

Getting Rid of Fears and Phobias with Thought Field Therapy



For those of us that have never suffered a phobia, it can be hard to appreciate the devastating fear it can create. With a phobia, a person feels an extreme amount of anxiety and dread about a certain object, living being, place or scenario. In their minds, those with a phobia are likely to perceive the object of their phobia as posing inappropriate degrees of danger and respond accordingly. Frequently, the phobic trigger is almost always something quite harmless and ordinary. This is why the response can be so difficult to understand for people without the phobia. Merely thinking about the object of their fear is often enough for to trigger severe anxiety and panic.

After all, all of us have anxieties and dislikes, but it is when these anxieties start to interfere with day-to-day life that it tends to be called a phobia. If the object of their phobia is something they are not confronted with on a regular or daily basis, like flying, it may only have a minimal affect on their life. However, if it is something they must see or interact with often, it can drastically affect their quality of life.

There are two 'main' sorts of phobia, simple and complex phobias. Simple phobias are where a person has a direct fear of a certain object or being like frogs, spiders, lizards, clowns, flying or heights. Complex phobias have many different facets to them like agoraphobia, white coat phobia and social phobia. These can often be caused by deep-rooted beliefs about themselves and the world around them being more dangerous than it truly is. But, even these so-called deep rooted beliefs, will often respond quickly and easily to Thought Field Therapy, a tapping therapy that concentrates on a person's energetic system and the negative energy stored there.

Phobias are surprisingly common and the majority of them are incredibly easy to resolve. Many phobias come from a traumatic event or incident that occurs in childhood that is surrounded by trauma and anxiety, and then expands into a deep-seated irrational fear. Most phobias ordinarily respond very quickly to the use of Thought Field Therapy because it works on the disturbance, where the root cause resides. Much like muscle memory, our nervous system remembers triggers and reactions from our past. I have worked with clients and students with a wide range of different complex fears and phobias and have found that when using the correct TFT sequence phobias and fears can quickly be eliminated, often in just one or two treatments.

Do you or someone you love suffer from a fear or phobia? Contact me today for a free consultation to learn how TFT can benefit you and help you take your life to the next level.

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