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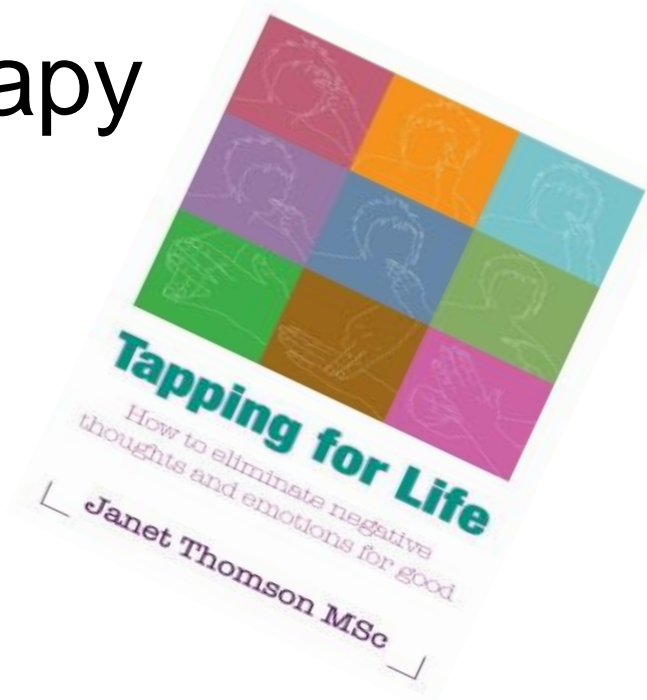
JANET THOMSON
Transformational Life Coach



Thought Field Therapy Fact Sheet

How to eliminate negative thoughts
and emotions

By JANET THOMSON MSc



You may have heard Janet when she was a guest on the Chris Evans Drive Time show on Radio 2 going “Tap Happy” with Chris and the team. The subject was eliminating cravings, and Janet was certainly put to the test; she cured Chris’s friend Marky Mark of his addiction to kebabs over the telephone in just 5 minutes, as well as Sally Traffic for her craving for a cigarette! Janet chatted to Chris about the benefits of TFT and off air even helped in to tap away his blocked up nose! She has also filmed a series for ITV Central “Change To Change” demonstrating how it can be used to eliminate anxiety phobias and aid weight loss, clips of these can be seen on the website.

Janet’s book **TAPPING FOR LIFE** explains how Thought Field Therapy works, or you may like to see her for a one to one appointment, but here are few facts and tips to get you started. There’s 3 treatments included on this fact sheet that cover a variety of emotions and are a great introduction to TFT.

TFT can eliminate a variety of negative emotions such as anxiety, depressive thoughts and feelings, negativity, phobias, traumatic memories, OCD type behaviours, self-sabotage, low self-esteem and much more. It was developed by the brilliant Dr Roger Callahan, who Janet has been lucky enough to train with personally, and who wrote a wonderful forward for her book:

“Janet is creative and unique in her ability to explain the basis of TFT – she has done an excellent job and we are proud to have her as a representative”

Dr Roger Callahan – creator of TFT.

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So how does TFT work? The simple answer is “very well”. It is a blend of psychological, physical, and energy therapies that when combined together in this way, allow us to have an unrivalled success rate. One of the best things about TFT is that even when it doesn’t work (for less than 10% of people) then it does no harm. It’s totally non-invasive and risk free, so with a potential 90% success rate it is a very real and practical way to change how you think and feel.

TFT uses the body’s meridian systems. The meridians can be best described as “energy pathways” that were discovered many centuries ago in Traditional Chinese Medicine, and are used today in several therapies, including Acupuncture. Our thoughts, or more specifically the information contained in our thoughts, are stored throughout the meridians. When there is a trauma or a fear, then it creates a blockage in the flow of energy and until this is cleared, normal service cannot be resumed. Whilst some people clear these emotional disturbances naturally over time, for many these blockages can remain in place indefinitely. Unexplained physical pain is often a cause of stored up negative thoughts and emotions and can be cleared with TFT. See the TV clip of John on Janet’s website where she eliminated his back pain completely by clearing his mind of emotional trauma and anxiety. At www.powertochange.me.uk you can also see other clips including reducing depressive thoughts and clearing phobias.

What is the difference between EFT and TFT? Both are “Tapping” therapies, and the concept of Tapping on the meridians was discovered by Dr Roger Callahan. EFT was developed by Gary Craig after training in TFT and adapting it; the essential difference is that with EFT you tap all the points in succession and repeat out loud mantras or statements referring to the problem e.g. “even though I have this feeling of inadequacy I totally and utterly accept myself”. TFT uses only specific points for specific emotions so for this example there would be only 4 points to tap, and there’s no need to say anything out loud. TFT also uses the “gamut” sequence (explained below) to balance left and right brain. Essentially TFT is more bespoke or tailor made and caters for individual and specific thoughts or feelings, whilst EFT is a more generalised approach. Both can be effective to varying degrees depending on the needs of the individual.

Without doubt TFT is the most powerful, fastest and effective therapy Janet uses, but she is also qualified in Clinical Hypnosis, Neuro Linguistic Programming, and is a trained Life coach, as well as holding a Master’s degree in Nutrition and Exercise Science. She combines this unique and eclectic mix of skills and treatments to ensure you get the best possible results, either by working with her in person, or through her books and courses. Over the last ten years Janet has regularly been called upon as an “expert” for features and programmes on television and radio as well as contributing regularly to the written media.

Janet’s clients get used to success and in her words, to “feeling good ... for no reason whatsoever!”

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SELF TREATMENT GUIDELINES

TFT can be used effectively and quickly for minor problems without the need for a therapist, although if you are suffering from anxiety, depression or a chronic phobia it is advisable to seek professional help. Here are two treatments, one for cravings and the other for general anxiety or fear. If your problem is complex and you feel you need further help then you may benefit from an individual treatment. You can find out more about one to one treatments on the website or by emailing janet@powertochange.me.uk, or you may want to come along to the 2 day accredited course and learn all the techniques so that you can help not only yourself, but others around you either personally or professionally.

There are a couple of points before you get started that will help you get the best results:

1. *Always begin by tapping the side of your hand about 20 times and then under your nose for about 5-10 seconds before commencing the sequence.*
2. *Make sure you stay in the specific thought or feeling that you want to eliminate, if your mind wanders bring it back to the exact same thought. This may get harder to do as the thought gets less and less.*
3. *Before you start rate the intensity of the negative thought or feeling on a scale of 1 – 10 with 10 being the worst. This will help you to monitor your progress.*

The procedure has 3 simple steps

1. tap the designated points (as shown)
2. do the gamut sequence
3. repeat the designated points again

The gamut sequence is a simple routine that balances both right and left brain, essential for long term change. It is a vital part of TFT and one of the secrets of its high success rate. Practice this a couple of times before you start. (You may find it relaxing in its own right, as tapping this point is especially good for sadness or pain).

Tap the back of the hand between the last 2 knuckles. And do the following whilst continuing to tap this point:

1. blink slowly (close and open your eyes)
2. keeping your head still, move your eyes only and look from one shoulder to the other
3. circle and roll your eyes all the way around as if you were looking at all the numbers on a clock, then roll them the other way
4. hum a few notes out loud, then count 1,2,3,4,5, then hum out loud again.



Now you are ready to have a go. Remember you can do no harm and you may get immediate relief or a reduction in your emotional pain. You will find pictures of all the tapping points at the end of this fact sheet. I have included a general First Aid sequence, for when you need something super quick, the sequences used for cravings on Chris's

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show, and a couple for general fear and anxiety. There are many other ways you can use this amazing therapy but this is a good place to start! Remember if you want to learn more just contact Janet via the website.



Tapping First Aid

There is one quick sequence that can in many cases quickly reduce the negative emotions, it takes about a minute to do so it's well worth a try:

Tap the following points for 5-10 seconds each.

Side hand – index finger – under nose – under lip – under nose – index finger (other hand) – side hand (other hand) Learn this sequence and repeat it whenever you feel you need an emotional boost.

On the show Janet demonstrated the power of TFT for eliminating Cravings there are 3 sequences that are effective for this. Think about or look at the item you are craving and keeping that thought in mind try each of the following sequences to see which works best for you, it can vary depending on whether you want to reduce your craving for a cigarette due to a stressful event, or perhaps for a chocolate craving borne out of boredom or habit.

- Always prefix with Side hand – under eye

Sequence 1	Sequence 2	Sequence 3
Side hand (karate spot)	Side hand (karate spot)	Side hand (karate spot)
Under eye	Under eye	Under arm
Collar bone	Collar bone	Under eye
Under eye	Under arm	Collar bone
Collar bone	Collar bone	Gamut sequence
Gamut sequence	Gamut sequence	Repeat tapping points
Repeat tapping points	Repeat tapping points	

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TFT can be used very effectively for reducing or eliminating anxiety, for a general fear based emotion the treatment is as follows:

- Always prefix with Side hand – under eye

Anxiety – Fear Sequence
Eyebrow
Under eye
Under arm
Under eye
Collar bone
Gamut sequence
Repeat tapping points

If you want to learn how to use TFT for yourself you can get the Tapping For Life book and an audio hypnosis package designed to enhance and reinforce all the changes you can make with TFT [here](#) or if you would like to learn how to help others, you can come along to the 2 day course. This accredited qualification is designed for enthusiasts wanting to use it in themselves and with family and friends, and for therapists alike. Visit the [Professional Training link](#) on the website for more information.

Please do use these techniques on yourself and feel free to pass this fact sheet onto anyone else you think may benefit. Or if you would like more information about individual treatments click [here](#).

Your body is where you live and you only get one, so please look after it.

Janet Thomson MSc – Transformational Life Coach, Best Selling author & TV expert, as heard on Chris Evans & Steve Wright



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TAPPING POINTS

Tap each point approx 15 times (3-4 seconds)



Eye Brow (eb)



under eye (e)



outside eye (oe)



Under Nose (un)



Under Lip (ul) or chin (ch)



Under Arm (a)



Collarbone (cb)



Index Finger (if)



Middle Finger (mf)



Tiny Finger (tf)



Gamut Spot (g)



Side Hand (sh)
or PR 1

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