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## 'Tell the Story' technique releases Alcohol-related Anger feelings

I would like to tell you about 2 separate cases where I used the 'Tell the Story Technique' to help individuals who had serious anger AND alcohol-related problems.

The benefits of using this 'Tell the Story' technique are frequently remarkable. In essence what I do is to ask the individual to simply "tell me their story" whilst they are tapping each individual tapping point. However, I ask them to keep on tapping until I say 'move on to the next point'. They are using what is known as 'S-L-O-W EFT'.

In each of these cases, the results from one thorough session not only collapses the anger involved but also helps subside the alcohol addiction.

To put this into context, part of my work over a 10 year period involved tutoring in various centres for homeless people; and these centres are specifically for homeless people who have alcohol-related or drug-related problems. I offer them techniques, tips and ways to understand, look at differently, release and deal with their anger - which is often the reason why they turned to alcohol or drugs in the first place. They felt they couldn't cope and used these substances to mask or nullify the effects of their problems. Since I started using EFT in 1999 I often include EFT (wherever and whenever I can) and that's why I'm called the '**Tapping Tutor**'.

I feel I ought to add that these 'homeless centres' are not the type of centre where one would wear what is called 'normal smart tutoring clothes'! Indeed if I turned up for the sessions wearing my 'normal smart tutoring clothes' I'd be totally ignored by the users there as being "one of THEM!, the plain-clothed police, from the authorities" and be regarded with suspicion. So I turn up wearing an old tee-shirt, baggy well-

worn jeans and my trainers, and I do not park my car anywhere near the centre – the centre’s users have a reputation for ‘leaving their marks on visitors cars’.

So having set the scene so to speak, I'd like to tell you about 2 men I helped using EFT.

## **John A**

The first story is referred to as John A.

John A had had an alcohol problem since he left the army some 5years earlier. The army had been his life (he was a 25year term-man) and he'd been in some very dangerous places, 2 stints in Northern Ireland ‘at its worst’, the Gulf War and Bosnia - this showed to me he was not afraid. In fact he was a very brave man and had been recognised as such by being presented with many medals. However, on his discharge he was left *'high and dry' without his family – ‘the army’ (his words)*.

And as with many ex-service people – found he couldn’t adjust to civvy life and turned to drink to help him deal with his 'new life'. He just could not adjust to the unstructured humdrum of everyday life AND of taking decisions himself for himself.

*This ‘turning to drink’ by ex-service people is not a new phenomenon – indeed ex-army personnel turning to drink and eventually becoming homeless after being discharged is certainly very common. And so bad is the situation that at last an organisation that has been set up to help folks such as John A.*

John A’s story is this: Shortly after leaving the army and coming back to live with his fiancée, he started drinking - to nullify his experiences in the army (which were many) and also the loss of his ‘family’ – the army. Well, John’s fiancée died

suddenly and he was so devastated that through his alcohol-induced state he turned to self-harm. He mutilated himself by cutting off part of one of his fingers.

Now I'd met John A several times at this homeless centre but always in a group situation – where no-one releases personal information about themselves, and in group situations we joked and sometimes I just sat there and listened to the group banter. John A had a local reputation of being a story-teller and his stories about his army exploits were not believed by the other 'attendees' or the staff there.

Well I listened to his stories too and I believed him, because I could detect an element of PTSD in there when he talked about certain 'things'. So, I took the opportunity one day, when the weather was nice and we didn't have anyone else in the anger management session, to help him 'open up', to get him to 'tell me his story'.

As I talked to him a bit more about his life, he started to get teary-eyed, so I just asked him to tap around his eyebrows and then to tap the other points too whilst he told me 'his story'. He said he felt ridiculous tapping but it did make him feel like laughing. And as there weren't any other people in there, so what the heck...

Many was the time we tapped in a group situation - mainly when tensions were beginning - and there were jokes and laughter resulting from the tapping. It certainly lifted the tensions.

Soon there were more tears from John A and as we were the only 2 people in that session it was ok - he said he "*felt safe with me*". He said I "*listened and understood him*".

He talked more about what he'd seen in his army career and how he'd felt when he left. He even talked about his mother and how he felt about missing her funeral because he was drunk. Tears were coming and going from him and then he smiled,

and a huge grin came across his face as he thanked me for *'letting him get it out'*. All the time he was telling me 'his story' I kept on asking him to move on to the next tapping point plus I was tapping on myself at the same time - so he didn't feel uncomfortable.

The session finished, and as I said he was grinning and it wasn't the effect of alcohol because they had to be 'dry' on the particular day when they attend the centre. Any whiff of alcohol and they are 'thrown out' - literally. We'd actually been tapping for almost an hour. It seemed like a few minutes only.

John A did not return to the centre after that session. He had been a regular, every week, for almost 2 years and when I enquired about him, I was told he'd moved to a town about 40 miles away to 'start again'. And even 6 months later there were no referrals concerning him. Brilliant!

## **John B**

My second person I'll refer to as John B. At another time and place (yet still to do with the homeless and alcohol) I met John B.

He'd actually been referred to see me for one-to-one work because of his anger problem - and he drank as well. He didn't know what he was supposed to do except turn up at a set time *"to see someone who'd be able to help his anger"* – and he was VERY sceptical I can tell you. I asked him why he felt he'd been sent to one of my anger management sessions. It was *"because he'd caused damage to property"* but he said he couldn't remember it.

His story was this: he'd threatened his ex-wife and her husband and had broken into their house (which happened to be his family home - when he was married to his wife that is). So I delved more, asked even more 'awkward' (*his words*) questions. However, as he answered them the tears started to flow - in buckets. And I managed to get this tall (6ft 3inch) ex-policeman to tell me about 'his story' using the 'Tell the Story' technique - getting him to almost permanently tap as his story was so intense.

As a successful, experienced, well-respected and well-liked policeman he had been called to attend a road traffic accident where there'd been a fatality - a small girl who was being taxi'd to her nursery. It was his daughter!

He literally fell apart - he couldn't keep his mind on his job, he turned to alcohol to blot it out and internalised the anger he felt at his situation, at sending her to nursery because both he and his wife worked and couldn't look after his 'darling daughter'.

His marriage was put under strain and his wife kicked him out and eventually divorced him. She re-married and he found out and went round and '*broke the place up*'. All his repressed anger being swallowed down with each swig of the alcohol.

We worked on 'his story' for 45 minutes solid, tissues were sodden, he cried like a baby - which was a wonderful release for him.

At the end of that session he asked me to not let anyone there know he'd been crying. Going out of the session you'd never guess he'd been crying because he was beaming all over his face. He said he "*felt so much better now it was all out*".

John B who was not a regular at this particular centre nor did he return however it was mentioned that he too had 'moved away' to start again (*for he was known of outside of the centre*).

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It really is wonderful seeing the transformation that overcomes some people when they can truly 'let go' and using such a 'simple technique' as "tapping" (their words) using EFT.

Christina Elvin