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**Self-Healing**  
**For People Who Enjoy Helping Themselves**  
**January 2005**  
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**In this issue**  
— ARE YOU OVERWHELMED?

HI EVERYBODY!

Hope you're enjoying the increase in daylight that January brings. I like the fact that this time of year allows for equal doses of hibernating from winter and planning ahead for the increased activity of spring. Thanks to all of you who participated in my first Introductory EFT Teleclass; I received many positive comments about the class. This newsletter contains an announcement about my newest teleclass, **Tapping Your Way to Freedom with EFT**. Many exciting changes are occurring in my practice, and I'm looking forward to sharing them with you over the coming months.

In my last newsletter, I described how I used the Emotional Freedom Technique (EFT) to treat my client's post-traumatic stress disorder following a car accident. EFT is an easy to learn procedure that combines acupressure (tapping on relaxation points on the face and upper body) with verbal affirmations. In many instances, EFT can be used to resolve a specific fear or problem in one, brief session. However, sometimes an issue contains multiple parts or aspects, each of which needs to be addressed before relief from symptoms can occur.

One of my clients has kindly given me permission to share her story of how multiple EFT sessions were required before she was able to overcome her medically related anxieties. As you read her story, notice how we were able to use EFT to take care of each new issue that arose.

**Eliminating Multiple Anxieties**

Jean (whose name has been changed for privacy) arrived at my office with the upsetting news that she was facing a possible hysterectomy and had begun experiencing constant low level anxiety and intermittent panic attacks at the thought of surgery. I immediately taught her how to perform the Emotional Freedom Technique (EFT) by having her tap with her fingers on specific relaxation points on her head and upper body while saying carefully designed affirmations. Jean began practicing EFT on a daily basis and within two or three weeks, her anxiety had decreased to what she described as a "moderate" level. Although Jean was glad to experience some relief, I knew the results could be better and suspected that underlying issues were probably preventing her from achieving the best possible results.

Careful exploration revealed that Jean had experienced major fear and trauma at a very young age when her father had been hospitalized. I helped her use EFT to neutralize each of her traumatic memories and to then apply EFT to her own medical anxieties. Jean was delighted to experience complete relief from her anxiety and panic attacks after we treated all these underlying aspects.

Jean was so excited about her progress that she decided to use EFT to address other issues, and began "tapping" on her fear of taking vacations far away from home and her fear of flying. A few weeks after we began work on these two issues, she took a successful vacation to Florida. **Helping Family and Friends** Just a few weeks ago, Jean called me to excitedly share that she'd taken a plane trip to Las Vegas and had actually "loved the plane flight!" She also told me that when her teen-aged daughter experienced a severe athletic injury, she was able to quickly teach her how to use EFT to control anxiety during a subsequent painful medical procedure. Impressed by the results, Jean's highly conservative husband decided he also wanted to learn EFT and was able to use the technique to decrease his frustrations at work. I was delighted to hear how Jean shared this self-healing tool with her entire family.

The Emotional Freedom Technique provides you with a powerful tool, literally at your fingertips, that you can use to optimize your performance and emotional well-being on a daily basis.

If you have not yet experienced the healing benefits of this technique, I encourage you to attend my next **free EFT Teleclass** (details follow below). During the Teleclass you will have a chance to try out the technique and ask questions from the convenience and privacy of your own home. If you are like most of my clients, you'll be eager to share EFT with family and friends so that they, too, can experience optimal well-being.

**Free Introductory EFT Teleclass: Using EFT For Stress And Anxiety**

**WHEN:** Monday, February 7 (first Monday of each month), 8:00-9:00 p.m. (CST)

**WHO:** This is an opportunity for friends and relatives of current and former clients to learn EFT. Former clients who have not experienced EFT are also welcome to call.

**HOW TO REGISTER:** Call (630) 960-2887 and leave your name and phone number. You will receive a confirmation call within 24 hours giving you the phone number you will need to call at the scheduled time to participate in the class. Register early because space is limited to 20 people.

For those not familiar with teleclasses, you can remain anonymous on the phone and participate at your discretion.

**Introducing a New Monthly Teleclass: Tapping Your Way To Freedom With EFT**

**WHEN:** Monday, February 21 (third Monday of each month), 8:00-9:00 p.m. (CST)

**THIS MONTH'S TOPIC:** Reducing Anger, Frustration, and Resentment with EFT **COST:** \$20.00

**WHO:** Current and former clients and others who are already familiar with the basic EFT technique (or who have taken my free introductory teleclass).

**WHY:** Once people learn the basic EFT technique, they often have questions about whether they're using the technique correctly, how to use EFT for various issues, and how to incorporate it into their daily lives. To address these questions, I am now offering a monthly teleclass that will demonstrate how to apply EFT to specific issues or problems. Each monthly class will target a specific issue, such as grief, anger, guilt, low self-esteem, or chronic pain, and provide practice using EFT to resolve that issue. During the class, participants will refresh their understanding of how to do EFT and receive guidance in applying the technique to their specific situation. The benefits of doing this work during a teleclass are that participants can remain anonymous if they choose and participate as much or as little as they want while learning from others.

Even if the topic being addressed during a particular month doesn't currently apply to you, you are welcome to join the teleclass to learn about the various applications of EFT.

**HOW TO REGISTER:** Call (630) 960-2887 and leave your name and phone number. You will receive a confirmation call within 24 hours giving you the phone number you will need to call for the class. Register early because space is limited to 20 people.

The newsletter topic for this month, written by my colleague, Tony, is **ARE YOU OVERWHELMED?** It describes what people really mean when they complain about feeling overwhelmed and steps they can take to reclaim their lives.

In the meantime, **remember to take care of yourself!** One of the best cures for cabin fever is to step out of your usual routine and do something new. My EFT Teleclasses might provide a welcome dose of stimulation and inspiration to get you through the rest of the winter.

**ARE YOU OVERWHELMED?**

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So many people say that they feel "overwhelmed" these days. If they actually are overwhelmed, it's a VERY serious problem. They don't need a therapist. They need to call 911 instead.

If they aren't really overwhelmed but sincerely believe they are, this is a serious problem too - and a therapist's understanding of what's going on may help.

## **WHAT DOES OVERWHELMED MEAN?**



Someone is truly overwhelmed when the situation they are in is more than they can possibly handle.

## **SOME EXAMPLES**

### **People Actually ARE Overwhelmed:**

- When someone physically stronger than they are is beating them up.
- When they are in jail.
- When they are trapped under something too heavy to move.
- When they see a tornado or hurricane blowing their house away.

### **People SAY They Are Overwhelmed:**

- When they have too much paperwork to do.
- When they are surrounded by children who are yelling and “won’t listen.”
- When they are too tired to think clearly.
- When they find that they can’t do all they expected to do in a day.

The huge difference between these examples is that in the first set there are no options left. In the second set, there are many options left.

## **ADULTS CAN’T BE OVERWHELMED...BUT CHILDREN CAN**

Adults can only be overwhelmed by PHYSICAL FORCE, and most adults never have to face such things as huge people who beat them up, or being in jail, or watching a tornado destroy their home.

For this reason, I often say “Adults Can’t Be Overwhelmed” (which I acknowledge is an overstatement...).

## **But children can and frequently are overwhelmed - and we all remember how that felt.**

Do you remember when an older kid or an adult physically forced you to do something?

Do you remember when you felt required, by an adult, to know something you just didn’t know?

Do you remember trying to compete with people twice your size?

If your parents or teachers used physical discipline, do you remember?

## **WHY IS ALL THIS SO IMPORTANT?**

In my practice, the people who most frequently misuse the concept of being “overwhelmed” are the same people who were most frequently and most brutally overwhelmed in childhood. By revisiting this feeling of helplessness, they unnecessarily re-experience painful childhood trauma - and they take the risk of convincing themselves that they really can’t handle adult life.

## **WHAT TO DO WHEN YOU FEEL OVERWHELMED**

Ask yourself: “Is this situation really **impossible** for me to handle?”

**If it IS impossible,** all you can do is face the terror and the other raw emotions until it is over.**I**

**f it’s ALMOST impossible,** call 911 or get whatever other help you need immediately.

**If it's NOT actually impossible, but still seems like it is - think creatively about options like these:**

**In the Short Term:** Face the disappointment.

**In the Longer Term:** Don't promise yourself too much.

**In the Short Term:** Tell someone you will be disappointing them.

**In the Longer Term:** Don't promise too much to others.

**In the Short Term:** Do the most valuable work first.

**In the Longer Term:** Prioritize your limited time and energy realistically.

**In the Short Term:** Tell demanding people to stop mistreating you.

**In the Longer Term:** Get away from anyone who won't stop mistreating you.

**In the Short Term:** Admit your mistake to everyone involved.

**In the Longer Term:** Be kind to yourself (and others) about mistakes.

**In the Short Term:** Notice that there were unexpected interruptions.

**In the Longer Term:** Expect unexpected interruptions! Include "down time" in all your planning.

**In the Short Term:** Revise your commitments.

**In the Longer Term:** Don't give your word unless you can keep it. Only commit to tasks which are relatively easy to attain. Say "No" (or "I'll try" or "Maybe") to all others. Put "rest" into all your planning - as a necessity.

**In the Short Term:** Ask for help and enjoy getting it.

**In the Longer Term:** Be as proud of work you do with others as you are of work you do alone. Share responsibility.

Trust others to do their part and hold them to it.

Don't take all control yourself and don't let anyone else assume all control. Share control in both planning and doing.

YOU CAN HANDLE YOUR LIFE. Nothing is impossible unless it's physically impossible. Adults always have options. Just choose your best option and move on.

You Can Handle Your Challenges! There's No Reason To Doubt It.

Wishing you equal doses of relaxation and anticipation in the months leading to spring,  
Dan Lippmann P.S.

I want to thank all of you who have recently referred friends and family to me. If your friends would like more information on my services, have them visit my website at [www.wellness-innovations.com](http://www.wellness-innovations.com). Please forward this newsletter to anyone who is experiencing stress.

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Dan Lippmann has more than 25 years of individual and marital counseling experience. After facilitating his own recovery from a chronic pain condition in 1987, Mr. Lippmann began collaborating with experts in the field of mind-body health to develop innovative stress reduction and wellness techniques. He has been cited as a "Master Practitioner" in the book, Light Years Ahead, and in July 1999 his work on stress reduction was featured in the *Chicago Tribune*. He has also been interviewed about his work on radio and television. To receive this free monthly email newsletter, visit [www.wellness-innovations.com](http://www.wellness-innovations.com).