

When You Are in Traffic and REALLY have to Pee....

Here's a very practical, although somewhat humorous, use for EFT.

Have you ever been in traffic and received a "call from Mother Nature"? At first it is a mere warning sign but, eventually, the messenger becomes quite insistent. To make matters worse, what if there is no reasonable place to stop? Oh my! Now what do you do? I found myself in such a predicament and used EFT to "hold on" for 90 minutes.

I was on my way to delivering an EFT presentation at a 'Healthy Living' event in July 2004. The event was only 110 miles away - a mere 2.5 hours drive - and all motorway/dual carriageway...so a very relaxed drive. At least so I thought.

I realised I needed to have a pee after about 90 miles and as I pride myself on being able to 'hold my own' I felt I could hold on for the hotel easily - so didn't stop at the next services (gas stations) coming up. After all I was only 20 miles away from my hotel. 20 minutes and I'd be ok.

Little did I know that there were major road-works approaching! And boy, were they major! Within 5 miles the traffic slowed up, within another mile it was at a standstill. We were moving at less than 10 miles per hour, stop-start-stop-start. And I was beginning to get desperate. Normally I can 'hold on' for about 20 minutes comfortably.

We'd covered 8 miles in 45minutes. No end in sight. Those blue porta-loos that the workman used looked sooo inviting ... dare I stop the car and use them? Nope - as the traffic was single lane it wasn't a good idea. So I did EFT -

"Even though I desperately want to pee, I can hold on"

"Even though I can't control the traffic, I can control my bladder".

People in the next lane of traffic were looking at me somewhat suspiciously as though I'd lost my mind – but I wasn't bothered. I am used to 'tapping in public place'.

Success! My thoughts moved away from the blue porta-loos, my thoughts were miles away now. I was singing aloud to my Beatles' tapes, window turned down, a lovely hot day outside, bright blue sky, wonderful, after all I wasn't in a hurry to get there, I had **plenty** of time.

Then a vehicle in front broke down, probably overheated - slowed me down even more. Eventually, after another 30 minutes the traffic speed quickened and we moved on.

3 miles later it was my turning off the motorway and I had to find my way to the hotel, which was only 3 miles from the motorway. I made it - **just in time**. I'd held on for 90 minutes in all. A normal 2.5hour journey took me 4hours just.

Thanks to EFT I managed to 'hold my own'.

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