

More EFT with 11 Year Old Pupils

by Margaret Loudon

Background

I, Margaret Loudon, ex Head teacher (Principal) and former local education authority schools adviser and Alan Turton, Hypnotherapist, NLP Master, Life Coach and EFT Practitioner have had another successful session with the class of 11 year olds in a Liverpool school (see EFT with 11 year olds). We worked with them on issues surrounding their imminent transfer to secondary school. Prior to the session we asked the children to write down their concerns for us, anonymously if they wished. We did this as some children are reluctant to speak out about their fears or worries in front of their fellow students. They do not want to be seen as 'weak.' We then took these concerns as a starting point for a 1 hour tapping session.

Tapping Session

The children were delighted to see us again and expressed how helpful the tapping session had been before their final SATS (tests). It had made them much more relaxed and confident.

We asked them to think about moving to secondary school and on a scale of 0 - 10 where 0 is no anxiety to 10 which is the most extreme anxiety, say how they felt. As all the children had visited their new school and met some of the teachers their anxiety levels were not too high. Many were at levels 3-5 whereas a few said they were at 0. Alan reminded the pupils of the tapping points and we began the session.

These children are the oldest in the school and therefore regarded as 'the biggest' so we tapped on:

Even though I will not be one of the big kids anymore, I'm still a cool kid

We then continued with the following affirmations all ending in 'I'm still a cool kid.'

Even though the school is much further away

Even though I might not know many people

Even though we will have different lessons

Even though the work might be much harder

Even though I might get lots of homework

Even though the teachers might be stricter than Miss (teacher's name)

One child then said he was worried about forgetting the teacher's name as there are so many of them. So we tapped:

Even though I might forget the teacher's name

Even though the school is big and I might get lost

One child said she wasn't worried about getting lost but about going to the wrong classroom. So we addressed this:

Even though I might go to the wrong classroom

A number of pupils admitted that they were worried about forgetting things such as their tie or planner (timetable).

Even though I might forget something

Even though the big kids might try to scare us

One child said he was really worried that he might be bullied.

Even though I might be bullied

We finished with:

Even though I will miss Miss (name of teacher) and this school, I am still excited.

At the end of the session all the children were down to 0 on a scale of 0 -10. One child who started at 0 told us that she hadn't thought she was worried but she was now down to minus 12.

Conclusion

Once again we were impressed with the enthusiasm and openness of the pupils. Some children closed their eyes and said the affirmations loudly and passionately as they tapped. All participated and relaxed during the session to such an extent that they were virtually asleep at the end. Many continue to tap in private and one boy has taught his mother how to tap. Another has shown her grandmother so that she can use it when her back is bad.

Thank you, Gary Craig, from Alan, myself and these pupils for bringing EFT to us.

Margaret Loudon & Alan Turton (Merseyside, England)

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