

Below you will find an example of the Simple Phobia Treatment. Try it for yourself. For more complex phobias (fear of flying, agoraphobia, etc. contact me.)

1. Think about the phobia you want to alleviate. Visualize it, think about what you say to yourself about it, feel it, until it seems like it is happening **now**.
2. Rate the intensity of stress on a scale of 1-10, 10 being the most intensity and 1, a lack of stress. Write it down.
3. Tap 5 times with two fingers under your eyes (bony part)
4. Tap 5 times under your arm (opposite the breast area)
5. Tap 5 times on the collarbone (1 inch down from the V at the bottom of the neckline and 1 inch over on either side)
6. Now rate your stress level. If it has gone down 1-2 points or more, continue with number 7. (If not, tap 5 times with two fingers on the side of the hand, (half way between the wrist and the fingers) then go back to number 1.)
7. Continuously tap on the spot between the knuckles of your little and ring finger while doing the following:
  - Open your eyes
  - Close your eyes
  - Move your eyes down left
  - Move your eyes down right
  - Roll them in one direction
  - Roll them in the opposite direction
  - Hum a few bars of a tune aloud
  - Count to five aloud
  - Repeat humming
8. Repeat the tapping under the eye, the arm, and the collarbone.
9. Rate your stress level. You should be at a one or less and the phobia should be alleviated. If not, repeat the algorithm.

If you have questions,

Contact Dr. Wright at [advicelink@comcast.net](mailto:advicelink@comcast.net).