would feel like it would be a miracle, I'd want to say. But how can...

Andy: But what would you do with all that time?

Jenny: With all the space and time that I created if...

Andy: Yeah. If you weren't building whole worlds...

Jenny: Oh, I might be a more successful person.

Andy: Mm-hmm. What are the things that you would do?

Jenny: I would probably be more successful with my painting. I would probably have more intimacy in my relationships and...

Andy: And you talked about helping others, possibly?

Jenny: I don't know. Would definitely love to help others to move through these things.

Andy: Yeah.

Jenny: And cure themselves.

Andy: Well, no one better than someone who's dealt with it themselves, right?

Jenny: Right.

Andy: Part of it is just saying so. But you're working on it. You're...

Jenny: But I'm working on it...

Andy: Yeah. And this whole concept of, it's hard, it's...

Jenny: This whole concept of it's hard...

Andy: Yeah. Perpetuates it...

Jenny: Perpetuates it...

Andy: Yeah.

Jenny: So I read a lot of books. And they all tell me, it's not so hard.

Andy: Mm-hmm. But what do they know?

Jenny: These books that I've been reading, I don't know. What do they know? But I tend to really be attracted to that, and I, on some level, I really feel that that's true. On a true level, on a source level, and in a clear place that I can believe. I believe it can happen.

Andy: Yeah. Right. And it's just sort of building that—becoming aware of that option and going, *Well, I could be going there, but really what I want to do is go there, and I'm going to...*

Jenny: Making a choice.

Andy: Yeah. Making a choice. And in Emotional Freedom Techniques, that's what we're doing, right? And emotional freedom is that ability to feel what I'm feeling at a level that I can make a clear choice. And that clarity is really a foundation of creating a vision for the future...

Jenny: That clarity is really about choosing a vision for the future. About being healthy. I can choose to be healthy.

Andy: Yeah. And connected...

Jenny: I can choose to be healthy and connected...

Andy: And celebrate your father's life...

Jenny: And celebrate my father's life...

Andy: Rather than relive his death...

Jenny: Rather than relive his death...

Andy: Okay, let's take a break here.

Jenny: Yeah, let's.

Andy: Okay. Now let's, if you don't mind, we've just got a minute to two left, but, what about the phone call? How does it feel to think about phoning the dentist?

Jenny: Well I feel good right now.

Andy: Well, what if I had my cell phone here and...

Jenny: I don't want to make the phone call from here.

Andy: Oh, I see.

Jenny: I would make the phone call from my house.

Andy: All right.

Jenny: Then I would feel better.

Andy: Okay. Sure.

Jenny: You know. I don't think I could...

Andy: It would be a—I didn't mean to push you, but just that concept to see how it came up.

Jenny: Right.

Andy: All right. Well, again, thank you. Is there anything you need to say?

Jenny: Well, I would just say at this point that I would feel more light and hopeful. You know like, instead of having—at some point when we were tapping, you could see like I was kind of laughing, almost, and that I felt this like, um, lightness come in, instead of this heaviness.

You know so, kind of a clearing of heavy heaviness. And the possibility of other...

Andy: So we've opened up possibilities and things...

Jenny: I think so.

Andy: Yeah. Great.

Jenny: Yeah.

Andy: Well one of my mottos, and I have a few, is, "Life is important, but it's not serious." And you've been living this very, very, very serious, important life. And yet, you could be living an important, happy, intimate, creative bountiful life. So thank you.

Jenny: I've got it. Thank you. Thanks.