

SESSION WITH REBECCA

Andy: Well, thanks for coming, and we're going to work with you on your dental fears and phobias, right?

Rebecca: Mm-hmm.

Andy: Okay. So, when you go to the dentist, when you make an appointment, how long before the appointment occurs do you begin to feel anxious?

Rebecca: Probably a month or so.

Andy: Okay, so you start to...

Rebecca: I start thinking about it.

Andy: Okay. *Oh, it's coming up. It's this month.*

Rebecca: Mm-hmm. Mm-hmm.

Andy: And how does that begin to show up in your body? Do you, in your thinking...?

Rebecca: Oh, definitely in my thinking. You know, I'm aware that it's coming up. Then I'm worrying, maybe this time they're going to find something that's wrong.

Andy: Okay. This could be the time when I have to go through the pain.

Rebecca: Right.

Andy: I might have a carie or have to have a filling.

Rebecca: Yeah. Gum problems.

Andy: Oh, okay. So, so...

Rebecca: Gum disease.

Andy: Gum disease. Why does that come up?

Rebecca: Well, because my mother had problems with her gums. She had very good teeth, but she had problems with her gums. And it was very painful and she was miserable.

Andy: How old was she when...?

Rebecca: I was at home, so I don't know, she must have been in her late forties.

Andy: And you would have been under twenty, so you were a teenager, or...?

Rebecca: She was like thirty when I was born, so...

Andy: Oh, okay. So you would have been quite young then.

Rebecca: Yeah, I was like in college.

Andy: Okay. So you were really feeling her pain, observing it and...

Rebecca: I was observing it.

Andy: Yeah. And that...

Rebecca: And not wanting to feel it. [Laughing]

Andy: [Laughing] Yeah, right. I don't want that.

Rebecca: Yeah, yeah.

Andy: Mm-hmm. Okay.

Rebecca: Yeah.

Andy: Okay.

Rebecca: Yeah.

Andy: Yeah.

Rebecca: And I've had other friends, who, you know, people who've had gum problems, and been very, very worse than cavities.

Andy: Well, it could go so far as having grafts, and skin grafts, and things like that.

Rebecca: Yeah.

Andy: So nobody really wants that.

Rebecca: No, I—no.

Andy: Right. Okay. But you start to think about this...

Rebecca: Yeah, I start worrying about it. And, you know, even though I'm taking very good care of my mouth, I'm, you know, getting older and who knows? Maybe this time, there's going to be a problem.

Andy: Right. Have you used this fear to manage your behavior, like to take care of your teeth? Are you...?

Rebecca: Well, I think that—I mean I've been afraid of dentists since I was a little kid.

Andy: Was there an event, for you personally? I mean, we watched your mom.

Rebecca: Well, I just was always—I was just terrified of doctors and dentists and anybody sticking anything in my mouth, or giving me a shot, or, you know...

Andy: In a way, taking control, like holding you down.

Rebecca: Holding me down.

Andy: Aha!

Rebecca: And I had a dentist, when I was a child, who, I would run around, and I wouldn't, you know, I wouldn't stay...

Andy: Wouldn't get in the chair and...

Rebecca: And he actually strapped me down in the chair, you know?

Andy: Oh, okay.

Rebecca: And doctors' offices. They would have to hold me down. I mean, I just didn't like having things done to me like that.

Andy: Mm-hmm. So because you had to surrender complete control, and take the pain. Is that right?

Rebecca: Yeah, or take the, you know, what felt like an invasion.

Andy: Okay. Do you remember this? Was it only one time where you were strapped down?

Rebecca: I think it was this particular dentist.

Andy: Okay.

Rebecca: I don't know how often I went.

Andy: Do you remember his name?

Rebecca: No.

Andy: Okay. The *strap me down* dentist.

Rebecca: It was when I was a kid.

Andy: Yeah, yeah. Would he be your first dentist? The dentist I had when I... .
Yeah.

Rebecca: Possibly.

Andy: So even though... . After me. Repeat after me, please. Even though...

Rebecca: Even though...

Andy: The dentist used to strap me down...

Rebecca: You're smiling. I don't think it's funny. [Laughing] But even though...

Andy: Um, I will, I'm... . Yeah.

Rebecca: ...the dentist used to strap me down...

Andy: I'm not laughing. Yeah, yeah. I'm appreciating the pain that you...

Rebecca: No, but I mean, it's funny. I mean, it is funny, in a way, but, you know,
in a way it's not.

Andy: It would be nice to have it as funny memory, wouldn't it?

Rebecca: Yeah.

Andy: Better than having a toxic memory, wouldn't it?

Rebecca: Yeah.

Andy: It's not my memory, but I empathize with you.

Rebecca: Yeah.

Andy: I mean, I...

Rebecca: I mean, honestly, I don't really think about it very much, but...

Andy: But what's coming up is...

Rebecca: I would never let a dentist strap me down, today.

Andy: Yeah. [Laughing] Yeah.

Rebecca: That's for sure.

Andy: And what happens is, when you're with a dentist, you, or the hygienist, you, you're defensive. You're...

Rebecca: Right. I'm very defensive.

Andy: Mm-hmm. Because you're not going to control me. You're not going to—you're going to do it the way I wanted to do it, and that gives you a measure of safety, right?

Rebecca: Well, I try. Yeah.

Andy: Mm-hmm. Mm-hmm. So the dentist used to strap you down.

Rebecca: Mm-hmm.

Andy: And nobody's ever going to do that again.

Rebecca: Right.

Andy: Right. And I can't trust them...

Rebecca: Right.

Andy: Because they're going to stick things in me. They're invasive. They're invading my space.

Rebecca: Right.

Andy: Right? Okay. Now, I don't want to—I'm trying to take what you say to me and give it back to you, and then I'd like you to repeat what's true. But if I'm a little bit off, or, you know, I say "I hate that," and you just don't like it, well, then use, "I don't like."

Rebecca: Okay.

Andy: Okay? Because this is really for you then, more than anything. All right? So, I didn't like that..

Rebecca: I hated that...

Andy: [Laughing] Okay.

Rebecca: [Laughing]

Andy: I hated it. And I still hate it...

Rebecca: I still, yeah!

Andy: And I begin to worry about going to the dentist. A month before I go...

Rebecca: Yeah. Should I repeat that?

Andy: Yes, please.

Rebecca: I begin worrying about going to the dentist, a month before I go...

Andy: And I remember being strapped down...

Rebecca: And I remember being strapped down...

Andy: And I deeply and completely...

Rebecca: And I deeply and completely...

Andy: Accept myself...

Rebecca: Accept myself...

Andy: All right? Okay. Now let's go to the tapping. That's sort of setting it up. Now it's like, they strapped me down...

Rebecca: They strapped me down...

Andy: This dentist. Strapped me to the chair...

Rebecca: This dentist strapped me to the chair...

Andy: Do you have any memory, emotional feelings about that now?

Rebecca: Yeah, I'm starting to feel very emotional.

Andy: Okay. When you think about that, if you could say, zero to ten, where you feel it, where would it be? Being strapped to the chair. Do you think that was a ten? Or a one, or...

Rebecca: Oh! Well, I think it was a ten.

Andy: Mm-hmm. When you're thinking about it now, what do you think?

Rebecca: Well, I just feel—I sort of feel like crying.

Andy: Okay. Under here now. Okay, if you feel like crying, because it was sad?

Rebecca: Which is unusual for ...

Andy: Oh, okay.

Rebecca: For me, lately.

Andy: Okay. Is it all right that we have our feelings today?

Rebecca: Yup.

Andy: I might cry with you. I don't know.

Rebecca: I doubt it [Laughing].

Andy: I'm pretty...

Rebecca: [Laughing]

Andy: I'm so easy. [Laughing]

Rebecca: [Laughing].

Andy: Yeah. So you were a little girl.

Rebecca: Yeah. You know, I actually had another memory, that was not a dental memory.

Andy: Hm. Oh. Some other memory?

Rebecca: And if you want to hear about it.

Andy: If you don't mind, yes.

Rebecca: Well, it's just that, you know, we were talking about being strapped down. But I was remembering when I was...

Andy: Just under here now, on your... . Yeah.

Rebecca: ...like four, almost five, and I was in a—I was quarantined, you know, with scarlet fever, and they had me in a glass isolation booth.

Andy: Oh, so you were...

Rebecca: For a couple of weeks.

Andy: Couple of weeks in a booth.

Rebecca: Yeah. Nobody could come in.

Andy: How did that feel?

Rebecca: Terrible. But confined, you know.

Andy: Controlled and confined. Did you have, did you have any decisions? Did you make up your mind about anything, like, from this event I learned...

Rebecca: Not to trust anybody.

Andy: From this event I learned...

Rebecca: [Pause] I don't know.

Andy: Okay. From this event I decided...

Rebecca: [Pause]

Andy: Not to let anybody tie me down again, or not to let this happen again, something like that.

Rebecca: [Pause]

Andy: Things coming up for you, you don't want to say, or...

Rebecca: Well, I think it was just trust issues.

Andy: Mm-hmm. Not to trust. I just couldn't trust anybody.

Rebecca: Yeah.

Andy: Right? So you'd only trust yourself.

Rebecca: Yeah.

Andy: Mm-hmm. Yeah. So it may...

Rebecca: Yeah, because I just felt, you know, I mean, I just felt betrayed, you know?

Andy: Mm-hmm. Who betrayed...

Rebecca: By my parents.

Andy: Aha! Okay.

Rebecca: For sending me there.

Andy: Yeah. So you felt betrayed.

Rebecca: Yup.

Andy: Your mother and father.

Rebecca: Yeah, particularly my mother.

Andy: Sent you...oh. Okay. So you were totally stripped of control. Did anybody ask you if you wanted to go there?

Rebecca: No. And as a matter of fact, I was all excited about going.

Andy: Ah!

Rebecca: To the hospital, because I...

Andy: Oh, you were at a hospital.

Rebecca: ...thought, wow, it's going to be fun. You know, my brother had been born less than a year earlier, and I thought it was going to be a big adventure.

Andy: Oh, okay. So that was a good event. Yeah, yeah, right.

Rebecca: And then I got there, and they stuck me in this...

Andy: And this was scarlet fever?

Rebecca: Yeah. So there was a quarantine at that time.

Andy: Mm-hmm. Yeah.

Rebecca: So they could have kept me at home.

Andy: They could have?

Rebecca: They could have.

Andy: Did you know that, then? Or is it something you figured out later?

Rebecca: Well, probably not at the time. Probably figured out later, but, I guess...

Andy: Maybe you were the betrayal—thinking...

Rebecca: But, I guess, they were, I mean, you know, I guess, they thought it might endanger my brother, or...

Andy: Oh, I see. Sure. They were protecting, yeah.

Rebecca: ...it would be easier, you know, if I was in a hospital, or whatever.

Andy: But it didn't feel like that for you.

Rebecca: No.

Andy: Right. Yeah. So, see these are times—along the side here. Yeah. These are times when we make decisions about life—just right, right at the end. Yeah, perfect. Perfect.

How are you feeling now? Did that teary feeling move through?

Rebecca: Well, I feel, not so much teary, but just sad. Really sad.

Andy: Mm-hmm. Sad for...?

Rebecca: For myself, I guess.

Andy: Mm-hmm. Because you were vulnerable and alone? And your mom betrayed you? She sent you to the hospital. And you were so positive about it, like you were—let's go the hospital and then...

Rebecca: Yeah, I was a really adventurous little kid.

Andy: Mm-hmm. Yeah. And, so it was exciting, but then it turned bad?

Rebecca: Yeah.

Andy: Right?

Rebecca: Yeah.

Andy: And the professionals, like doctors, nurses...

Rebecca: You know, my only real memory of that is just that I was in the booth and I was—my parents must have come, and they were like outside the booth and I was screaming and crying...

Andy: So you could...

Rebecca: ...for them...

Andy: Oh, screaming and crying, sure.

Rebecca: And they couldn't come in. Well, you know?

Andy: Mm-hmm. Mm-hmm. So they'd made a decision, and now it was—
couldn't be changed. You were in there, and...

Rebecca: Well, I was in there.

Andy: And you couldn't change it.

Rebecca: And nobody, you know, nobody could come in except like, I guess, the
nurses came in with masks.

Andy: Mm-hmm. How was that?

Rebecca: I don't really have any memory of any interactions with...

Andy: So it wasn't like there was any intimacy, or kindness...

Rebecca: Kindly nurse, or anything. No. No.

Andy: So it was very cold.

Rebecca: Yeah.

Andy: And isolated.

Rebecca: Yeah.

Andy: I want to tap on the...

Rebecca: We're already...

Andy: You're doing good. You're doing very well.

Rebecca: I'm right on in the...

Andy: Yeah, it's just like under the...

Rebecca: Okay. Okay.

Andy: ...the collarbone there. Very close to the center. How are you doing?

Rebecca: Okay.

Andy: Yeah? Is it all right to talk about these things?

Rebecca: Yup. It's good.

Andy: Mm-hmm. Yeah. Have you talked about them much before?

Rebecca: Not a lot.

Andy: Mm-hmm. No. It's often—you know sometimes we just talk about things. It's like tearing the scab off and having to go through it again. But with the tapping, it feels, to me, like we've...

Rebecca: Feels pretty easy.

Andy: Mm-hmm. Good. Okay. So you're not suffering unduly for this.

Rebecca: No, I don't mind feeling it.

Andy: A little bit.

Rebecca: Well, whatever. I don't mind.

Andy: Okay. Good. All right, so. When's your next dental appointment?

Rebecca: I think it's some time this fall.

Andy: Yeah? More than a month away. [Laughing]

Rebecca: Yeah, more than a month away.

Andy: That will be our ultimate test, won't it? Well it's good...

Rebecca: Now, this spot, okay, it's...

Andy: You're finding it...?

Rebecca: It's the sensitive spot where the ribs are.

Andy: Yeah.

Rebecca: Okay. Okay.

Andy: You got it?

Rebecca: Yeah.

Andy: Okay. Is it very noticeable, or just a little?

Rebecca: You mean in terms of sensitive?

Andy: Yeah.

Rebecca: Well, just a little.

Andy: Just a little, okay. Good. All right, well, let's take another break then. Okay. Do you want a sip of water?

Rebecca: Yeah.

Andy: So you had a specific event come up? A memory of the scarlet fever and being—and that's, that's great. Because nobody really knows how these things are linked, but we have certain experiences and then, then something that looks like a duck, you know, we assume is one. And then we have the same reaction.

So going to the dentist could be triggering the memory of losing control, of making a mistake.

Rebecca: Hm.

Andy: You know? I let that. You can stay home, or you can go to the hospital. Hospital? Let's go. Oh!

Rebecca: Oh, yeah. I'm really—I hate making mistakes.

Andy: Hm. Okay.

Rebecca: So I have, yeah. That's definitely a source of anxiety, right there.

Andy: Okay, right. So it's like a, not necessarily a perfection thing, but you just hate being...

Rebecca: Wrong.

Andy: ...wrong. [Laughing] Okay.

Rebecca: [Laughing] Right.

Andy: Okay. So what happens when you're facing a decision that's important?

Rebecca: I do a lot of research. A lot.

Andy: Okay. Mm-hmm.

Rebecca: Very well-informed.

Andy: Okay.

Rebecca: And then if it, you know, if it's really clear and obvious, then I just go ahead and make a decision.

Andy: Mm-hmm. And if it's not?

Rebecca: And if it's not, then I, you know, I can get pretty anxious.

Andy: Okay.

Rebecca: Because I'm afraid I'm going to make the wrong decision.

Andy: It's just like so close, I could... . Mm-hmm. When you feel anxiety, how do you know you're anxious? Does it show up in your body?

Rebecca: I feel it in my body. Yeah.

Andy: Where do you feel it?

Rebecca: Different places. It could be, you know, like I could have like, in my head. In my jaws.

Andy: Mm-hmm. Do you clench?

Rebecca: In my stomach. Well, I just, I can feel...

Andy: Mm-hmm.

Rebecca: ...I don't think I grind my teeth, or anything, but...

Andy: But this gets tight in here?

Rebecca: Tight in here.

Andy: Okay. Tummy?

Rebecca: Tummy.

Andy: How does that feel?

Rebecca: Affects my digestion.

Andy: Okay.

Rebecca: It can affect my sleep patterns.

Andy: Mm-hmm.

Rebecca: [Pauses]. I had a panic attack about a year ago, after a long, kind of prolonged bout of anxiety about replacing my computer. Even now, I mean, it was really uncalled for, but...

Andy: Have you ever had one before that?

Rebecca: A panic attack? I think it's the first time. The only time.

Andy: So what—can you talk about that experience? That's—is that like a peak anxiety experience?

Rebecca: Well, that was kind of interesting. Well, it's the only panic attack I ever had, and it was kind of interesting because, I had been feeling a lot of anxiety for quite a while. And about this computer business that, you know, I finally replaced my computer and then the new computer came, and it was defective. And I had to send it back.

Andy: So then you begin to question the whole...

Rebecca: And, you know, the whole thing was just hard. And I was actually sitting at my old computer, which was still sort of hanging on. And this tip came up from Dr. Weil about if you're anxious, do this breathing exercise. Where you just, like, breathe out very, like a little extra.

Andy: Mm-hmm. Okay.

Rebecca: So I did it. And all of a sudden, I felt like I was having a heart attack. And I mean I had excruciating pain in my chest, and I was sitting there, "Oh my God! I'm having a heart attack! I should call 9-1-1."

And I thought, You know, I'm too stressed out. I cannot handle 9-1-1. I cannot handle the emergency room.

Andy: I'm dying, but I'm too stressed to... [Laughing]

Rebecca: I'm too stressed. If I die, I die! That's exactly how I felt.

Andy: Wow. Hm.

Rebecca: Like I just couldn't...

Andy: Mm-hmm.

Rebecca: And there was something in the back of my mind. I thought, *Well, maybe it had something to do with the fact that I just did this breathing thing.*

Andy: Mm-hmm. Could have triggered something, but you're...

Rebecca: I think actually that probably—someone, a bodyworker, told me it might have triggered some kind of like spasm in my diaphragm, or something. But, yeah, I mean, I was just like almost, like it would almost have been a relief. If it had been a heart attack and I just died.

Andy: Ha! Yeah. Well one thing I know is there, is that, you know, just I'm too stressed to have 9-1-1, so...

Rebecca: Or especially the emergency room.

Andy: Right. Emergency room. Doctors. Nurses.

Rebecca: It was the emergency room—right, exactly! It wasn't calling 9-1-1. It was the idea that...

Andy: The consequences.

Rebecca: ...that they were going to take me to a hospital.

Andy: Mm-hmm. Yeah. And then, I'm already out of control. I'm going to put myself in your hands?

Rebecca: Right. I mean...

Andy: It's not happening.

Rebecca: ...I have total distrust of doctors.

Andy: Let's do something. Even though I have total...

Rebecca: Then when I finally found a doctor that I liked—he's an acupuncturist, actually...

Andy: Oh, really?

Rebecca: ...and he's also a doctor.

Andy: A regular family...

Rebecca: A medical doctor.

Andy: Great. Good, good, good. But here we had a life and death experience. To you. As far as you knew.

Rebecca: Yeah.

Andy: As far as you knew.

Rebecca: Yeah. And I didn't want to go to the hospital.

Andy: I'm not going. I'm not putting myself in that, in those hands. Would that be right?

Rebecca: Right.

Andy: Mm-hmm. I don't trust you.

Rebecca: Right! I don't!

Andy: And I was in the biggest panic attack of my life. And I would rather die than go to the emergency room. Basically what you said.

Rebecca: Yup.

Andy: Yeah. And I deeply and completely...

Rebecca: And I deeply and completely...

Andy: Accept myself...

Rebecca: Accept myself...

Andy: I love the setup phrase, because it's like, even though I have this, that's not quite perfect, I'm still acceptable. Okay? And it identifies it. So now we're going to go up here, the old.... How you doing?

Rebecca: I'm feeling a lot of tension in my diaphragm...

Andy: Mm-hmm. Right.

Rebecca: ...when I was talking about that area.

Andy: Oh, so now it's coming up.

Rebecca: Yeah.

Andy: Zero to ten, where is that, now?

Rebecca: Intensity?

Andy: Yeah.

Rebecca: An eight.

Andy: Okay. So we've got an eight of anxiety. And what's coming up? Is there anything, like—do you trust me? Or is it like we're talking about this emergency room. Did it come when we started talking about the emergency room? Or before that?

Rebecca: Well, I think it was just the realization that, yeah! You know, I would rather die than put my life in the hands of, you know, these strange health professionals.

Andy: Mm-hmm. Okay. It's not the kind of choice you would make consciously, right?

Rebecca: Well, it might! I mean, you know, I, you know, believe me. I would do everything I could to avoid...

Andy: To avoid, yeah.

Rebecca: ...going to the hospital. And I avoid taking their medications, too.

Andy: So is it any surprise that dentistry is not one of your favorite...

Rebecca: No! But I hadn't realized it was so, you know, I just hadn't, sort of, until now, realized it was so pervasive.

Andy: Mm-hmm. Yeah. Even though dentists, you know, they're—and the hygienists aren't at the emergency room. They're not in the hospital. They're grouped in there, and...

Rebecca: Yeah. And they're wearing those uniforms.

Andy: ...and then they're poking. Yeah. Yeah. Yeah, as Dr. Bressack met you. [Laughing] So, Dennis is—that's why he's wearing it. To help us access these things. So, that's good.

So how are you doing. How is it feeling now? Zero to ten, is it still an eight?

Rebecca: Nah. Not even near.

Andy: Coming down? All right. Okay. And you're breathing okay? Yeah? All right. So that was a crisis.

Rebecca: Well, it was an eye-opener. You know, I mean, got me to go to the doctor, and get to my new doctor. Fortunately, I had changed doctors, and I had this new doctor.

And, actually the first line of treatment was acupuncture. And, I have had acupuncture in the past. And you know, usually, you know, it's like extremely relaxing for me.

Andy: Mm-hmm. Okay.

Rebecca: You know, just like the most relaxing thing I can do is have an acupuncture treatment.

When I had acupuncture the first time after this panic attack, it was like probably one of the biggest emotional catharses I've ever had in my life. I mean, I just was like erupting emotionally.

Andy: And then sort of moved through it? And then you felt better, or...

Rebecca: Well, it was, I was exhausted after the first, but eventually, you know.

Andy: Well, the one thing about acupuncturists. They don't give you a little bag of needles, and send you home to do it for yourself.

Rebecca: Right.

Andy: And what EFT is for, is for you to—and one of the things I loved about it when I stumbled over it myself was, *Hey, it's not something I do to someone. I'm doing it with you, and then, if you choose to work with this later, you'll have it in your toolkit.*

Rebecca: Okay.

Andy: So you can use it when you want it. So how are you feeling in your body right now? Are you still feeling the anxiety?

Rebecca: No, not, you know.

Andy: Good. Can you find a number? Is it...?

Rebecca: Maybe six.

Andy: Okay. And what would it be associated with? Would...

Rebecca: Just life in general. [Laughing]

Andy: Life in general. [Laughing] Okay. So you have this anxiety just ongoing.

Rebecca: Lately. You know, and also, lately. I mean, I have been feeling... I go through phases. Like sometimes I feel really fine for a long period of time, and then every once in a while I go through this phase where, you know, I start to feel more anxious. And, you know, I'm never really sure what exactly is causing that.

Andy: Mm-hmm. Well it sounds like, you know, there's a general—well, nobody can control everything.

Rebecca: That's true.

Andy: Mm-hmm. And one of the—control is a function of fear. The more we have fear, the more we need to control. But the thing with control is, that we shrink our world.

Rebecca: Yeah. Yeah.

Andy: And it's like, instead of the doctors or your mom putting you in the cage, you end up putting yourself in the cage, you know?

Rebecca: Putting yourself. Yeah. Yeah, I've been aware of that.

Andy: Okay. And then if you're a little anxious, and something like a dental appointment comes up, it's just going to spike that, probably.

Rebecca: Oh, right. Or traveling. Like I'm really starting to avoid travel.

Andy: Hm. And is it something, like travel for...

Rebecca: It's because it's so much fun, you know, to get on a plane these days.

Andy: [Laughing] I notice cynicism there.

Rebecca: Put your life... . A little sarcasm. I mean, put your life in the hands of, you know...

Andy: Totally unqualified professionals.

Rebecca: But, you know, and.... I'm just start—you know, just there's so many things about plane travel that I find extremely difficult, so the less I do that, the better, you know.

So that's what's happening. It's true. My world is shrinking.

Andy: Yeah. So you...

Rebecca: I'm aware of it.

Andy: So to gain a certain measure of freedom from anxiety, you eliminate this and eliminate that. You could end up painting yourself into a pretty tight corner. You could end up in that glass case again.

And all I'm suggesting is that...

Rebecca: But we're not even talking about relationships, right?

Andy: Ah!

Rebecca: I mean, that's a whole other, you know.

Andy: Okay. Yeah. Yeah. Now, how—okay. That may be for another time.

Rebecca: Yeah.

Andy: But, that's putting yourself in the hands of another, trusting them.

Rebecca: Mm-hmm.

Andy: Yeah.

Rebecca: Yeah, but in terms of limiting. In other words, it's much safer. For me.

Andy: Mm-hmm. To be on your own?

Rebecca: At this point, yeah.

Andy: Mm-hmm. Right. So would you say safety is one of your major...

Rebecca: Yes.

Andy: ...goals? Values is—if you feel safe, then the world is okay.

Rebecca: Well, trying to stay safe. Yeah.

Andy: Mm-hmm. How's it going?

Rebecca: Pretty good.

Andy: Mm-hmm.

Rebecca: As long as I don't do certain things. [Laughing]

Andy: [Laughing] Yeah. Yeah. Yeah. Okay. Okay. This stomach thing. It's still about a six?

Rebecca: Yeah, five, six. It's fine.

Andy: Okay. Does it—if we could, and just use your imagination. If it had a shape, would it be like a football, or a golf ball? Shape and a size?

Rebecca: You know, it moves around. I mean, actually right now, I'm feeling more in my throat.

Andy: Mm-hmm. Okay. So not so much there.

Rebecca: Yeah.

Andy: Okay. And in your throat, was does that—how do you experience that, right now?

Rebecca: Just like, I think maybe, I think maybe I shouldn't have said something, you now, like that I said.

Andy: Mm-hmm. Might come back to you, or. Is it like tighten up in there, or?

Rebecca: Yeah.

Andy: You get that choke...

Rebecca: I can hear it, too. It's tighter.

Andy: Okay. All right. So even though...even though...

Rebecca: Even though...

Andy: I might have said something...

Rebecca: I might have said something...

Andy: I'll regret...

Rebecca: I'll regret...

Andy: I can feel it in my throat...

Rebecca: I can feel it in my throat...

Andy: I can feel the tightness in my throat...

Rebecca: I can feel the tightness in my throat...

Andy: I still deeply and completely...

Rebecca: I still deeply and completely...

Andy: Accept myself...

Rebecca: Accept myself...

Andy: Okay. This tightness in my throat...

Rebecca: This tightness in my throat...

Andy: This regret...

Rebecca: This regret...

Andy: I'm thinking—and over here. Yeah. Just close to the—yeah. Good. It's like here. On either side. Yeah. I can feel my throat closing up...

So if this was the bridge of your nose. And then you'll just put one finger on either side, very close. Perfect. A little bit closer. There. Yeah. Just where it rounds. Into one side, if you like. Yeah.

This tension...yeah. I need to feel safe...

Rebecca: I need to feel safe...

Andy: I don't feel good when I feel anxious...

Rebecca: I don't feel good when I feel anxious...

Andy: My throat tightens up when I feel anxious...

Rebecca: My throat tightens up when I feel anxious...

Andy: My tummy gets, what tense?

Rebecca: Yeah.

Andy: Well, you know.

Rebecca: My tummy gets tense. And I feel anxious.

Andy: So I don't feel safe...

Rebecca: So I don't feel safe...

Andy: Life isn't safe...

Rebecca: Life isn't safe...

Andy: Yeah. The world isn't safe these days. Would you say?

Rebecca: No. Yes. I mean, say it isn't safe.

Andy: Because it's not safe. There's lots to feel anxious about...

Rebecca: Mm-hmm.

Andy: Mm-hmm. And I feel it in my tummy...

Rebecca: And I feel it in my tummy...

Andy: Feel it in my jaw...

Rebecca: Feel it in my jaws...

Andy: Feel it in my throat...

Rebecca: Feel it in my throat...

Andy: Very good. Yeah. What are you thinking now? You have something come up there? Just saw you going inside, there, for a minute. So I was just wondering...

Rebecca: I don't know.

Andy: Mm-hmm. Does it feel okay to talk about this stuff?

Rebecca: Yeah.

Andy: Yeah. Okay. Are you feeling more relaxed?

Rebecca: Yeah.

Andy: Mm-hmm. Good. Do you think you could use this again?

Rebecca: Mm-hmm.

Andy: Yeah. Okay. Good. Because it's not like I have any agenda about you flying to Tahiti, or flying...

Rebecca: No, I know.

Andy: Or even if you go to the dentist, again.

Rebecca: Oh, I will. Just because [laughing] I don't want to have anything bad happen.

Andy: Aha! Because if you don't go to the dentist...

Rebecca: Well, I have to get my teeth cleaned...

Andy: It's kind of a trap. [Laughing] Yeah, right. If you don't get your teeth cleaned, you have to go to the dentist, and for sure, there'll be problem.

Rebecca: Right. Exactly.

Andy: Right. Okay. So, actually, fear drives you in some positive ways.

Rebecca: Yes.

Andy: Yeah.

Rebecca: Yeah.

Andy: So fear is your friend.

Rebecca: Yeah, I mean, I try to stay healthy so I can avoid dentists and doctors.

Andy: Mm-hmm.

Rebecca: Basically.

Andy: All right. I'll eat an apple [laughing]...

Rebecca: Right. Stay away!

Andy: I'll brush. I'll floss.

Rebecca: Right.

Andy: I'll have two checkups.

Rebecca: I'll exercise.

Andy: Anything to keep those professionals at bay.

Rebecca: Right.

Andy: Yeah. Because they've already hurt you.

Rebecca: Yeah! They've hurt me and I think they're, you know, I don't trust them.

Andy: Mm-hmm. They're just in it for the money.

Rebecca: Well, not necessarily.

Andy: [Laughing] No?

Rebecca: But, you know, I just think...

Andy: They're pretty expensive.

Rebecca: I just, I don't, you know, I have—I think I could probably, you know, I could go on and on about what I think about doctors and, for the most part, and... .

I mean, no, I think they may care, and everything, but I just, you know, they're human. They're going to make mistakes. You're one of a huge number of patients.

Andy: Yeah. So this could be a roulette wheel. You walk in there and...

Rebecca: You know. They don't spend enough time with you. They don't spend enough time looking at your records...

Andy: ...right. So you're just a number.

Rebecca: So, you know, I think, I think, everybody has to take responsibility for their own healthcare. Basically.

Andy: No, I agree. I agree. It would just be so much easier to come from a place of—you know when we see something we want? And we go to it? That's a much different feeling than seeing something we don't want and running away from it.

Rebecca: Yup.

Andy: So, it could be the same thing. Like, what it sounds like is good dental health is something you go to, to avoid bad dental health and dentists and hygienists.

Rebecca: Mm-hmm.

Andy: But it's not something that you go towards with, *Oh boy! I love having great dental health!*

And if we can change some of that, then the whole...

Rebecca: Right. If I didn't have to go to the dentist. If I could figure out a way to avoid it altogether, I would.

Andy: Yeah. Mm-hmm. So it's [tapping begins] not like you're going towards dental health and good health. You're going to avoid interaction with medical professionals.

Rebecca: And death.

Andy: And death. Which, yeah, brings us back to that...

Rebecca: I mean, you know. I mean death, disease—I mean, a lot! I mean, yeah, I want to avoid that, too!

Andy: Sure.

Rebecca: Right?

Andy: Well, I'm impressed. I think you told me your age and I think...

Rebecca: Yeah. You can say it on the tape. I don't mind.

Andy: [Laughing]

Rebecca: If you want.

Andy: I think you're spectacular. I'm almost ten years younger than you, and I'm feeling quite ancient, sitting beside you.

Rebecca: Hm.

Andy: You're doing really well. You know, and having this anxiety is a cost.

Rebecca: Yup! Just think what I'd look like if I didn't!

Andy: Exactly! Yeah. What if you were smiling all the time...

Rebecca: [Laughing]

Andy: ...I'd rather have smile lines than frown lines.

Rebecca: [Laughing] Yeah.

Andy: Which you have very few of either of those. I know. [Laughing]

Rebecca: I don't have lines. But, yeah, no, it takes its toll. It takes its toll.

Andy: Mm-hmm. Mm-hmm.

Rebecca: It's taking its toll on my nervous system.

Andy: And your tummy. Indigestion.

Rebecca: [Laughing]

Andy: Yeah. So feeling—so when we do, and live, in order to feel safe, there can be quite a cost to it.

Rebecca: Yes.

Andy: Mm-hmm. Okay. So let's take a breath. Just not a Dr. Weil breath. Not an Andrew Weil breath. Just a relaxing breath.

Rebecca: Yeah.

Andy: Yeah. Okay. Let's check in on your throat.

Rebecca: My throat feels okay.

Andy: Mm-hmm. And how's your tummy doing now?

Rebecca: Tummy's okay. Have some stuff going on up here.

Andy: Mm-hmm.

Rebecca: I don't know if it's from the, maybe the, you know, I don't now. The lights are a little weird, but, I feel pretty good.

Andy: They're, yeah? Pretty weird lights.

Rebecca: Yeah.

Andy: Bright lights, right?

Rebecca: Yeah.

Andy: Mm-hmm. Intense.

Rebecca: Yeah.

Andy: Yeah. Could be that, could be we're talking about some pretty big stuff.

Rebecca: Mm-hmm. Yeah.

Andy: Yeah. Mm-hmm. So how are we doing so far?

Rebecca: Okay.

Andy: You're good? Okay? So it's just a little bit of tension in here?

Rebecca: Yeah.

Andy: Tell me more about that.

Rebecca: I don't know. It just, you know. I had a little, I had a little tension there, when I got here, but it's kind of been coming and going.

Andy: Mm-hmm. Okay. Anything come up around it, like, should we do some tapping for that specifically?

Rebecca: I don't know. What...?

Andy: No? Let's think about going to the hygienist. Your next appointment's in the fall?

Rebecca: Mm-hmm.

Andy: If...anything come up around, we didn't ask before, like zero to ten, how much are you looking forward to it? But, if you think about it, is there a charge on it, right now?

Rebecca: Well, enough.

Andy: What do you—what comes up?

Rebecca: I felt in my stomach.

Andy: Mm-hmm. Just thinking about...

Rebecca: Yeah.

Andy: Okay. So. And when you go to the dentist, does he—he?

Rebecca: He'll come in and do a check up after she cleans.

Andy: So she cleans, he comes in. They do a consult, and you're sort of like the object on the table while they talk about...

Rebecca: Well, yeah. He looks, you know.

Andy: Mm-hmm. And they do a little bit of consulting, but you've already been through this whole thing.

Rebecca: Right.

Andy: How do you feel about the cleaning itself?

Rebecca: I don't like it.

Andy: Mm-hmm. And what feelings come up when you think about it?

Rebecca: Well, I don't like the fact that, you know, I'm out of control. That stuff is being done in my mouth.

Andy: Yeah. And you can't...stop them...

Rebecca: Stop them.

Andy: Can you stop them?

Rebecca: Well, I can, but—then I do, sometimes, but, you know, she doesn't like it. She wants to just proceed.

Andy: Right. She makes so much money in doing your teeth in 45 minutes or whatever she has.

Rebecca: Right. Right.

Andy: Mm-hmm

Rebecca: And, you know, she has her schedule.

Andy: Yeah.

Rebecca: And the sounds of it. You know, the fluids building up in my mouth. Sometimes I feel like I'm going to kind of suffocate or [pause]...

Andy: So she's in control.

Rebecca: Yes.

Andy: And she's one of those professionals.

Rebecca: Yeah.

Andy: And who knows if she graduated at the top of her class, or... [Laughing]

Rebecca: Right. Yeah.

Andy: But she's got you.

Rebecca: Yeah.

Andy: And you feel like resisting, and you can't just go with it.

Rebecca: I try.

Andy: Mm-hmm. Were you saying that sometimes you get irritable with them?

Rebecca: Before, usually, you know, like when I'm waiting or when I first go in.

Andy: Mm-hmm. So your fear turns into like an angry...

Rebecca: Yeah.

Andy: Yeah. What's that about, do you think?

Rebecca: Irritable.

Andy: Yeah.

Rebecca: Just defensiveness.

Andy: Mm-hmm. So you're creating your space for yourself.

Rebecca: Which is probably not very productive, you know. I probably would be better off being nice. [Laughing]

Andy: If they loved you and loved to...

Rebecca: Yeah, I mean, you know.

Andy: Okay, so let's do something with that, then. So even though...

Rebecca: Even though...

Andy: I get irritable...

Rebecca: I get irritable...

Andy: When I arrive at the dentist's office...

Rebecca: When I arrive at the dentist's office...

Andy: And I'm waiting...

Rebecca: And I'm waiting...

Andy: And I can be rude to the—would that be the right thing, or?

Rebecca: Yeah.

Andy: I can be rude to the staff...

Rebecca: I can be rude to the staff...

Andy: And I don't feel good about that...

Rebecca: And I don't feel good about that...

Andy: And it probably doesn't get me what I want...

Rebecca: And it probably doesn't get me what I want...

Andy: And I deeply and completely...

Rebecca: And I deeply and completely...

Andy: Love and accept myself...

Rebecca: Love and accept myself...

Andy: That okay? All right. Okay. I feel angry...

Rebecca: I feel angry...

Andy: I'm afraid...

Rebecca: I'm afraid...

Andy: And I express my fear...

Rebecca: And I express my fear...

Andy: By being angry...

Rebecca: By being angry...

Andy: By being irritable...

Rebecca: By being irritable...

Andy: And I don't feel good about that...

Rebecca: And I don't feel good about that...

Andy: And I probably don't get better treatment...

Rebecca: And I probably don't get better treatment...

Andy: They're probably not looking forward to me showing up...

Rebecca: Yeah. Probably not looking forward to me showing up...

Andy: Mm-hmm. And it's just my fear...

Rebecca: And it's just my fear...

Andy: But it turns out as anger...

Rebecca: But it turns out as anger...

Andy: Yeah, just like that little girl in the glass room. She was pretty angry, wasn't she?

Rebecca: Yup.

Andy: Yeah. I was angry then... . I was betrayed then...

Rebecca: I think I was more afraid.

Andy: Mm-hmm. Really afraid and alone. Yeah. You made a mistake, didn't you?

Rebecca: Yup.

Andy: That was kind of your first mistake. You don't like making mistakes. I don't like making mistakes...

Rebecca: I don't like making mistakes...

Andy: And having your teeth cleaned...

Rebecca: And I don't like other people making mistakes on me, either.

Andy: Mm-hmm. Because who pays for them?

Rebecca: Me.

Andy: Mm-hmm. You pay for your own mistakes.

Rebecca: Right.

Andy: And you pay for their mistakes.

Rebecca: Right.

Andy: That was the first time, right?

Rebecca: Right.

Andy: The little girl, in the scarlet fever isolation booth was paying the price for other people's mistakes.

Rebecca: I don't know if they thought that it was a mistake. But, it doesn't matter.

Andy: Doesn't matter what they thought. [Laughing]

Rebecca: No, it doesn't matter.

Andy: Yeah. You were afraid...

Rebecca: Yeah.

Andy: Alone.

Rebecca: Mm-hmm.

Andy: It's hard to go to the dentist.

Rebecca: Traumatized.

Andy: Traumatized. Yeah. And there was such an impression, that just going back to the anxiety attack—up near the top, up here. Yeah. Very good.

You know, it felt like a better idea to die than to call the paramedics.

Rebecca: Right.

Andy: Because you'd end up in ER.

Rebecca: Yeah, and actually, you know, I mean, I was thinking because when they took me to—when I had that thing with the scarlet fever, I mean, they, you know, they came in an ambulance and they carried me in the stretcher to the hospital.

And you know, all that. And that was all fun, at the time.

Andy: [Laughing] Yes. It's attention, yes?

Rebecca: It was the booth, you know. But when I was having the panic attack, I was envisioning them coming with the ambulance and taking me...

Andy: They strap people to gurneys now, don't they? You don't just...

Rebecca: Yeah. And that, even—that process was, you know.

Andy: So just the imagined possibility of...

Rebecca: Re-creation of that, yeah.

Andy: ...yeah. It was so vivid—up in here. Yeah, perfect.

Rebecca: Yeah.

Andy: Yeah. It was so vivid, you didn't call 9-1-1.

Rebecca: Right.

Andy: You're good.

Rebecca: Right.

Andy: You're good. You have a very vivid imagination.

Rebecca: Right.

Andy: See, the thing is, is you can fly, or not fly. But every time you think about flying, whether you fly or not, you can generate the anxiety.

It's almost like irrelevant, whether you travel or not, because you get the travel fear...

Rebecca: Yeah, if I think about it.

Andy: Yeah.

Rebecca: Right.

Andy: Yeah.

Rebecca: Right.

Andy: So if somebody says, "Let's go to France," and, you'd be like, "Oh, I love the south of France, but I don't know." Where would you like to go?

Rebecca: I don't know.

Andy: If it was safe to travel?

Rebecca: Well, I mean, I'm not saying I wouldn't go.

Andy: Mm-hmm.

Rebecca: I'm just saying...

Andy: Just what you'd go through, to do it.

Rebecca: Yeah.

Andy: Right. And I'm saying, even if you said, "No," you'd go through the anxiety.

Rebecca: Right. In my mind.

Andy: Mm-hmm. Yeah. Right. And so let's take another little break. Do you think that you could manage some of that anxiety with this? Like bring it down? Mm-hmm.

Rebecca: Mm-hmm.

Andy: Okay. Excellent. All right. Let's think about the stomach. How is that now? Is it still a five?

Rebecca: Yeah. Yeah. I don't think it's going to... . In this situation, I don't think I'm going to feel totally, completely relaxed.

Andy: Oh! All right. Okay. Let's ask those questions again. It's here?

Rebecca: Here.

Andy: A little lower, then.

Rebecca: Now. Yeah.

Andy: Yeah. Now. And is there a color and a shape to it?

Rebecca: For a shape...

Andy: Is it kidney-shaped? Ball-shaped? Pointy?

Rebecca: No. It's kidney-shaped. It's kidney-shaped, like. Exactly.

Andy: Hm. Sort of like, maybe like this?

Rebecca: Yeah. That sort of seems about right.

Andy: Because it seems like it's got two...

Rebecca: Yeah. Right. Yeah.

Andy: ...it's a little narrower here, and then it comes up. Yeah?

Rebecca: Yeah.

Andy: Is it deep? Like is it...

Rebecca: Yeah.

Andy: Yeah? And it goes inside, so it'd be like...

Rebecca: Yeah. Right.

Andy: Yeah. Yeah, like that.

Rebecca: But not like a round ball, no.

Andy: No. It's stretched out a little bit.

Rebecca: Right.

Andy: Yeah, okay. And if you could associate a color, if a color came up, what would it?

Rebecca: I don't know if—I don't really see a color, but I'm thinking yellow, and I don't know...

Andy: Like a banana? Mustard yellow? Like a—because this is a tension, right? I'm not thinking...

Rebecca: Yeah.

Andy: ...I'm just wondering what...

Rebecca: Yeah, maybe mustardy.

Andy: Mm-hmm. Okay. Well, let's do some tapping on that. So even though...

Rebecca: Even though...

Andy: I have this anxiety...

Rebecca: I have this anxiety...

Andy: This anxious feeling...

Rebecca: This anxious feeling...

Andy: And I've got this mustard-yellow...

Rebecca: Mustard-yellow...

Andy: Kidney-shaped anxiety in my belly...

Rebecca: Kidney-shaped anxiety in my belly...

Andy: And there's no way I can relax...

Rebecca: And there's no way I can relax...

Andy: Completely, in this situation...

Rebecca: Right. Completely.

Andy: That's totally unreasonable to ask.

Rebecca: [Laughing]

Andy: And I deeply and completely...

Rebecca: And I what?

Andy: Deeply and completely...

Rebecca: And I deeply and completely...

Andy: Accept myself...

Rebecca: Accept myself...

Andy: Okay. All right. Up here, and we're going to do some tapping on that mustard-yellow thing.

Rebecca: Hm.

Andy: Yeah. That yellow, kidney-shaped feeling. This kidney-shaped feeling... . This anxious anxiety in my tummy... . Are you repeating it inside your head?

Rebecca: Oh. Yeah. Oh, okay.

Andy: This kidney-shaped anxiety...

Rebecca: This kidney-shaped anxiety...

Andy: In my tummy...

Rebecca: In my tummy...

Andy: This fear in my belly...

Rebecca: This fear in my belly...

Andy: Sometimes it's my friend...

Rebecca: Sometimes it's my friend...

Andy: Because I use it. Need to actually use it to take care of your teeth, keep you healthy.

Rebecca: Yeah.

Andy: Yeah. You don't want to let go of the fear that keeps you safe.

Rebecca: Well.

Andy: Or do you?

Rebecca: I don't know. I mean, like you said, I mean, it would be nice if I just embraced good health...

Andy: Mm-hmm. Mm-hmm.

Rebecca: ...without the fear.

Andy: I know, but, see if we have this competition, there's part of you that might want to let go, and part of you that says, "Phumph. No way." And then you're in a situation where you actually think you could never relax.

Rebecca: Yeah.

Andy: Completely.

Rebecca: Yeah.

Andy: Right? Because, who knows? I mean, this is a new hotel...

Rebecca: Especially without drugs and alcohol.

Andy: Right.

Rebecca: Yeah.

Andy: Well, we could have a couple of shots, if you like.

Rebecca: No, I don't do that.

Andy: All right. Okay. [Laughing] So relaxing and feeling safe is not something that is possible, in this situation.

Rebecca: You mean, in this room?

Andy: Well, that's what we've got. [Laughing]

Rebecca: Yeah, right.

Andy: Yeah. Yeah. Because I'm always afraid...

Rebecca: Well, you know, it's...

Andy: To some degree, right?

Rebecca: Yeah.

Andy: Mm-hmm. Sometimes, anxiety and fear is a way that you can use to do the right thing. To exercise and stay healthy. Brush your teeth. Floss.

Rebecca: Not make mistakes.

Andy: Not make mistakes, because it's important to not make mistakes.

Rebecca: Right.

Andy: Okay. So this anxiety... .This anxiety...

Rebecca: This anxiety...

Andy: Okay. Let's—we just have a minute or two left, so, you're doing well.

Rebecca: Yeah?

Andy: Can we check in? Is it still the same color and still the same size?

Rebecca: No. I actually feel better.

Andy: Mm-hmm. Okay. So would it be like smaller, when you think about it?

Rebecca: Well, just the rest of me feels more alive.

Andy: Really! Okay.

Rebecca: Yeah.

Andy: Great! Alive, I like. I really like alive.

Rebecca: Yeah.

Andy: Yeah.

Rebecca: Like all of a sudden I felt like, some more energy?

Andy: Mm-hmm.

Rebecca: Maybe because you said it was going to be over in two minutes.

Andy: [Laughing] Over in...okay. Yeah. All right. I'll take it.

Rebecca: No, no, no. But no, but I think it was even before, actually.

Andy: Mm-hmm. All right. So, do you think this will help you going forward into...

Rebecca: I'm certainly going to give it a shot.

Andy: And if you feel anxious, you can use this tapping again. And we have friends, Dennis and Abby here, to work with, and...

Rebecca: Okay.

Andy: Well, thank you.

Rebecca: Thank you.