

# **NGH 2006 – Using Hypnosis to Control Road Rage**

## **Session 1**

### The Handout before the First Session Introduction to Road Rage

After Session 1, the participants will:

1. Be familiar with the hand out prior to the first visit
2. Know that people in various different circumstances express extreme anger.
3. Know the characteristics of the Road idiot and the road rager.
4. Have a better understanding of what anger is.
5. Understand various ways that people express anger.
6. Understand why some people are angrier than others.
7. Know some strategies to control of anger and hostility.
8. Know the nature of anger.
9. Be familiar with Road Rage Inventory Scale and the Clinical Anger Scale.

# **ROAD RAGE**

## **How to Cope with the Stress of Driving A Multi-disciplined Approach**



Please read before the first office visit and complete The Road Rage and Anger Inventory Scale. Bring it to the office for the first visit.

## ***Introduction to Controlling Road Rage***

There is so much anger in our society today and it seems to be the major reason why we find that road rage is so prevalent today.

Vern Kellejian Ph. D. (2003) wrote:

Although anger is a natural emotion, many experts have begun to wonder whether society isn't now boiling over with rage. The social expression of anger has increased many-fold in the last few years. In the US alone, airplane rage incidents have increased from 1000 to 5000 in the last three years. Road rage has left over 12,000 people injured in the last five years. Workplace violence - virtually unheard of until the 1970s - now costs business about \$36 billion every year. Certain sports events are so dangerous that they must be cancelled. Last month an ice-hockey referee was beaten to death at a school sports event. The abuse of millions of women, children and seniors is also on the rise. All of these events indicate that something serious is happening.

If you own a car and have been on a highway, then you've been exposed to it. The cause of road rage is quite simple. There are too many cars on highways that are not adequate to handle the current volume of traffic. Under these conditions, people become frustrated because they can't get to where they want to go as fast as they want to get there. These conditions are such that they breed two characters that now inhabit our roads, the *road idiot* and the *road rager*. These two characters are capable of bringing out the worst in the best of us. First, let's look at the behavior of *road idiot*:

- The person who weaves in and out of traffic at high speed changing from one lane to the other.
- The slow poke in the fast lane that refuses to move over, creating a dangerous situation as people attempt to pass.
- The person who is late for work, or an appointment and gets frustrated with what they deem as slow moving traffic and take reckless chances.
- The person who drives behind you at night and keeps on his high beams.
- The person who cuts into your lane without signaling and without looking to see if there is enough room.
- The person driving under the speed limit on a two-lane highway with no place to pass and you're on a tight time schedule.
- The people who won't let you pass. When you increase your speed to pass them, they increase their speed to impede your ability to pass. This is particularly frustrating when you're on a two-lane highway and there are only a few places where you can pass.
- The person who is driving next to you at 75 miles per hour and has a newspaper or a magazine on his steering wheel and is reading while driving.
- The woman who, while driving along, uses the back up mirror to put on her makeup and style her hair.
- The person who is on a cellular phone, holding it with one hand and keeps taking his other hand off the wheel making gestures.
- The driver who has a car full of people and when he is talking he finds it necessary to make eye contact with the people in the back seat. His eyes seem to be focused everywhere except on the road.
- This person is most difficult to spot because there are no outward manifestations of their behavior. This is the person who is distracted from their major task behind the wheel, i.e., driving; because their mind is involved with such thoughts or ruminating about past

business or social events or planning what they have to do when they get to where they are going.

- The person who finds the *road idiot's* behavior so unacceptable that he reacts to it with *road rage* and then these two become a danger to everyone else on the road.

Now the next person I want to look at is the *road rager*. This is the person we can all become until we change the way we view and react to the *road idiot*. I would like to recommend that whenever you are driving your car you must believe that you are in a sea of insanity and you are the only sane one there. Also maneuvering in this sea of insanity will take both your physical and mental skill if you are to survive. Physical skill to be able to be in control of your car and mental skill in order to be in control of yourself! Both are equally important and are interrelated.

What creates *road rage* and ultimately makes you a *road idiot* is not the idiot but its how you choose to react to the idiot. That's right, how you choose to *react* to the idiot. If you react with rage and anger then you also become a *road idiot*. However, if you choose to look at the particular incident when it occurs without bringing in your thoughts and emotions which will influence how you behave and see it for what is really is, *i.e.* a *road idiot* who is out of control and really does not see how his idiotic behavior is a danger on the road. If you follow this approach you will eventually develop the skill to recognize the *road idiots* for what they are and not get sucked into raging.

If you are now a *road rager* or a *road idiot* you know you must change. Change is not easy. However, it is possible and that's what's so great about being a human homo-sapiens. If you're a cat, giraffe, or rooster your behavior is unchangeable. When you initiate change be patient and keep in mind that the changes you wish to make take time, effort and commitment on your part to acquire. If you're a *road rager*, then you must change the way to react to the *road idiot*. Having the idiot on the road is bad enough. However, when you react to the idiot with rage then there are two idiots on the road.

Remember that you can't control the way the other person drives. When the idiot does something that annoys you let them – and let the incident go. Don't let your ego get involved with such rage creating thoughts as, “that son of a bitch” can't do that to me. I'll show him.” Instead, laugh at his stupid idiotic behavior and let it go – that's right let it go – if you don't let it go he's going to control you through you for the rest of the commute or possibly even after the commute. See it as it really is. Because after the idiotic incident is over – it's over – unless you perpetuate the incident in your mind – then it's not over and it will fester in your mind until your rage makes you a *road idiot*. One *road idiot* is enough you don't need another. One *road idiot* is dangerous – two is disastrous and you don't want to be part of that behavior. Further, if you do catch up to the idiot and vent your rage, it's not going to change his overall behavior and you might kill yourself and others in the process. Also you really don't know how mentally stable the idiot might be or how unstable the road rage has made you!

To sum up here are some rules to keep in mind as you maneuver on the sea or insanity.

- If you're getting stressed and tense, use you're calm, peaceful, tranquil, and relaxed active relaxation cue. (**To be learned in the first hypnotic session.**)
- When observing the behavior or a *road idiot* laugh at it. The laughter will act as a catalyst and an interruption device to help you to avoid raging.

- When observing the behavior of a *road idiot* be sure that you see things as they really are and don't color what you see with your thoughts and emotion. If you do they could influence your behavior negatively.
- You'll have ample opportunity to see things as they really are as you drive. This will be a great help in teaching you how not to react with rage toward the *road idiot*.
- Remember you only have control over the way you drive your car. Therefore, when you're behind the wheel give driving your complete attention and avoid any distraction from the task, even a small distraction could be fatal.
- If a *road idiot* wants to pass you, let them. Don't allow your ego to open the insanity door so that your rage creates another *road idiot*.
- Don't allow your thoughts to draw your mind away from giving your driving your complete attention. This is not a time for communicating and planning. It's a time for driving only.

Whenever you embark on a journey through the sea of insanity you will find that you will have ample opportunity to practice these new driving behaviors. Because these new behaviors could prove to be life saving and the life you save might be your own.

## Anger

We live in a very angry society. There are forces our society that are constantly bombarding our psyche and keeping us in a state of anger, *e.g.*, the news papers, talk shows, internet blogs, politicians, *etc.* The person who has a road rage problem probably has a problem with anger in other parts of his life.

We all know what anger is, and we've all felt it: whether as a fleeting annoyance or as full-fledged rage. Anger is a completely normal, usually healthy, human emotion. But when it gets out of control and turns destructive, it can lead to problems—problems at work, in your personal relationships, the overall quality of your life, and especially your behavior when you're driving your car. When anger comes when you're behind the wheel you may feel that you are being controlled by a hidden unpredictable emotion that influences your driving behavior.

### What is Anger?

Anger is "an emotional state that varies in intensity from mild irritation to intense fury and rage," according to Charles Spielberger, PhD, a psychologist who specializes in the study of anger. Like other emotions, it is accompanied by physiological and biological changes; when you get angry, your heart rate and blood pressure go up, as do the levels of your energy hormones, adrenaline, and noradrenalin. Anger can be caused by both external and internal events. You could be angry at a specific person (such as a road idiot) or event (a traffic jam) or your anger could be caused by worrying or brooding about your personal problems. Memories of traumatic or enraging events can also trigger angry feelings and this could be occurring while you are driving

### Expressing Anger

The instinctive, natural way to express anger is to respond aggressively. Anger is a natural, adaptive response to threats; it inspires powerful, often aggressive, feelings and behaviors, which allow us to fight and to defend ourselves when we are attacked. A certain amount of anger, therefore, is necessary to our survival. On the other hand, we can't physically lash out at every person or object that irritates or annoys us; **laws, social norms, and common sense** place limits on how far our anger can take us. People use a variety of both

conscious and unconscious processes to deal with their angry feelings. The three main approaches are as follows:

**Suppressing, and calming.** Expressing your angry feelings in an assertive—not aggressive—manner is the healthiest way to express anger. To do this, you have to learn how to make clear what your needs are, and how to get them met, without hurting others. Being assertive doesn't mean being pushy or demanding; it means being respectful of yourself and others.

**Anger can be suppressed, and then converted or redirected.** This happens when you hold in your anger, stop thinking about it, and focus on something positive. The aim is to inhibit or suppress your anger and convert it into more constructive behavior. The danger in this type of response is that if it isn't allowed outward expression, your anger can turn inward—on yourself. Anger turned inward may cause hypertension, high blood pressure, or depression. Unexpressed anger can create other problems. It can lead to pathological expressions of anger, such as passive-aggressive behavior (getting back at people indirectly, without telling them why, rather than confronting them head-on) or a personality that seems perpetually cynical and hostile. People who are constantly putting others down, criticizing everything, and making cynical comments haven't learned how to constructively express their anger. Not surprisingly, they aren't likely to have many successful relationships.

**Finally, you can calm down inside.** This means not just controlling your outward behavior, but also controlling your internal responses, taking steps to lower your heart rate, calm yourself down, and let the feelings subside. As Dr. Spielberger notes, "when none of these three techniques work, that's when someone—or something—is going to get hurt."

## **Anger Management**

The goal of anger management is to reduce both your emotional feelings and the physiological arousal that anger causes. You can't get rid of, or avoid, the things or the people that enrage you, nor can you change them. However, you can learn how to **control your reactions**.

### **Are You Too Angry?**

There are psychological tests that measure the intensity of angry feelings, how prone to anger you are, and how well you handle it. But chances are good that if you do have a problem with anger, you already know it. If you find yourself acting in ways that seem out of control and frightening, especially when you're on the highway, you may need help in finding a better way to deal with this emotion.

### **Why are Some People are Angrier Than Others?**

According to Jerry Deffenbacher, PhD, a psychologist who specializes in anger management, some people really are more "hotheaded" than others are; they get angry more easily and more intensely than the average person does. There are also those who don't show their anger in loud spectacular ways but are chronically irritable and grumpy. Easily angered people don't always curse and throw things; sometimes they withdraw socially, sulk, or get physically ill.

People who are easily angered generally have what some psychologists call a low tolerance for frustration, meaning simply that they feel that they should not have to be subjected to frustration, inconvenience, or annoyance. They can't take things in stride, and they're particularly infuriated if the situation seems somehow unjust: for example, being angered by the way people are driving.

What makes these people this way? A number of things. One cause may be genetic or physiological: There is evidence that some children are born irritable, touchy, and easily angered, and that these signs are present

from a very early age. Another may be sociocultural. Anger is often regarded as negative; we're taught that it's all right to express anxiety, depression, or other emotions but not to express anger. As a result, we don't learn how to handle it or channel it constructively. Research has also found that family background plays a role. Typically, people who are easily angered come from families that are disruptive, chaotic, and not skilled at emotional communications.

### **Is It Good To "Let it All Hang Out?"**

Psychologists now say that this is a dangerous myth. Some people use this theory as a license to hurt others. Research has found that "letting it rip" with anger actually escalates anger and aggression and does nothing to help you (or the person you're angry with) resolve the situation. Unfortunately this is not possible in a driving situation. It's best to find out what it is that triggers your anger, and then to develop strategies to keep those triggers from tipping you over the edge in to road rage.

## **Strategies To Keep Anger At Bay**

### **Relaxation**

During your first visit you will learn several hypnotic relaxation techniques.

### **Cognitive Restructuring**

Simply put, this means changing the way you think. Angry people tend to curse, swear, or speak in highly colorful terms that reflect their inner thoughts. When you're angry, your thinking can become extremely exaggerated and overly dramatic. Try replacing these thoughts with more rational ones. For instance, instead of telling yourself, "Look at that idiot weave in and out of traffic. He could kill some one! What a jerk." Tell yourself, "It's frustrating, and it's understandable that I'm upset about it, but it's not the end of the world and getting angry is not going to fix it anyhow."

Remind yourself that getting angry is not going to fix anything that it won't make you feel better (and may actually make you feel worse). Logic defeats anger, because anger, even when it's justified, can quickly become irrational. So use cold hard logic on yourself. Remind yourself that the world is "not out to get you," you're just experiencing some of the rough spots of daily life. Do this each time you feel anger getting the best of you, and it'll help you get a more balanced perspective.

Angry people tend to demand things: fairness, appreciation, agreement, willingness to do things their way. Everyone wants these things, and we are all hurt and disappointed when we don't get them, but angry people demand them, and when their demands aren't met, their disappointment becomes anger. As part of their cognitive restructuring, angry people need to become aware of their demanding nature and translate their expectations into desires. In other words, saying, "I would like" something is healthier than saying, "I demand" or "I must have" something. When you're unable to get what you want, you will experience the normal reactions—frustration, disappointment, hurt—but not anger. Some angry people use this anger as a way to avoid feeling hurt, but that doesn't mean the hurt goes away.

**The behaviors that must be addressed will be covered in the first hypnotic session.**

### **Using Humor**

"Silly humor" can help defuse rage in a number of ways. For one thing, it can help you get a more balanced

perspective. When you get angry and call someone a name or refer to them in some imaginative phrase, stop and picture what that word would literally look like. If you're at driving and you see a road idiot and you call him/her a "dirt bag" or a "single-cell life form," then try to picture a large bag full of dirt (or an amoeba) sitting behind the wheel of the car. Do this whenever a name comes into your head when you are confronted with road rage.

The underlying message of highly angry people, Dr. Deffenbacher says, is "things ought a go my way!" Angry people tend to feel that they are morally right, that any blocking or changing of their plans is an unbearable indignity and that they should NOT have to suffer this way. Maybe other people do, but not them! When you feel that urge, he suggests, picture yourself as a god or goddess, a supreme ruler, who owns the streets and stores and office space, striding alone and having your way in all situations while others defer to you. The more detail you can get into your imaginary scenes, the more chances you have to realize that maybe you are being unreasonable; you'll also realize how unimportant the things you're angry about really are.

There are two cautions in using humor:

1. Don't use humor as a device to avoid facing and solving the problem, *i.e.*, if there is a solution.
2. Don't give into harsh, sarcastic humor; that's just another form of unhealthy anger expression.

What these techniques have in common is a refusal to take oneself too seriously. Anger is a serious emotion, but it's often accompanied by ideas that, if examined, can make you laugh.

### **Problem Solving**

Sometimes, our anger and frustration are caused by very real and inescapable problems in our lives. Not all anger is misplaced, and often it's a healthy, natural response to these difficulties. There is also a cultural belief that every problem has a solution, and it adds to our frustration to find out that this isn't always the case. The best attitude to bring to such a situation, then, is not to focus on finding the solution, but rather on how you handle and face the problem. Make a plan, and check your progress along the way. Resolve to give it your best, but also not to punish yourself if an answer doesn't come right away. If you can approach it with your best intentions and efforts and make a serious attempt to face it head-on, you will be less likely to lose patience and fall into all-or-nothing thinking, even if the problem does not get solved right away.

### **The Nature of Anger**

Anger is "an emotional state that varies in intensity from mild irritation to intense fury and rage," according to Charles Spielberger, PhD, a psychologist who specializes in the study of anger. Like other emotions, it is accompanied by physiological and biological changes; when you get angry, your heart rate and blood pressure go up, as do the levels of your energy hormones, adrenaline, and noradrenalin. Anger can be caused by both external and internal events. You could be angry at a specific person (such as a road idiot) or an event (such as a traffic jam), or your anger could be caused by worrying or brooding about your personal problems or memories of traumatic or enraging events can also trigger angry feelings which are carried over into your driving behavior..

### **Expressing Anger**

The instinctive, natural way to express anger is to respond aggressively. Anger is a natural, adaptive response to threats; it inspires powerful, often aggressive, feelings and behaviors, which allow us to fight and to defend ourselves when we are attacked. A certain amount of anger, therefore, is necessary to our survival. On the

other hand, we can't physically lash out at every person or object that irritates or annoys us; laws, social norms, and common sense place limits on how far our anger can take us.

People use a variety of both conscious and unconscious processes to deal with their angry feelings. The three main approaches are:

- Expressing your angry feelings in an **assertive—not aggressive**—manner is the healthiest way to express anger. To do this, you have to learn how to make clear what your needs are, and how to get them met, without hurting others. Being assertive doesn't mean being pushy or demanding; it means being respectful of yourself and others. Anger can be suppressed, and then converted or redirected. This happens when you hold in your anger, stop thinking about it, and focus on something positive.
- Suppressing your anger and converting into more constructive behavior. The danger in this type of response is that if it isn't allowed outward expression, your anger can turn inward—on yourself. Anger turned inward may cause hypertension, high blood pressure, or depression. Unexpressed anger can create other problems. It can lead to pathological expressions of anger, such as passive-aggressive behavior (getting back at people indirectly, without telling them why, rather than confronting them head-on) or a personality that seems perpetually cynical and hostile. People who are constantly putting others down, criticizing everything, and making cynical comments haven't learned how to constructively express their anger. Not surprisingly, they aren't likely to have many successful relationships.
- Calming your anger down inside. This means not only controlling your outward behavior, but also controlling your internal responses, taking steps to lower your heart rate, calm yourself down, and let the feelings subside. When none of these three techniques work, that's when someone is going to get hurt. You will learn to do this during your first hypnotic session

### **Anger Management (Controlling your Reaction)**

The goal of anger management is to reduce both your emotional feelings and the physiological arousal that anger causes. You can't get rid of, or avoid, the things or the people that enrage you, nor can you change them. However, you can learn to **control your reactions**. This reaction is your first line of defense in thwarting road rage.

### **Are You Too Angry?**

There are psychological tests that measure the intensity of angry feelings, how prone to anger you are, and how well you handle it. But chances are good that if you do have a problem with anger, you already know it. If you find yourself acting in ways that seem out of control and are reacting with anger and hostility toward other drivers on the road – you know you are in trouble!

### **Is It Good To "Let it All Hang Out?"**

Psychologists now say that this is a dangerous myth. Some people use this theory as a license to hurt others. Research has found that "letting it rip" with anger actually escalates anger and aggression and does nothing to help you (or the person you're angry with) resolve the situation. It's best to find out what it is that triggers your anger, and then to develop strategies to keep those triggers from tipping you over the edge.

## Quick Anger Check

Whenever you find yourself getting angry ask yourself the following three questions

1. Is it worth getting angry?
2. Am I justified in getting angry?
3. Will it change anything?

If you get a No answer to any of those three questions, take a deep breath and *FORGET IT!* During our session you will be taught how to forget it.

## ROAD RAGE INVENTORY SCALE

Developed by Dr. William E. Snell, Jr. and Michael W. Dorris S. E. Missouri University

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**INSTRUCTIONS:** The following questionnaire contains 25 statements about your driving behavior. There is not any right or wrong answer, only responses that that describe your own personal driving habits. Use the following scale to how much the statement describes you

- A = Never descriptive of me.
- B = Seldom descriptive of me.
- C = Sometimes descriptive of me.
- D = Often descriptive of me.
- E = Always descriptive of me.

	How much does each of these statements describe you?	Never descriptive of me	Seldom descriptive of me	Sometimes descriptive of me	Often descriptive of me	Always descriptive of me
1.	I find myself yelling at other drivers-- whether they can hear me or not.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2.	I tailgate other drivers	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3.	I feel exhausted after driving in traffic.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4.	I get angry when other drivers pass me on the interstate highway.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5.	I get angered by other drivers if they drive slower than me.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6.	I get into physical fights with other drivers.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7.	I honk my horn more than most other drivers.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8.	I speed around and pass most other drivers.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

9.	I slam my brakes often when driving.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10.	I get angered by other drivers if they drive faster than me.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

PLEASE RESPOND TO ALL ITEMS.

	<b>How much does each of these statements describe you?</b>	<b>Never</b> descriptive of me	<b>Seldom</b> descriptive of me	<b>Sometimes</b> descriptive of me	<b>Often</b> descriptive of me	<b>Always</b> descriptive of me
11.	I find myself wishing to harm other drivers.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12.	I feel that I have to "get back" at other drivers for wronging me.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13.	I feel that other drivers do not know how to drive well.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14.	I have been ticketed for reckless driving.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15.	I carry some type of weapon with me while driving.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16.	Other people do not like to ride in the automobile when I'm driving.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17.	I feel angry after my driving is complete.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
18.	I do not look forward to driving in traffic.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
19.	I feel that other drivers are trying to make me mad.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
20.	I feel that other drivers are following me.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

PLEASE RESPOND TO ALL ITEMS.

	<b>How much does each of these statements describe you?</b>	<b>Never</b> descriptive of me	<b>Seldom</b> descriptive of me	<b>Sometimes</b> descriptive of me	<b>Often</b> descriptive of me	<b>Always</b> descriptive of me
21.	I try to "get away" from other drivers.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
22.	I have to be the first one out at the stoplight or I get angry.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
23.	I get into shouting matches with other drivers.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
24.	I cut people off while driving	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
25.	I force people off of the road while driving.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

PLEASE RESPOND TO ALL ITEMS.

	How much does each of these statements describe you?	Never descriptive of me	Seldom descriptive of me	Sometimes descriptive of me	Often descriptive of me	Always descriptive of me
B1.	How often do you tailgate slower drivers?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
B2.	How often do you weave in and out of traffic?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
B3.	How often do you drive on the shoulder of the road to get ahead in a traffic jam?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
B4.	How often do you purposely keep other vehicles from moving into your lane?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
B5.	How often do you pass where it is unlawful to pass?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
B6.	How often do you drive very fast or very slow?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
B7.	How often do you yell or make angry gestures at other drivers?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
B8.	How often do you honk to make someone go faster?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
B9.	How often do you use your high beams when there's a vehicle ahead of you or coming toward you?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
B10.	How often do you try to "teach a lesson" or get back at other drivers when they do something you think is wrong?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



CLIN

## CLINICAL ANGER SCALE

**SURVEY INSTRUCTIONS:** The groups of items found below inquire about the types of felling you have. Each of the 20 groups of items has four options. For each cluster of Items, read and identify the statement that best reflects how you feel. For example, you might choose **A** for the response. If so then blacken the circle next to the letter **A**. Now please answer the questions below. Be sure to answer every question even if you are not sure. Make sure you answer one statement for each of the 20 clusters. **Please be honest in your answers.**

Select one response from each of the separate clusters of statements.

1.	<input checked="" type="radio"/>	A. I do not feel angry.
	<input type="radio"/>	B. I feel angry.
	<input type="radio"/>	C. I am angry most of the time now.
	<input type="radio"/>	D. I am so angry and hostile all the time that I can't stand it.
2.	<input checked="" type="radio"/>	A. I am not particularly angry about my future.
	<input type="radio"/>	B. When I think about my future, I feel angry.
	<input type="radio"/>	C. I feel angry about what I have to look forward to.
	<input type="radio"/>	D. I feel intensely angry about my future, since it cannot be improved.
3.	<input checked="" type="radio"/>	A. It makes me angry that I feel like such a failure.
	<input type="radio"/>	B. It makes me angry that I have failed more than the average person.
	<input type="radio"/>	C. As I look back on my life, I feel angry about my failures.
	<input type="radio"/>	D. It makes me angry to feel like a complete failure as a person.
4.	<input checked="" type="radio"/>	A. I am not all that angry about things.
	<input type="radio"/>	B. I am becoming more hostile about things than I used to be.
	<input type="radio"/>	C. I am pretty angry about things these days.
	<input type="radio"/>	D. I am angry and hostile about everything.
5.	<input checked="" type="radio"/>	A. I don't feel particularly hostile at others.
	<input type="radio"/>	B. I feel hostile a good deal of the time.
	<input type="radio"/>	C. I feel quite hostile most of the time.
	<input type="radio"/>	D. I feel hostile all of the time.
6.	<input checked="" type="radio"/>	A. I don't feel that others are trying to annoy me.
	<input type="radio"/>	B. At times I think people are trying to annoy me.
	<input type="radio"/>	C. More people than usual are beginning to make me feel angry.
	<input type="radio"/>	D. I feel that others are constantly and intentionally making me angry.

7.	<input checked="" type="radio"/>	A. I don't feel angry when I think about myself.
	<input type="radio"/>	B. I feel more angry about myself these days than I used to.
	<input type="radio"/>	C. I feel angry about myself a good deal of the time.
	<input type="radio"/>	D. When I think about myself, I feel intense anger.
8.	<input checked="" type="radio"/>	A. I don't have angry feelings about others having screwed up my life.
	<input type="radio"/>	B. It's beginning to make me angry that others are screwing up my life.
	<input type="radio"/>	C. I feel angry that others prevent me from having a good life.
	<input type="radio"/>	D. I am constantly angry because others have made my life totally miserable.
9.	<input checked="" type="radio"/>	A. I don't feel angry enough to hurt someone.
	<input type="radio"/>	B. Sometimes I am so angry that I feel like hurting others, but I would not really do it.
	<input type="radio"/>	C. My anger is so intense that I sometimes feel like hurting others.
	<input type="radio"/>	D. I'm so angry that I would like to hurt someone.
10.	<input checked="" type="radio"/>	A. I don't shout at people any more than usual.
	<input type="radio"/>	B. I shout at others more now than I used to.
	<input type="radio"/>	C. I shout at people all the time now.
	<input type="radio"/>	D. I shout at others so often that sometimes I just can't stop.

PLEASE RESPOND TO ALL ITEMS. THANK YOU.

<b>Select one response from each of the separate clusters of statements.</b>		
11.	<input type="radio"/>	A. Things are not more irritating to me now than usual.
	<input type="radio"/>	B. I feel slightly more irritated now than usual.
	<input type="radio"/>	C. I feel irritated a good deal of the time.
	<input type="radio"/>	D. I'm irritated all the time now.

12.	<input checked="" type="radio"/>	A. My anger does not interfere with my interest in other people.
	<input type="radio"/>	B. My anger sometimes interferes with my interest in others.
	<input type="radio"/>	C. I am becoming so angry that I don't want to be around others.
	<input type="radio"/>	D. I'm so angry that I can't stand being around people.
13.	<input checked="" type="radio"/>	A. I don't have any persistent angry feelings that influence my ability to make decisions.
	<input type="radio"/>	B. My feelings of anger occasionally undermine my ability to make decisions.
	<input type="radio"/>	C. I am angry to the extent that it interferes with my making good decisions.
	<input type="radio"/>	D. I'm so angry that I can't make good decisions anymore.
14.	<input checked="" type="radio"/>	A. I'm not so angry and hostile that others dislike me.
	<input type="radio"/>	B. People sometimes dislike being around me since I become angry.
	<input type="radio"/>	C. More often than not, people stay away from me because I'm so hostile and angry.
	<input type="radio"/>	D. People don't like me anymore because I'm constantly angry all the time.
15.	<input checked="" type="radio"/>	A. My feelings of anger do not interfere with my work.
	<input type="radio"/>	B. From time to time my feelings of anger interfere with my work.
	<input type="radio"/>	C. I feel so angry that it interferes with my capacity to work.
	<input type="radio"/>	D. My feelings of anger prevent me from doing any work at all.
16.	<input checked="" type="radio"/>	A. My anger does not interfere with my sleep.
	<input type="radio"/>	B. Sometimes I don't sleep very well because I'm feeling angry.
	<input type="radio"/>	C. My anger is so great that I stay awake 1-2 hours later than usual.
	<input type="radio"/>	D. I am so intensely angry that I can't get much sleep during the night.
17.	<input checked="" type="radio"/>	A. My anger does not make me feel anymore tired than usual.
	<input type="radio"/>	B. My feelings of anger are beginning to tire me out.
	<input type="radio"/>	C. My anger is intense enough that it makes me feel very tired.
	<input type="radio"/>	D. My feelings of anger leave me too tired to do anything.

18.	<input checked="" type="radio"/>	A. My appetite does not suffer because of my feelings of anger.
	<input type="radio"/>	B. My feelings of anger are beginning to affect my appetite.
	<input type="radio"/>	C. My feelings of anger leave me without much of an appetite.
	<input type="radio"/>	D. My anger is so intense that it has taken away my appetite.
19.	<input checked="" type="radio"/>	A. My feelings of anger don't interfere with my health.
	<input type="radio"/>	B. My feelings of anger are beginning to interfere with my health.
	<input type="radio"/>	C. My anger prevents me from devoting much time and attention to my health.
	<input type="radio"/>	D. I'm so angry at everything these days that I pay no attention to my health and well-being.
20.	<input checked="" type="radio"/>	A. My ability to think clearly is unaffected by my feelings of anger.
	<input type="radio"/>	B. Sometimes my feelings of anger prevent me from thinking in a clear-headed way.
	<input type="radio"/>	C. My anger makes it hard for me to think of anything else.
	<input type="radio"/>	D. I'm so intensely angry and hostile that it completely interferes with my thinking.

Department of Psychology, SE Missouri State University  
 Send comments and inquires to: [wesnell@semovm.semo.edu](mailto:wesnell@semovm.semo.edu)  
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**Please fill out both of these scales and bring them with you on your first visit.**

## Session 2

### Using Hypnosis to Manage Road Rage

#### Objectives

After session 2 the participants will:

1. Be familiar with the areas in cognitive restructuring to manage the stress in their lives.
2. Be familiar with the first and second hypnotic session for road rage.
3. Know what scripts to use to make hypnotic and non-hypnotic CD's.
4. Know what directions and CD's to give the client after each session.

#### Areas for Cognitive Restructuring

Since 1951 I have learned to cope with the stressful circumstances, events and people in my life, I have identified a number of behaviors that have helped me and also my clients to react to stress in a more positive way. These areas are as follows:

**Learning to Live in the Present Moment.** Changing the past and worrying about the future is a waste of time. No matter what mental gymnastics you play the past will always remain the same. It's the cemetery of your life. Occupying your mind with worry about the future is also a waste of time. Most of the things you worried about, didn't happen and what did happen proves that worry didn't do any good. Worry is thinking you can do something about something you can't do anything about. My clients have to acquire the skill on how to bring their mind back to the present moment when it becomes preoccupied with the past or the future. It's a difficult task. However, it is possible. (Kabat-Zinn, 1990 & 1994; Surya Das, 1999; Muktananda, 1982, Tatarunis, 2002)

**Perfection is a Concept Not Part of Reality.** The perfectionist is never satisfied with his or her performance. They believe that no matter what they do it could always be better. True, things can always be better. However, they must be taught that in each moment all they have to do is the best they can. This is a very foreign concept for the perfectionist. In the workplace the perfectionist is a great candidate for burnout. The perfectionist must be taught how to develop reasonable goals and expectations.

In a recent article by Wickelgren (2004), she reported that Thomas Joiner, Ph. D., a psychologist at Florida State University, that most all women are somewhat perfectionists. However, 10 percent are so much so that they are prone to depression, suicide, and eating disorders are a real concern. Psychologists Hewitt (University of Toronto) and Flett (University of British Columbia) conducted a study of 103 people who were rated on various levels of perfectionism. They concluded that those who scored high on self oriented perfectionism were likely to become depressed. They further concluded that those perfectionists who believed that others expected them to be perfect (socially prescribed perfection) that characteristic was a better predictor of suicide than depression. (p.86)

**Controlling Feelings of Inferiority.** Eleanor Roosevelt wrote, "No one can make you feel inferior without your consent." Most of my clients don't realize that their feelings of inferiority are not uniquely theirs. Everyone has those feelings. It's part of being human. I recently worked with a client who started a business at age 22. He was then 42 and the business had become an international corporation. Last year it grossed \$ 900,000,000.00. At our second meeting he surprised me when he wanted to talk about his feeling of inferiority. Most people wear a facade to hide their feelings of inferiority. They don't want any one to

know how they feel and we all feel the same. Once you understand that others share these feelings you can put them into proper perspective whenever they surface.

**Controlling Hostility and Anger.** In a study by Dr. Redford Williams (1988) he reported on a personality test that was given to 200 medical students. Twenty-five years later he analyzed the test and found the people who had scored high on the hostility and anger portion of the test were four to five times more likely to suffer heart disease. (Weissinger, 1985) When you get angry ask yourself three questions: **Am I justified? Is it worth it worth it? Will it change any thing?** If you get a no answer for any of these questions, take a deep breath and let it go. However, if you get a yes answer for all of them then pursue a resolution to the event

**Controlling Negative Self-talk.** There are three kinds of self-talk: positive - which can be very helpful, neutral - which does no harm, and negative - which is very harmful. The best way to stop negative self talk is to say to yourself very emphatically, **“STOP.”** At times it may take more than one **“STOP”** to make it stop. However, persist in interrupting those thoughts and it will stop.

**Seeing Things as They Really Are.** Gurdjieff, an Armenian mystic, wrote that man lives in a fog because he never sees things as they really are. When he observes some thing he colors it with his thoughts that stimulates his emotions and influences the way he behaves. Gurdjieff (1950) wrote only one book, *Beelzebub's Tales to His Grandson*. However, his teachings were kept alive in the following publications: Wilson, C. (1986) *Gurdjieff: The War against Sleep*; and Bennett, J. (1974) *Gurdjieff Today*. These distorted thoughts are stimulated by three parasites that have taken up residence in our mind, *i.e.* the judge, the victim, and our distorted beliefs, which gives the judge fodder to make us victims (Ruiz, 1997). Changing these distorted beliefs is an important part of cognitive restructuring.

**Learning to Love Yourself and Others.** The definition of love I use with my clients is love has five characteristics, *i.e.*, **patience, kindness, understanding, forgiveness, and honesty.** This definition provides the client with specific behaviors to use to extend love to others and one's self. However, the most difficult assignment is to learn to love one's self.

**Developing Your Spirituality.** Most everyone is looking for happiness. However, when it is experienced it is short lived. A circumstance, event, or person enters our lives and shatters our happiness. I teach my clients that happiness is a state of mind and like all states of mind it is not permanent. It come and goes. The permanent feeling they are searching for is one of inner peace. And this feeling of inner peace cannot be found in the material world. It is found in the spiritual world. Once they acquire the feeling of inner peace, it becomes a solid foundation that is always there when there is adversity.

When I work with my clients in this area I do not suggest any form of spirituality. Some have found their inner peace within the framework of organized religion. Others have had to search elsewhere. I have also discovered that if a person is in a particular form of spirituality and it doesn't give him/her a feeling of peacefulness, then there could be two things wrong. First the person is not giving it their best shot or secondly, they're in the wrong place. Usually the person knows which one it is.

Very briefly, these are the behaviors that I work on with my stress management clients. In closing I would like to state there are many paths available to teach a person how to deal with the stress in his/her life. Therefore, in no way do I wish to imply that this is the only way or the best way. It's just one way that has worked for me personally and professionally.

### ***Hypnotic Procedure for Road Rage Management – First Visit***

The hypnotic procedure which follows is authoritative in nature and includes the following:

- Induction – Magnet Test
- Relaxation – with deepening
- Teaching Self-Hypnosis
- Imagery for deepening and relaxation
- Anchoring a cue for active relaxation and self-hypnosis
- Arousal
- Ideomotor answers

Prior to beginning the procedure the patient is reminded that in order to be hypnotized it takes average intelligence, good powers of concentration and an imagination.

### INDUCTION – MAGNET TEST

Now close your eyes...holding your hands in front of you with your palms facing each other...O.K...now just concentrate on your right hand...now keep concentrating on your right hand...when your mind pulls you away...just come back to the right hand...always come back to the right hand...now as you concentrate on the right hand I want you to use your imagination...I want you to imagine that your right hand is getting larger ...and larger...and larger...and now I want you to use your imagination further...imagine that your right hand has become a big strong magnet and that your left hand is a piece of metal which is being attracted to the magnet...and it pulls...and pulls...and pulls...the harder the piece of metal tries to escape the magnet the more it pulls and when your hands touch you will just sleep...a light hypnotic sleep...(continue coaxing as needed with your own words).

### RELAXATION, DEEPENING, ANCHORING

(After the hands have touched) now just lower your hands, palms down on the couch... (Lap, chair, etc.)...good...you're now in a very light trance...and I want you to enjoy this experience and isn't it nice to know that you're quite aware...not asleep or unconscious... and very much in control...(turn on the Hypnomusique) ...and you might be surprised to discover that you're aware of ...the sound of the music...the sounds in the room...the sounds outside the room ...thoughts and images that run through your mind...feelings in your body ...your arms are by your side...and your resting comfortably on the couch...and you might be interested to discover that you will not fall asleep or become unconscious...further, as we work together you will hear me using the following words...calm, peaceful, tranquil, and relaxed...each time I say these words... please repeat them to yourself after me... however, don't just parrot each word...but actually feel the meaning of each word... feel the calmness... feel the inner peace...feel the mental tranquility...and feel the inner peace.

It's very positive and comforting to know that you can relax by just following my suggestions...I'd like you to begin allowing the muscles in your feet to relax...and now feel the relaxation moving to your ankles, calves and thighs... feeling **calm...peaceful... tranquil...relaxed**...and now just feel the same relaxation beginning in the muscles of your buttocks and lower back...as these muscles unwind...loosen...become soft... and comfortable...and every breath you take you feel **so calm...so peaceful...so tranquil...so relaxed**... just letting yourself go deeper and deeper relaxed...now feel the relaxation beginning in the muscles of your pelvic area...feel how relaxed and comfortable you are...you may even feel your inner organs relax with a soothing warmth...and every breath makes you **more and more calm...more and more peaceful...more and more tranquil...and more and more relaxed**...and now just take a big breath...and as you exhale just feel the muscles in your back and chest relax...and loosen...**calm...peaceful...tranquil...relaxed**...your lungs relax and your breathing is so effortless now...it's so easy to breathe... now feel the relaxation beginning in your fingers and then moving to your hands...wrists...your forearms...your upper arms and then across your shoulders... **calm...peaceful...tranquil ... relaxed**... the relaxation begins in the back of your neck at the base of your skull ... just feel these muscles become loose...soft...comfortable...and now just feel the relaxation moving to the muscles of your jaw... cheeks... temples... forehead... your nasal passages relax and your breathing becomes even more and more effortless... give yourself the opportunity to scan your body and if you find any places of tension... just take a big breath and as you exhale...just allow the tension just evaporate...That's right...feeling **calm... peaceful...tranquil...relaxed...(wait)**

## IDEOMOTOR ANSWERS

Now as we continue to work together...I ask a lot of yes or no questions...if the answer is yes, just move the index finger of your right/left hand...I'm going to touch the finger (**touch the finger**)... if the answer is no, then move the index and middle fingers of your right/left hand I'm going to touch these finger now (**touch both fingers**)...now here's the first question...are you more relaxed now than when we first began the session...(wait for yes answer)...good...(if no, continue)

## TRANCE DEEPENING WITH IMAGERY

It's very positive and comforting to know that you can become even more relaxed...I call it deepening your trance...you may be surprised to discover that this first method is very simple...as you continue to breath, naturally and normally, every time your exhale...just say the word deeper to yourself...please do that now...as you do this you may feel yourself drifting down deeper...floating down deeper...or some feeling that's uniquely your...and if you don't, that's alright too (**Wait**)...remember as you go deeper relaxed, you are in control and you can become as relaxed as you want... (**Pause**)...good you're doing very well...

Now I want you to use your imagination to become more relaxed...in a moment I'm going to count from 1 to 3... and when I say 3... I want you to imagine yourself on a beach... it will be the most glorious beach you have ever imagined... since this is your own private beach, if you like you'll be the only one there ... and I want you to go down and just walk along the water's edge... you'll be dressed for the beach...and as you walk along, each step you take will make you deeper and deeper relaxed... I'm going to begin counting...1...2...3...as soon as imagine that you're on the beach just raise the index finger of your right/left hand...(wait)...good...as you walk along the water's edge possibly you can see the minute details of the beach...the colors and the textures... hear the constant roar of the surf...smell the clean salt air...heart the cry of an occasional gull... or the tolling of a bell on some distant shoal...feel the warmth of the sun on you face and body...but most of all notice how calm... peaceful... tranquil ...relaxed...you feel on the inside...and now I want you to become involved with the beach physically, mentally and emotionally ... and you may be surprised to discover that it's not necessary to listen to what I say...and yet you'll hear everything that I say.

## CUE ANCHORING, SELF HYPNOSIS, ACTIVE RELAXATION

As you relax here I want you to make your subconscious receptive to my suggestions... because the positive suggestions I'm going to make will have a deep and lasting influence on the way your feel ... the way you think... the way you react toward the pressure of your life... any time you find yourself getting stressful or "uptight" ... all you have to do now is to take a breath and as you exhale say the words **calm, peaceful, tranquil, relaxed...** and you will immediately feel your mind and body assuming these characteristics ... however, your mind will remain sharp and alert... you will be able to think logically and clearly ... and you will be able to perform the tasks at hand... (**touch shoulder**) ... this cue is implanted deeply and firmly in the deepest reaches of your subconscious to be used by you whether you are alone or with others whenever you want to relax yourself in an active situation... (**Remove hand**)...

Before we end this session, I also want to teach you how to hypnotize yourself... it's a very simple procedure... all you have to do is count to yourself from 1 to 3 when you say 1, you look up at your eyebrows... when you say 2... you take a deep breath and close your eyes... and when you say 3...you exhale your breath...and at that moment you will find yourself floating or sinking down into this deep state of relaxation you're in now ... your cue to go into this state is when you say 3...and exhale your breath...at that moment you will feel your mood change as you relax... when you want to come out of the trance all you need to do is count slowly from 1 to 3 letting your body systems balance and you will feel awake alert, refreshed and rested...(touch shoulder)...this cue is implanted deeply and firmly in the deepest reaches of your subconscious to be used by you

whether you are alone or with others whenever you want to hypnotize yourself...(remove hand)...(Turn off the Hypnomusique)...

### REALERTING

In a moment, I'm going to count from one to three so that by the time I say the number three you will be able to open your eyes and feel wide awake...full of energy and pep...you will feel invigorated and revitalized...you will be rejuvenated and rested...as though you have taken a long peaceful nap...you will feel fitter...better... and stronger ... fitter... better ... and stronger in every way ... because you have been able to relax so deeply and soundly your mind will be sharp and alert... and you will be able to think clearly and logically... I will begin now... 1 ... you are feeling very rested right now... your entire body is very much at peace... you have been able to relax deeply and soundly and it has been through your ability to relax deeply that you bring the same relaxation into your every day life...2...you begin to feel energy and life flowing to every part of your body now...your arms, your legs...your torso...you begin to feel strong...alive...full of energy and vigor...you feel alert and rested...you feel perfect... emotionally... physically... and mentally perfect... you have a feeling of well being... you feel sound... healthy... and robust, ready to take on whatever else may come your way today...your eyes feel refreshed and rested as though you were awakening from a long nap... allow your body to balance itself now...3...you may awaken, open your eyes, stretch, and smile...don't rush...take your time...

### *Post Trance Procedure*

### SELF-HYPNOSIS, REINFORCEMENT

Now let's practice the self-hypnosis procedure...make yourself comfortable...I'm now going to count from one to three...1...look up at your eyebrows...2...take in a deep breath and close your eyes...3...exhale your breath and just let yourself sink deeper and deeper relaxed...(watch subject)... fine... now as you breathe naturally and normally every time you exhale just say deeper...(say the word as the subject exhales)...deeper...and this will deepen your trance... good... now at 2 and 3 hour intervals during the day after you have hypnotized yourself you will say your affirmation 5 times counting on the fingers of your right/left hand like this (**press on each of the subject's fingers as you say each affirmation until all 5 repetitions have been completed**)..."Every day in every way I'm more relaxed, less tense, and in control when I drive"...(**repeat, repeat, repeat, repeat, repeat**)... now count slowly from 1 to 3 and when your body systems have balanced open your eyes, stretch and smile...

### PROGRESSIVE RELAXATION WITH BEACH AFFIRMATION PRACTICE

Now... please hypnotize yourself... saying your affirmation 5 times and when you're finished just nod your head... (**Wait**)... good... now I'm going to count from 1 to 3 when I say three I want you to relax your body from the tips of your toes to the top of your head... one... two... three... when you're completely relaxed please nod your head... (**wait**)... great!...that took only seconds...now you can relax yourself this way anytime you wish... further if you want to go out on the beach you can go there any time you wish... please do that now and when you are there just nod your head... (**Wait**) ... great...when you're ready just count from 1 to 3 and come out of your trance...

### CHECKING FOR RELAXATION CUE

Now anytime you're getting uptight and you want to relax all you have to do is take a breath and as you exhale say calm, peaceful, tranquil, relaxed...try that now... (**Wait and watch**)... did you feel your whole mind

and body calming when you exhaled and said those words? (**Wait for an answer**)... now when you do this remember your mind will remain sharp and alert and you will be able to think logically and clearly...

### *Directions after the First Road Rage Management Session*

1. Listen to your relaxation CD at least once a day – more if you'd like.
2. Use the Calm, Peaceful, Tranquil and Relaxed active relaxation cue when you find yourself becoming uptight or stressful.
3. Hypnotize yourself at 2 and 3 hour intervals and say your positive affirmation: “**Everyday in every way I'm less tense, more relaxed, and in control when I drive.**”
4. Use the blue dot technique.
5. For this program to help to be effective you must give it your *time, effort and commitment*.

### *Hypno-Conditioning CDs Tape Script Used After the First Session*

1. Adapt the first hypnotic script and record.

### *Hypnotic Procedure for Road Rage Management – Second Visit*

#### INDUCTION

You already know how so please hypnotize yourself... (**Wait**)

#### RELAXATION, DEEPENING, ANCHORING

I wonder if you'll be surprised to discover that when you go into the trance that you're quite aware...that's right...aware of the sound of my voice...the sounds in the room...the sounds outside of the room...(Turn on the Hypnomusique)... the sound of the music...thoughts and images that may run through your mind...feelings in your body...and just let yourself relax now and sink deep into your trance... good you're doing very well...some people tell me that when they're in a trance that time moves slowly...and others have told me that time moves quickly...but you may find it interesting to discover that when you're in a trance time is of no consequence...that's right...

I want you to enjoy this experience...and when you're ready just relax all the muscles in your feet... and now feel the relaxation moving to your ankles, calves and thighs...just feel the same relaxation beginning in the muscles of your buttocks and lower back... as these muscles unwind... loosen... become soft... and comfortable... and every breath you take you feel so calm... so peaceful... so tranquil... so relaxed... just letting yourself go deeper and deeper relaxed... now feel the relaxation beginning in the muscles of your pelvic area... feel how relaxed and comfortable you are becoming... your inner organs relax with a soothing warmth... and every breath makes you **more and more calm... more and more peaceful... more and more tranquil... and more and more relaxed...** and now just take a big breath... and as you exhale just feel the muscles in your back and chest relax... and loosen... your lungs relax and your breathing is so effortless now...it's so easy to breathe...now feel the relaxation beginning in your fingers and then moving to your hands... wrists...your forearms...your upper arms... and then across your shoulders ... **calm... peaceful... tranquil... relaxed...** and now the relaxation begins in the back of your neck at the base of your skull... just feel these muscles become loose... soft... comfortable... and now just feel the relaxation moving to the muscles of your jaw... your cheeks... your temples... your forehead... your nasal passages relax and your breathing becomes even more and more effortless... and now I want you to scan your body and if you find any places of tension... just take a big breath and as you exhale... you'll find the tension just evaporate... feeling **calm... peaceful... tranquil... relaxed...(wait)...**

## TRANCE DEEPENING WITHOUT AND WITH IMAGERY

Now I would like to teach you how to deepen the trance... this means to become even more relaxed... the first method is very, very simple... as you continue to breath, naturally and normally, every time you exhale... just say the word deeper (**Watch the client as they exhale say the word deeper. Do this two or three time and then let the subject continue on their own**)... remember as you go deeper relaxed, you are in control and you can become as relaxed as you want... (**Pause**)... good you're doing very well...

Now I want you to use your imagination to become more relaxed...in a moment I'm going to count from 1 to 3... and when I say 3... I want you to imagine yourself on a beach... it will be the most glorious beach you have ever imagined... since this is your own private beach, if you like you'll be the only one there ... and I want you to go down and just walk along the water's edge... you'll be dressed for the beach...and as you walk along, each step you take will make you deeper and deeper relaxed... I'm going to begin counting...1...2...3...as soon as imagine that you're on the beach just raise the index finger of your right/left hand...(wait)...good...as you walk along the water's edge possibly you can see the minute details of the beach...the colors and the textures... hear the constant roar of the surf...smell the clean salt air...heart the cry of an occasional gull... or the tolling of a bell on some distant shoal...feel the warmth of the sun on you face and body...but most of all notice how **calm... peaceful... tranquil ...relaxed**...you feel on the inside...and now I want you to become involved with the beach physically, mentally and emotionally ... and you may be surprised to discover that it's not necessary to listen to what I say...and yet you'll hear everything that I say.

## POST-HYPNOTIC SUGGESTIONS

Now that you're so deeply relaxed... continue to enjoy yourself on the beach... while you're doing that... make your unconscious receptive to the suggestions I'm going to make... just allow your unconscious to help you in it's unconscious way...(wait)...

Every time you sit behind the wheel of your car and you leave your driveway...remember that you are embarking on a journey through the sea of insanity...you're the only sane driver there...that's right... you're the only sane driver there...as you maneuver in the sea of insanity...you must be ever vigilant not to get sucked in by the *road idiots* and initiate raging and become a *road idiot* yourself...

When you're navigating through the sea of insanity keep the following in mind:

- If you're getting stressed or tense use the calm, peaceful, tranquil and relaxed active relaxation cue.
- Remember you only have control over the way you drive your car. Therefore, when you are behind the wheels give driving your complete attention and avoid any distraction from the task. Even a small distraction could be fatal.
- If a *road idiot* wants to pass you – let them. Don't allow your ego to open the insanity door so that your rage creates another *road idiot*.
- Don't allow your thoughts draw your mind away from giving your driving your complete attention. This is not a time for communicating and planning – it's a time for driving only.
- When observing the behavior of a *road idiot*, laugh at it. The laughter will act as an interruption device to help you to avoid raging.
- When observing the behavior of a *road idiot* be sure that you see things as they really are and don't color what you see with your thoughts and emotions. If you do they could influence your behavior negatively.

- You'll have ample opportunity to see things as they really are as you drive. This will be a great help in teaching you how not to react with rage toward the *road idiot*.

All of these suggestions are implanted deeply and firmly into the deepest reaches of your unconscious to be used by you whenever you're driving your car... **(Wait)**...

### INNER MENTAL PRACTICE

Now please allow any image you have in your mind to fade...**(wait)**...I'm now going to count from 1 to 3... and when I say 3, I want you to imagine that you're driving your car on the road where you meet many *road idiots* that induce you to experience road rage...I'm going to begin counting now...1...it's getting clear...2...clearer still...3...now it's quite clear...as soon as you can imagine yourself there move any finger in your right/left hand...**(wait)**...great...as you drive along notice how aware you are of everything that is going on as you maneuver through this sea of insanity...if you find yourself getting uptight you take a breath and when you exhale you say to yourself...**calm, peaceful, tranquil and relaxed** and any tension or tendency to rage disappears...if one of the *road idiots* does something idiotic you just laugh and let it go...

You are very alert and aware of what is happening on the road and you see things as they really are...without coloring them with your thoughts and emotions...further, if some one wants to pass you...you let them by and you feel proud of yourself that your driving is no longer confrontational...and during this entire drive you're pleased that your mind was focused on the driving...and not ruminating or planning.

In a moment you will arrive at your destination and you will be pleased with yourself...you'll be pleased because the *road idiot* did not suck you in to rage and to become a *road idiot*... **(Wait...Turn off the Hypnomusique)**...

### REALERTING OF CHOICE

#### **Directions after the Second Visit**

- Listen to the Road Rage hypnotic conditioning CD at least once a day
- Listen to Road Rage non-hypnotic cognitive restructuring CD at least once a day.
- Continue to use your affirmation at 2 or 3 hour intervals.
- Use the calm, peaceful, tranquil, and relaxed active relaxation cue
- Use the blue dot technique

#### ***Conditioning Tape Scripts after the Second Visit***

- 1.Hypnotic Conditioning Road Rage CD: The script is the same as the second visit script
- 2.Non-hypnotic Road Rage cognitive restructuring CD: The script is found below.

#### ***Non-Hypnotic Tape Script: Road Rage Management***

If you own a car and have been on a highway, then you've been exposed to it. The cause of road rage is quite simple. There are too many cars on the highways that are not adequate to handle the current volume of traffic. Under these conditions people become frustrated because they can't get to where they want to go as fast as they want to get there. These conditions are such that they breed two characters that now inhabit our roads, the

*road idiot* and the *road rager*. These two characters are capable of bringing out the worst in the best of us. First, let's look at the behavior of *road idiot*:

- The person who weaves in and out of traffic at high speed changing from one lane to the other.
- The slow poke in the fast lane that refuses to move over, creating a dangerous situation as people attempt to pass.
- The person who is late for work, or an appointment and gets frustrated with what they deem as slow moving traffic and takes reckless chances.
- The person who drives behind you at night and keeps on his high beams.
- The person who cuts into your lane without signaling and without looking to see if there is enough room.
- The person driving under the speed limit on a two-lane highway with no place to pass and you're on a tight time schedule.
- The people who won't let you pass. When you increase your speed to pass them, they increase their speed to impede your ability to pass. This is particularly frustrating when you're on a two-lane highway and there are only a few places where you can pass.
- The person who is driving next to you at 75 miles per hour and has a newspaper or a magazine on his steering wheel and is reading while driving.
- The woman who, while driving along, uses the back up mirror to put on her make up and style her hair.
- The person who is on a cellular phone, holding it with one hand and keeps taking his other hand off the wheel making gestures.
- The driver who has a car full of people and when he is talking he finds it necessary to make eye contact with the people in the back seat. His eyes seem to be focused everywhere except on the road.
- This person is most difficult to spot because there is no outward manifestation of their behavior. This is the person who is distracted from their major task behind the wheel, i.e. driving: because their mind is involved with such thoughts or ruminating about past business or social events or planning what they have to do when they get to where they are going.
- The person who finds the *road idiot's* behavior so unacceptable that he reacts to it with road rage and then these two become a danger to everyone else on the road.

Now the next person I want to look at is the *road rager*. This is the person we can all become until we change the way we view and react to the *road idiot*. I would like to recommend that whenever you are driving your car you must believe that you are in a sea of insanity and you are the only sane one there. Also maneuvering in this sea of insanity will take both your physical and mental skill if you are to survive. Physical skill to be able to be in control of your car and mental skill in order to be in control of yourself! Both are equally important and are interrelated. What creates road rage and ultimately makes you a *road idiot* is not the idiot but it's how you choose to react to the idiot. That's right, how you choose to react to the idiot. If you react with rage and anger then you also become a *road idiot*. However, if you choose to look at the particular incident when it occurs without bringing in your thoughts and emotions, which will influence how you behave and see it for what it really is a *road idiot* who is out of control and really does not see how his idiotic behavior is a danger on the road. If you follow this approach you will eventually develop the skill to recognize the *road idiots* for what they are and not get sucked into raging.

If you are now a *road rager* or a *road idiot* you know you must change. Change is not easy. However, it is possible and that's what's so great about being a human homo-sapiens. If you're a cat, giraffe or a rooster your behavior is unchangeable. When you initiate change be patient and keep in mind that the changes you wish to make take time, effort and commitment on your part to acquire. If you're a *road rager*, then you must change the way to react to the *road idiot*. Having the idiot on the road is bad enough. However, when you react to the idiot with rage then there are two idiots on the road.

Remember that you can't control the way the other person drives. When the idiot does something that annoys you let them – *and let the incident go*. Don't let your ego get involved with such rage creating thoughts as, "that son of a bitch" can't do that to me. I'll show him." Instead, laugh at his stupid idiotic behavior and let it go – that's right let it go – if you don't let it go he's going to control you through you for the rest of the commute or possibly even after the commute. *See it as it really is*. Because after the idiotic incident is over – it's over – unless you perpetuate the incident in your mind – then it's not over and it will fester in your mind until your rage makes you a *road idiot*. One *road idiot* is enough you don't need another. One *road idiot* is dangerous – two is disastrous and you don't want to be part of that behavior. Further, if you do catch up to the idiot and vent your rage, it's not going to change his overall behavior and you might kill yourself and others in the process. Also you really don't know how mentally stable the idiot might be or how unstable the road rage has made you!

There are also many reports of road rage created by the *road idiot* that have resulted in shootings and assaults. Remember that you can be right but you can be dead right! Another thing to keep in mind is that there are many drivers who have conditioned themselves, that once they get behind the wheel they seem to automatically assume the behavior of a *road idiot* or a *road rager*, depending on the condition which exist on the road. I remember not stopping completely at a stop sign because the oncoming car was a distance away. The person in the oncoming car followed me for 4 miles to my driveway to chew me out. When he finished, I calmly said to him, "I hope you feel better now," and now when I think about it, I'm fortunate that that answer did not provoke any more rage.

Now let's look at that incident. Obviously I was the *road idiot*. I did not stop at the stop sign. I'm not going to make any excuses. I should have stopped completely in accordance to the law. The person who followed me to my driveway raged when he observed me not stopping completely at the stop sign and then to follow me for 4 miles to vent his rage; he then became a *road idiot*. While I answered him calmly my statement was, nevertheless, rather passive aggressive. I had fallen into the trap. This type of idiocy and rage has even found its way into the supermarket quick check out line. I've seen people count the number of items and then follow the person who had too many items out to the parking lot spewing their rage. Fortunately, the person with too many items did not fall into the trap. She got into her car and drove away. It was a very embarrassing incident to watch. My sympathy was with the *rager* because the rage evoked a very stupid behavior. I felt sorry for her, because she was so out of control.

To sum up here are some rules to keep in mind as you maneuver on the sea of insanity:

- If you're getting stressed and tense use the calm, peaceful, tranquil, and relaxed active relaxation cue.
- When observing the behavior of a *road idiot*, laugh at it. The laughter will act as a catalyst and an interruption device to help you to avoid raging.
- When observing the behavior of a *road idiot* be sure that you see things as they really are and don't color what you see with your thoughts and emotion. If you do they could influence your behavior negatively.
- You'll have ample opportunity to see things as they really are as you drive. This will be a great help in teaching you how not to react with rage toward the *road idiot*.
- Remember you only have control over the way you drive your car. Therefore, when you are behind the wheel give driving your complete attention and avoid any distraction from that task, even a small distraction could be fatal.
- If a *road idiot* wants to pass you, let them. Don't allow your ego to open the insanity door so that your rage creates another *road idiot*.
- Don't allow your thoughts to draw your mind away from giving your driving your complete attention. This is not a time for communicating and planning. It's a time for driving only.
- Keep in mind that there are people driving that are mentally unstable and any confrontation with them could be dangerous.
- Many people on the road are not paying attention to their driving and you could be one of them

Whenever you embark on a journey through the sea of insanity you will find that you will have ample opportunity to practice these new driving behaviors. Because these new behaviors could prove to be life saving and the life you save might be your own.

1. Know that you now have some positive skills of coping with the stress of driving.
2. Know that the person who is responsible for creating stress on the road is a *road idiot*.
3. However, it's how you react to the idiot's behavior that has the potential to make you a road rager.
4. Know that the *road idiot* is responsible for creating the *road rager*.
5. Know that the best reaction to the *road idiot* is to laugh at his/her behavior.
6. Know that to really be aware of what is happening when you are driving, you must see things as they really are and not color what you see with your thoughts, emotions and behaviors. Don't let your ego suck you into reacting to other driver's idiotic behavior with rage.

## Session 4

### Anger Management

After the conclusion of this session the participants will be familiar with::

1. The **Lake of Your Mind** and the **Corridor of Your Mind** hypnotic approaches to anger management.
2. The Emotional Freedom Technique (**EFT**) approach to anger management.

### Hypnotic Approach to Anger Management

**Important: Before you begin check the client's anger on a scale of 0 no anger and 10 rage when he/she thinks about a particular incident of Road Rage**

### Induction and Deepening of Choice

**LAKE OF YOUR MIND** Now that you're so relaxed ... I'd like you to have an experience in a way that meets your needs ... in a moment I'm going to snap my finger and I want you to imagine that you are stand on the shore of a lake...it's one of those Indian Summer days in the fall...the leaves on the trees are turning to a variety brilliant colors...the sky is cloudless and very blue...the lake is so still that it looks like a mirror as the colored trees are reflected in water... give yourself the opportunity to imagine that your mind is as calm as the lake ... (**pause**) ... one of the first things you can become aware of is the stillness of the lake .... As you to take on the calm and peaceful characteristic of the lake ... (**pause**)

Now imagine that the area above the lake is your conscious mind ... and the surface below is your subconscious ... I wonder if it will surprise you to know that you can *drop* into your subconscious mind whatever suggestions you desire ... it's so nice to know that you can make whatever changes and adjustments you like ... that's right. .. now I would like you to discover that you can take and drop a beautiful stone into the lake of your mind ... and this stone may represent anything that you might want your to drop into your subconscious ... look down by your feet and you will find a beautiful stone ... **(wait)**

Now take a stone of *confidence* and drop it into the lake of your mind ... **(pause)** ... and it sinks deeper and deeper into your subconscious ... the back of your mind ... until your subconscious, in its subconscious way, absorbs and envelops the confidence and it becomes an automatic part of your behavior. .. and perhaps sooner than you expect you will find that each day ... in all situations you will feel a greater amount of confidence in yourself ... and in your personal abilities and capabilities ... and in the strength and power that you have within you to make the changes you wish to make ... why not just allow that to occur ... allow those angry and hostile thoughts to be replaced with a more positive approach to your driving behavior.

Isn't it nice to know that if you like you can take another stone ... one of *determination* and also drop it into the lake of your mind ... and if you wish ... just allow the stone of *determination* to sink deeper and deeper into the subconscious ...and your subconscious mind can enable you after this session ... to experience a level of determination so powerful ... that it will help you to develop the skills needed to better cope with the feelings anger and hostility you experience while driving..

Now that you already know how to use the lake of your mind ... why not just put in one more stone ... this one of *calmness* and when you have finished the process just move the index finger of your right/left hand **(wait)** ... it's nice to know that now you will have a feeling of calmness that will become a natural part of your driving behavior ... that's right... what's important is the ability of your mind to keep you **calm, peaceful, tranquil, and relaxed** and free of anger and hostility... making your nerves steady and strong ...each and every time you are behind the wheel of your car.

It's nice to know ... that when you drive your car and you are in control of your anger and hostility...that those things that upset and annoyed you and made you feel angry and hostile when you were behind the wheel of your car...are fading from your life ... and maybe you will be surprised when you to notice that your life has become more peaceful.. That's right. .. Because nobody likes to feel out of

control and you know and I know that when you're angry and hostile you are out of control.

CORRIDOR OF YOUR MIND Now I'd like you to discover something else during this session ... allow the image of the lake to fade from your mind ... **(Wait)**...and now when I snap my fingers please imagine yourself walking down a long corridor similar to those you find in an plush hotel ... **(snap)**... when you can imagine yourself in the corridor move any finger in your right/left hand... **(Wait)** ... that's fine ... now as you walk down this corridor. .. I wonder if you will notice that as you walk down the corridor there are door on both side and each door has a sign on it to indicate what's behind the door...when you come to the door that's labeled **Hostility and Anger** move any finger in your right/left hand ...**(Wait)**...great...in a moment I'm going to ask you open the door and go inside where you will find a fuse box labeled **Hostility and Anger Control**...when you open the door to the fuse box you will find a series of circuit breakers...now please open the door and when you have opened the door to the fuse box and can view the circuit breakers, please give me the usual signal ...**(Wait)**...great...the circuits in front of you are controlling your hostility and anger...as you break each circuit you will find that there will be a decrease in your hostility and anger...I'm not quite sure how many circuits must be broken to turn off your hostility and anger...you will be the judge for that and when you have decrease the hostility then give me the usual signal...**(Wait)**...excellent!

Now that you have reduced your hostility and anger leave this room and continue to allow yourself to walk down the corridor ... and if you can ... just allow yourself to go deeper and deeper into trance ... now at the end of the corridor you will discover a door. .. When you see the door move the index finger of your right/left hand ... **(pause)** ...great... You might be surprised to discover that on the other side of the door is a special room ... that's right... this is a wonderful place where you can temporarily set a side the turmoil of the outside world and enjoy the **calm, peaceful, tranquil, and relaxed** nature of your quiet room ... now if you like ... please go through the door.

FUTURE SELF As you enter this wonderful room ... in the center of the room is a recliner. .. or some kind of a comfortable chair ... why not make yourself comfortable ... **(pause)** ... there is another door in this room and in a moment it will open and your future self will come in ... raise the index finger of your right/left hand when your future self comes in ... **(pause)** ... good!

I shall now ask you a series of questions about your future self and you will be able to answer me verbally...what does your future self look like? .. Are you comfortable with your future self? Ask your

future self to give you some advice which could help you with your hostility and anger ... **(at this point the possibilities are limitless and further use of the future self will be limited only by the hypnotist's imagination)** ... now thank your future self for his/her advice and bid her/him farewell in a way that you feel is most appropriate ... **(pause)** ... now allow the image of the quiet place to fade from your mind ... and imagine once again standing by the lake of your mind ... move the index finger of your right/left hand when you are there ... **(pause)** ...

Now isn't it nice to know that the lake is still calm ... I'd like to suggest that you allow yourself to take on the calm characteristics of the lake's and return from your trance with the same feelings of peace and comfort. **(Pause)**

AROUSAL **(Turn off the Hypnomusique)** ... and now when you're ready ... and only when you are ready ... count slowly from 1 to 5 and arouse yourself... take your time ... you will probably notice that your breathing is returning to a more natural pace ... your body systems are balancing themselves ... that is ... if any part of your body was light, heavy, tingling, or floating ... or maybe some feeling that's uniquely yours ... it returns back to a natural normal feeling ... **(pause)** ... you may even feel some tingling in your feet and hands ... and if you don't. ... that's all right to ... take your time ... if your eyes still feel stuck together it means it's not time to open them ... when it's time they will open effortlessly ... become more aware of the sounds in the room ... when you're ready ... open your eyes ... stretch and smile ... take your time ...

#### **Post trance Procedure**

Check on the client's anger level.

## **The Emotional Freedom Technique (EFT) Approach to Anger Management**

The cause of all negative emotions is a  
Disruption in the body's energy system  
Gary Craig 2004

**What is the Emotional Feeling Technique (EFT)?**

EFT is a new discovery that has provided thousands with relief from pain, diseases and emotional issues. Simply stated, it is a unique version of acupuncture except you don't use needles. Instead, you stimulate well established energy meridian points on your body by tapping on them with your fingertips. The process is easy to memorize and is portable so you can do it anywhere. It launches off the **EFT Discovery Statement** which says...

*"The cause of all negative emotions is a disruption in the body's energy system."*

And because our physical pains and diseases are so obviously connected with our emotions the following statement has also proven to be true...

*"Our unresolved negative emotions are major contributors to most physical pains and diseases."*

This common sense approach draws its power from (1) **time-honored Eastern discoveries that have been around for over 5,000 years** and (2) **Albert Einstein**, who told us back in the 1920's, that everything (including our bodies) is composed of energy. These ideas have been largely ignored by Western Healing Practices and that is why **EFT often works where nothing else will**. It's not that EFT is so stunning (although it may certainly appear that way to you). Rather, it is because conventional healing methods have simply overlooked the obvious. You will see that clearly as you allow EFT to bring freedom into your life where you thought none was possible.

*More benefits await you...*

- You can make **enormous strides** by introducing EFT into your therapy process (whether you are a professional or a client). Instead of taking months or years using conventional "talk therapy", **EFT often does the job for you cleanly and thoroughly in one or two sessions** ... and sometimes does it in moments. We label these latter near-instant results as "one minute wonders." Do EFT properly and you will likely experience them 50% of the time.
- Once you have seen how well EFT clears out emotional debris, your next step is **to notice how physical ailments start to fade**. Headaches, back pains and other discomforts tend to improve or vanish. Your vision may become clearer and everyday stress takes fewer tolls on your system. Check out **the EFT at Work** section for an **impressive list of both emotional and physical healings**.
- Accordingly, you can use it for just about everything. That is one of the most astonishing things about it. You use the same basic procedure for your fear of public speaking as you do for improving your golf score. **You can also use it for everything from the common cold to cancer**. Further, we have had success with nearly every emotional issue on the books...including fear, trauma, depression, grief and schizophrenia. That is why you can consider it the missing link in your pursuit of health and happiness. Once you truly **recognize the Universal nature of EFT** you will eagerly join our growing throng of enthusiasts. There is nothing like it, anywhere.

### **Possible EFT limitations**

I'm not saying here that EFT is perfect. We don't get 100%. But it usually works well and the results are sometimes spectacular. It often works where nothing else will and it represents a Doorway to your new Healing High-Rise.

You will find that EFT is usually quite gentle and you can often achieve substantial relief with little or no pain. This is not true for everyone, however. Some people's issues are so intense that the mere mention of them causes emotional or physical pain. But, given time, even these are often resolved efficiently with EFT.

A small percentage of our population (best estimate is less than 3%) have serious emotional disabilities and thus newcomers to EFT are advised to exercise common sense in this regard. While you can use EFT to generate impressive relief for the vast majority of the world's population, please don't go where you aren't qualified.

## **EFT IN A NUTSHELL**

### **Disclaimer**

The information and emotional freedom coaching I provide is intended to educate, inform, amuse, and inspire you on your personal journey towards optimal health and a thriving life. It is clearly not intended to replace a one-on-one relationship with a qualified health care professional and is *definitely not* intended as medical advice, diagnosis, or treatment. If you are under the care of any health professionals (**or should be**), we strongly encourage you to discuss modifications in your diet, lifestyle, exercise program, nutrition, or use of EFT with them prior to making any changes, and never discontinue or reduce prescription medications without consulting your doctor or pharmacist.

Memorize **The Basic Recipe**. Aim it at any emotional or physical problem by customizing it with an appropriate **Setup Statement** and **Reminder Phrase**. Be specific where possible and aim EFT at the specific emotional events in one's life that may under lie the problem, where necessary, be persistent until all aspects of the problem have vanished. **Try it on everything!!**

**The material in this section was copied from Gary Craig's web page [www.emofree.com](http://www.emofree.com).**

# EFT ON A PAGE

*Discovery Statement: The cause of all negative emotions is a disruption in the body's energy system*

**The SUD Scale (Subjective Units of Distress Scale) •••** before you begin the basic recipe, evaluate the level of your distress on a scale of 0 (no distress) **10** (severe distress).

## The Basic Recipe

1. **The Setup •••** Repeat this setup statement 3 times:

*“Even though I have this \_\_\_\_\_  
I deeply and completely accept myself.”*

while continuously rubbing the Sore Spot or tapping the Karate Chop point

Reminder Phrase: “\_\_\_\_\_.”

2. **The Sequence •••** Tap about 7 times on each of the following energy points while repeating the **Reminder Phrase** (the filled-in blank) at each point.

TH, IEB, SE, UE, UN Ch, CB, UA, R,

T, IF, MF, LF, CH

3. **The 9 Gamut Procedure •••** continuously tap on the Gamut point while performing each of these 9 actions:

(1) Eyes closed (2) Eyes open (3) Eyes hard down right (4) Eyes hard down left (5) Roll eyes in circle (6) Roll eyes in circle in other direction (7) Hum 2 seconds of a song (8) Count to 5 (9) Hum 2 more seconds

4. **The Sequence (again) •••** Tap about 7 times on each of the following energy points while repeating the Reminder Phrase (the filled-in blank) at each point.

TH, IEB, SE, UE, UN Ch, CB, UA, R,

T, IF, MF, LF, CH (**Now evaluate the SUD**)

Note: In subsequent rounds The Setup Statement and Reminder Phrase are adjusted to reflect that you are addressing the *remaining* problem:

i.e., " for the **Setup Statement**: “Even though I *still* have *some* \_\_\_\_\_  
I deeply and completely accept myself,” (while tapping on the KC meridian)

Reminder Phrase: “this *remaining* \_\_\_\_\_ .”

**Be Persistent. Try tapping on everything.**

## CHOICES APPROACH TO EFT ON A PAGE

**The SUD Scale (Subjective Units of Distress Scale)** ••• before you begin the basic recipe, evaluate the level of your distress on a scale of 0 (no distress) **10** (severe distress).

### The Basic Recipe

1. **The Setup** ••• Repeat this setup statement 3 times:

*“Even though I have this \_\_\_\_\_  
I Choose to \_\_\_\_\_.”*

While continuously rubbing the Sore Spot or tapping the Karate Chop point

2A. **The Sequence** ••• Tap about 7 times on each of the following energy points while repeating the **Negative Reminder Phrase** (the filled-in blank) at each point.

Negative Reminder Phrase: “ \_\_\_\_\_.”

Tapping points - IEB, SE, UE, UN Ch, CB, UA

2B. **The sequence again** ••• Tap about 7 times on each of the following energy points while repeating the **Positive Reminder Phrase** (the filled-in blank) at each point.

Positive Reminder Phrase “ \_\_\_\_\_ “

Tapping points - IEB, SE, UE, UN Ch, CB, UA

2C. **The sequence again** ••• While tapping on the seven points alternate from **Negative to Positive Reminder phrase**

Tapping points - IEB, SE, UE, UN Ch, CB, UA, **TH**

Now evaluate the **SUD** again.

**Note: Round 2C** of the tapping sequence adds the top of the head as the closing tapping point in order to end tapping on a **Positive Phrase**.

Note: In subsequent rounds The Setup Statement and Reminder Phrase are adjusted to reflect that you are addressing the *remaining* problem:

i.e., " for the **Setup Statement**: “Even though I *still* have *some* \_\_\_\_\_  
I choose to \_\_\_\_\_.” (While tapping on the KC meridian)

Reminder Phrases: “this *remaining* \_\_\_\_\_ .”

**Be Persistent. Try tapping on everything.**

**"The Cause of All Negative Emotion Is A Disruption of the Body's Energy System" - The EFT  
Discovery Statement - Gary Craig**

This 'disruption' is 'cleared' or 'balanced' when the end points of the body meridians are tapped. EFT is now being used in some forward looking Health Service Trusts, by many hypnotherapists, NLP Practitioners, and the like (**because they find it much quicker and effective**), PGA golfers and all kinds of people aiming for 'Peak Performance Bob Patefield is an EFT practitioner in Lancashire England and on his web site he has written:

It's a simple technique to learn and I use it on a daily basis for all kinds of things such as;

- diffusing everyday negative emotions
- improving sporting performance
- pain management
- It can be used in all areas of life in many fields including business and sport

In simple terms the process involves mentally tuning in to an aspect of an issue or problem and then tapping on specific points on the body. These are some of the same points that are stimulated during acupuncture. That's the point where I said 'Yeah! Right! Tapping. That'll work!' EFT sounds weird, looks weird, but once experienced you know it works. It can't harm you and it may just transform your life. The really good bit is you can be totally skeptical and it still works.

### **Brief Biography**

Dr. Tatarunis is the president of the Greater New England Academy of Hypnosis, Inc. The Academy is now in its 29<sup>th</sup> seminar year and is approved for CE credits by the American Association of Nurse Anesthetists. The purpose of the seminars is to teach Anesthetist how to use hypnosis in their practice. In the past the Academy of General Dentistry, the American Psychological Association, and the Florida and Massachusetts Nurses Associations also approved the Academy for CE credits. He has conducted these seminars through out the United States, Canada, England, and on Cruise Ships.

*In 1984 he established the New England Stress Management Center. While the major focus of NESMC is stress management, nevertheless, weight loss, smoking cessation, chronic pain management, sports hypnosis, and working with cancer patients is also offered at NESMC. His book that he co-authored: **Teaching Music in Today's Secondary Schools**, two editions 1975 and 1980, were published by Holt, Rinehart & Winston and in 2002 his book: **Nobody Drives You Crazy, You Do!! A Stress Management Primer** was published.*

Dr. Tatarunis holds a bachelors degree in Music from the University of Massachusetts at Lowell, a master's degree in Education from Harvard University, and a doctorate in Education from Boston University. He received his Hypnotic education from the Greater New England Academy of Hypnosis, Advanced Hypnotic Techniques with Theodore X. Barber, Ph. D., and Sidney Rosen, M.D., Imagery Techniques with David Bressler, Ph. D. and Marty Rossman, M.D., and Transformational Techniques with John Shafer.

For 31 years he was a teacher and school administrator in the Massachusetts Public Schools. The last 26 years in Danvers where he was Director of Music, Media Services, Drama, and wrote the public relations for the school department. He was also an adjunct instructor at Emmanuel College, Berklee College of Music, Boston Conservatory of Music, and the University of Massachusetts at Lowell. He retired from education in 1984 and went into the stress management and hypnosis business.

### **27<sup>th</sup> Seminar Year**

Seminar Schedule for 2006

April 22 & 23, Introduction to Clinical Hypnosis in Pain Management  
May 27 & 28, Introduction to Clinical Hypnosis in Anesthesia and Surgery  
\*June 24 & 25, Introduction to Clinical Hypnosis and Advanced Hypnotic  
Techniques  
July 22 & 23, Introduction to Clinical Hypnosis in Pain Management  
August 26 & 27, Introduction to Clinical Hypnosis in Anesthesia and  
Surgery  
September 23 & 24, Introduction to Clinical Hypnosis in Pain Management  
\*October 28 & 29, Introduction to Clinical Hypnosis and Advanced  
Hypnotic Techniques  
November 25 & 26, Introduction to Clinical Hypnosis in Pain Management  
December 16 & 17, Introduction to Clinical Hypnosis in Anesthesia and  
Surgery

\* New for 2006

**The seminars are limited to 6 participants  
AANA Approved for 20 CE credits**

Phone & Fax: 978.474.4601

[dr.al@comcast.net](mailto:dr.al@comcast.net) [www.gneah.com](http://www.gneah.com) [www.nestressmanagement.com](http://www.nestressmanagement.com)