

App For General Anxieties

TWR can help you transform your stressful or perhaps even overwhelming anxieties, worries, fears, phobias or traumas into manageable concerns. TWR can be of enormous help to you because:

- TWR acts rapidly and deeply, getting to the roots of your problems.
- TWR can be used discreetly, avoiding any embarrassment of others seeing you use it in public.
- TWR is so simple that you can remember how to do it in times of high stress or in crisis.
- TWR is safe to use on your own, so you can use it anywhere and any time you need it.
- TWR gives you tools to install positives and meta-positives, after you have released the negative symptoms and issues you are dealing with.

TWR can often be better than medications because once you learn how to use it, it is available at any time you want or need it, without the dangers of a drugged state of consciousness, addiction or more serious negative drug reactions.

You will find it easier to use this app if you have first read the TWR free basic app so that you understand the simple steps to TWR away your anxieties.

1. Which Anxiety to address first?

Exploring TWR for reducing the intensity of a moderately strong anxiety first can give you confidence to proceed with greater anxieties. So starting with one that has an intensity of 5-6 (with '10' being the maximum) would be appropriate.

You might have a worry ABOUT your anxieties. This is a "meta-anxiety." You can TWR away the intensity of such meta-anxieties before you address the anxieties that brought you to use TWR.

If you have any hesitations, you may prefer to contact Dr. Benor, who can support you in learning to use this method.

2. Using TWR for any anxieties.

It may be helpful to you to write down exactly what you are saying as you use TWR. This enables you to repeat your focus statements and affirmations, improving them as you go along. You'll also be able to return to the successful focus statements if you repeat them on another occasion.

a. How intense are your anxieties

Start out by assessing your SUDS for how strong your pains are at this moment on a scale of 0 (not present) to 10 (worst it could be).

b. Start your TWR tapping

Use whichever right-left tapping is comfortable and works best for you. You can tap on your forehead; with crossed arms, on your opposite bicep; on your lap; or with your feet on the floor

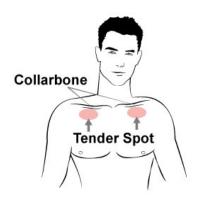
c. FOCUS your attention on your anxieties and related issues, saying to yourself:
"Even though I feel" (Describe in detail your emotional feelings and physical sensations when you feel anxious)
"When I think about or when I remember" (Describe in detail any issues that are stressing or worrying you, and the situations in which they occur)
d. Recite your reinforcing statement: "I still love and accept myself, wholly and completely" (You may use any other strongly positive statements that work for you, as described in the basic

e. Take a deep breath

TWR app [[LINK TO BASIC TWR APP 3c]]

This deepens the release throughout your body and your whole being.

- f. Check your SUDS again, repeating this entire process until your SUDS is down to zero
- g. Replacement Positives: When your SUDS is down to zero, install positive thoughts and feelings to replace the negatives you have released.
- **3.** If you experience difficulties reducing your anxieties to zero or installing positives to replace the negatives you have released, here are steps you can take. If one works, you don't need to use the others:
- **2a.** Give yourself a gentle massage at your releasing spots (under the midpoint of your collarbone). Then repeat (1a-1g) above.





2b. Clarify more detailed or more intense descriptions of your feelings and memories in (1c). Then repeat (1a-1f) above..

Examples:

Doesn't work – "Even though I'm anxious when I'm around my dad..."

Sharpen focus – "Even though I feel very scared and begin to tremble and sweat, and I get knots in my guts when I even think of my father starting to frown and get red in the face as he tears into me..."

Doesn't work – "Even though I avoid speaking at all costs..."

Sharpen focus – "Even though I simply can't see myself standing up to speak in public, and my mouth goes dry and my thoughts turn to mush..."

Doesn't work — "Even though I can't go near that bridge where I saw the accident..."

Sharpen focus — "Even though I start to cry and my whole body turns to jelly when I remember that woman thrown onto the road in front of me when that truck crossed the road and hit her car head-on, and I think how that could have been me on the road..."

2c. Look for experiences earlier in your life that are similar to the ones that are upsetting you now, and bundle them together.

Examples:

"Even though I feel very scared and begin to tremble and sweat and I get knots in my guts when I even think of my father starting to frown and get red in the face as he tears into me, [THEN ADD] and I remember when I was a kid and he used to hit me if I misbehaved at home, and embarrassed me when we were out in public...[and I love and accept myself, etc...]"

"Even though I simply can't see myself standing up to speak in public, and my mouth goes dry and my thoughts turn to mush, [THEN ADD] and I remember how it all started when my classmates laughed at me in first grade when I stood up and gave the wrong answer, and the teacher laughed with them...[and I love and accept myself, etc...]"

2d. Ask yourself, "What are some good reasons to keep my anxieties or fears? (These reasons are "META-issues." They are worries ABOUT anxieties, fears, etc.)

Set aside the anxieties or fears you were working on, and use TWR on the reasons for keeping the fears.

Example: Working on a fear of speaking in public, the SUDS does not go down below a '5.' You did the releasing spot massage and reworked the focusing statement but couldn't get the SUDS to budge.

You ask yourself, "What are some good reasons to keep this fear of speaking in public?" In answer to your question, you might become aware that:

"I'm afraid that if I let go of this fear, I'll put myself in danger of being ridiculed when I speak out in public."

"If I let go of this fear and say what I think at work, I'm afraid my boss will be critical of me just like my father used to be."

Use WHEE to clear these meta-fears. You can do this individually or you could see whether you can clear the whole lot (if there are mor than one meta-issue) by you reciting them all together, followed by your counteracting statement, being sure to tap all the while.

The goal is not to be free of all hesitations about something in your life that may be in some way negative or even dangerous, that requires you to be alert and on guard. The goal is to transform bothersome or overwhelming anxieties, fears and worries into manageable concerns.

3. Getting Help to start TWR

It may be helpful to start your TWR work with Dr. Benor's help. You can make an appointment.

Dr. Benor's book, "7 Minutes to Natural Pain Release" can also be helpful.