



How to Control Your Emotions: 10 Steps to Baseball Performance Freedom with EFT

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1. **Choose and "tune in" to an issue that when you really think about it, it creates a negative emotion. It could be...**
 - a specific event in the past (choked in a performance, lost a game, etc.)
 - a feeling that you already have right now (like anger or fear)
 - a belief you hold about yourself, or a thought you repeatedly think

2. **Once you are "connected" with that experience, identify the emotion.**
 - What emotion do you feel when you vividly recall this event? Try to pick just one emotion, the one that describes it best.
 - Where do you feel it in your body?
 - Describe the feeling a bit more ... What does it feel like? How big is it? What shape is it?

3. **Rate its intensity -- RIGHT NOW (not how you felt at the time it happened)**
 - As you sit there right now, how strong is the feeling you identified?
 - Rate the intensity from 0 to 10, with ten being high
 - Write that number down

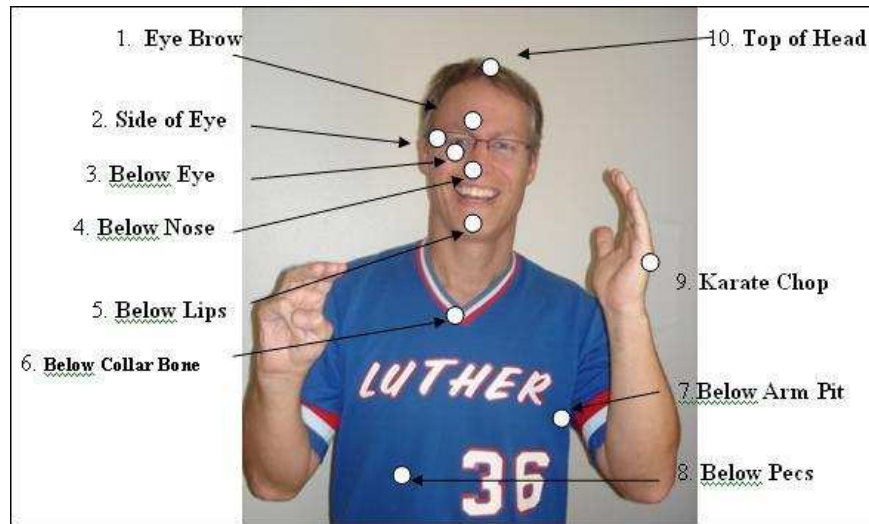
4. **Set Up Phrase -- tap continuously on Karate Chop point while saying the following sentence 3 times:**

"Even though I have this _____, I deeply and completely accept myself anyway. [Fill in the _____ with your feeling or a brief description of what happened, such as "I struck out."]

5. **Tap 5-7 or more times on each spot below as you say: "This _____." [Again, fill in the _____ with your feeling or a brief description of what happened, such as "I walked in the winning run."]**

Tapping Points:

1. Eyebrow (on eyebrow, where it begins, near nose)
2. Side of your eyes
3. Below your eyes
4. Below your nose



5. Below your lips
6. Below your collar bone
7. Below your arm pits
8. Below your pecs
9. Clap your wrists
10. Top of your head

6. Breathe

- In through your nose...
- Into your belly...
- Then fill your chest...
- Hold for _____
- Gently release through your mouth

7. "Tune back in" to your original event and/or feeling

- Replay the event just as you did before the tapping
- Notice the feeling that comes up now...
- Look in your body where you felt the emotion before
- When you feel "tuned in" to the event...
- Rate the intensity level now, 0 to 10
- Write that new number down

8. If the new number (0-10) is lower but still more than 1, repeat steps 5, 6, and 7 repeating the statement "This *remaining* _____"

9. Repeat until you reach a rating of 0 or 1

10. Try it again on a different issue.

NOTES

In some instances you won't be able to reduce the intensity very far. This is normal, happens maybe 20% of the time.

One thing to try is to skip the talking during the tapping, and simply imagine yourself in the situation you chose as vividly as you can while you tap through the points.

Rest assured that EFT works.

More complex issues call for more complex variations of this routine. A skilled EFT coach is like a sports coach: he or she can help you get the most out of your self and take things to much higher levels.

(Do individuals and teams work harder and play better with or without a great coach?)

Also, note that the results can be very subtle. It's not like trumpets blair when you release an emotion, it just isn't there any more.

You've now learned the "basic recipe" of EFT. A whole world of possibilities awaits for you now.

For more info: www.EmoFree.com
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Get Free Confidence Training at www.FREEBaseballConfidence.com

Blasting Through Your Comfort Zones

“A Comfort Zone is a ceiling on your performance (or health, or finances) above which you won’t emotionally ‘dare to go.’ These zones are invisible to you, except when you look at the results of your efforts in your life. The results in your life (like your weight and net worth) are reflecting the comfort zones under which you currently operate.

“A Comfort Zone is a place you know well, there is no risk there, and you don’t have to suffer “growing pains” or “stretching” pains while staying within it.”

Carol Look (www.AttractingAbundance.com)

CZ is very similar to “self-image.” **You will not outperform your self-image.**

Clues...

- Have you failed to make changes you’ve tried to make?
- Have you returned to old habits or performance levels after making a previous improvement?

Where do we get our comfort zones?

How to Expand Your Comfort Zone:

- 1) Imagine yourself successful at progressively higher levels;
- 2) Notice where you start to feel uncomfortable, or hear a negative voice in your head;
- 3) Questions:
 - a. Why does it feel awkward or uncomfortable to be at this new level?
 - b. What feels risky about it?
 - c. What scares you about reaching this goal?
 - d. What’s the downside of reaching your goal?
 - e. How does it serve you to be limited this way?
 - f. I can’t do better than _____ because...

Tap on what you uncovered....

Even though I feel _____ (emotion or belief) when I imagine myself at that level (ideally insert specific number or name), I deeply and completely accept myself anyway.
(3x) Tap rounds...

- 4) Keep probing and noticing until you come to a core reason why you won’t let yourself go to the next level
- 5) What are your limiting beliefs regarding your ability to go to the next level?

Make statements and rate 1-10

Tap Away at what you find!

Get more at:

www.BaseballConfidence.com www.FREEbaseballConfidence.com