



Path to Passion

Love, Synergy, Joy & Ecstasy at Your
Fingertips

Class 2 – Monsters Under The Bed

With Alina Frank & Dr. Craig Weiner

In Association With



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Class II – Monsters under the Bed

Welcome back. This is the second in our seven part series on EFT and Sex and Intimacy.

We are thrilled that you have decided to join us in this web based exploration of how EFT can have a profound healing effect on your intimate relationships. We are the team of Dr. Craig Weiner and Alina Frank, EFT practitioners and teachers, from beautiful Whidbey Island, Washington, where some erroneously may say that we have a climate conducive to indoor activities....

In our last class we took a look at why sex is important for healthy bodies and healthy relationships. We worked on tapping to explore what fears or resistances might be hindering you and how a greater sense of freedom in this arena will benefit your expanding life.

Life Made Much Easier Inc.

Today's class is titled...The Monsters Under the Bed. This refers to what sexually related memories are lurking around and playing a role in your mind. Emotions that you experienced in the past might still consciously or unconsciously be causing you physical pain or dysfunction, restricting your innate expression of physical love, your sexuality and may be getting in the way of your creating deep closeness and intimacy in your relationship. We will explore the topics of childhood experiences, adolescent emergent sexuality, sexual abuse and past unhealthy relationships

Sexual abuse can be defined as being coerced, manipulated, tricked, or forced into sexual activity. It can include adult, childhood, or adolescent sexual abuse. We aren't just talking about physical contact leading to genital or anal intercourse either. It could

include fondling, voyeurism, exposure, oral genital contact, digital penetration and more.

I really never suspected just how prevalent this is in our society until I became an EFT practitioner. I work with clients on a daily basis to remove the trauma that these stored memories have created. If you personally feel that some traumas are too overwhelming to deal with on your own, please consider working with a professional. We recommend that when reviewing our materials you remain under the guidance and care of your traditional allopathic practitioner and or physician when using EFT or any of the techniques we place before you.

Sexually related memories are very powerful and often hibernate, hide and fester in our memories, just waiting to be triggered and return with life- changing effects. Do you think that the S and M magazine your Uncle Bob showed you when you were 9 may be rattling around in your psyche and affecting what you explore or don't explore sexually with your partner? What about the time that your best friend and you were playing doctor and your mother caught and spanked you? Do you think that might be affecting your ability to be vulnerable or playful in intimate circumstances? Have you been in an actual or near date rape situation? How might that affect your willingness to open up and meet new potential romantic partners? What if you touched your younger sibling inappropriately in the bathtub when she was under your care? Could the feelings of guilt or shame that you may harbor from these events be responsible for your frigidity, premature ejaculations or erectile dysfunction? Are those ghosts still lingering in the bedroom when you try to feel amorous with your partner? What's the best way to determine whether they are still affecting you? Why don't we go ahead right now and test to see if they are.

If your heart just suddenly froze and you went into panic when I said that, then you are definitely still experiencing the ill effects of that traumatic memory. Again, if these memories are too painful to revisit now, then I urge you to work with a professional. Even if you don't have some deep dark skeleton in your closet, you should take the time to write the list of times in your past that are still troublesome. A personal example of

what I mean was that several times as a teenager I witnessed men masturbating and exposing themselves in public in front of me. I never thought that these disturbing memories were having any effect on me, but then I asked myself what I really felt about those times; I noticed that I was still carrying anger. “You bastard, how could you do such a disgusting thing in front of me? Did you really think I would be turned on by that or was your intention to gross me out? I was only an innocent girl who had never even seen a penis before that” This anger and resentment showed up in the darndest places for example whenever I had a man in my life ask me to look at something that I wasn’t ready to at the time, literally. My boyfriend innocuously would say, “*Hey honey, look at this proposal for me now?*” and I’d feel irrationally and inexplicably angry. That logically makes no sense but my mind had created that connection to those obnoxious men “What can’t you see I am not interested? I don’t want to participate now. Do you think that you could ask if I am free first? Politely? Could you be more considerate?”

This sounded ridiculous to me at first but it rang true and so I decided to work on it. Remember that traumatologists now report that you only need two ingredients for a lasting impact of a traumatic event 1. fear and 2. hopelessness and in those moments in the parking lot of the mall, the secluded beach, and in the dark alley I had experienced fear and a sense of hopelessness.

When we look at the differing issues from a gender perspective we see both commonalities and differences. Both maturing boys and girls learn how to express their sexuality through observing role models combined with the natural physical development of increasing hormonal influences. Behavior modeling is often shaped by parental influences especially by the household parental figures, by media stereotypes that are replayed over and over on silver screen images or in glossy magazines, and by peers, none of which commonly present a healthy and balanced picture of loving, accepting, diverse healthy sexual relationships and behavior.

Early sexual behavior often begins with self pleasuring. This is often a secret and clandestine activity that is talked about, especially by young boys, often years in the schoolyard before they actually partake in it. Moral and religious judgments can play important shaping roles in the creation of guilt and shame around this activity. Parental attitudes towards male or female self-pleasuring activities be it supportive or judging, can have longstanding effects on how a developing young person feels about whether they deserve good things in their life, especially regarding giving and receiving pleasurable things to themselves.

Personally I remember the stress associated with masturbation as I struggled through my early adolescence. I had my share of dog eared Playboy, Penthouse and Forum story magazines that were hid in what I thought were safe and secret hiding places under the mattress and in the back of my clothes closet. I remember an incredible amount of stress associated with not making the slightest sound, with having my attention split between the new and wonderful physical sensations and two ears highly attuned to any sound of footsteps coming down the stairs, as my childhood home had no locks on any bedroom doors. That dual tension of pleasure intertwined with fear set up early patterns that for a long time limited my ability to fully relax or receive physical pleasure, because part of my attention was always watching, listening, anxious and on edge, waiting for the moment that everything would have to be shut down. My most embarrassing moment in this arena was when I remembered that as a young teen, the night before, I had hastily put away my personal library under the bed. Later upon returning home from school, I quickly made my way to my bedroom to correct this slip up, and to my great shock and embarrassment I found that somehow the magazines had made their way back to my “secret” closet library and never a word was spoken. What did my mother think of me, now knowing something about my personal activities? This concern for what somebody else thought about my sexual activities may have been the reason why in my early adulthood I felt so restricted in being able to freely communicate what I wanted or what gave me pleasure.

These near universal early forays into sexual pleasure teach developing adolescents to reach climax quickly before anyone discovers them, to develop sexual activity that is not

free and open but instead secretive and hidden, and this implies that there is something inherently wrong and dirty with it. Many others have had far more traumatic and embarrassing or caught moments. The unconscious decisions that can often follow these events may cause men to develop the condition of premature ejaculation, guaranteeing that lovemaking will be a short enough to not get caught. Another strategy might be just the opposite. That adrenaline rush associated with getting caught can be incredibly stimulating. Do you feel a compulsion to continually seek compromising circumstances to re-create the titillation. Do you find yourself most excited by creating amorous experiences on night time airplane flights under the blanket? Or perhaps you just happen to find yourself “parking” in public lots or using unisex restrooms more than your bladder requires? These would all be signs of effects that may very well be linked to those late night teenage explorations into the world of sexuality.

Your earliest sexual experiences with another person can have profound lingering effects. These more often than not are filled with fear, embarrassment, lack of any real knowledge or skillful training, and can be emotional roller coaster rides. Some are dosed with paranoia of being caught, produce guilt, or are overcast with the fear of getting pregnant. All this driven by surging hormones and the desire for pleasure. The repercussions of first sexual experiences can lead to emotions and decisions regarding sexuality that can last a lifetime. The openness and vulnerability that a young person feels at this time allows for even the slightest comment to have powerful effects on self image and how one sees oneself as a sexual being.

Sexual abuse statistics are mind boggling.....1 in 6 women and 1 in 33 men have experienced an attempted or completed rape in their lifetime. According to the CDC 25% of college women will have been raped during their college years and among high school students surveyed around 8% report that they were forced into sex. And these are only the cases that victims are willing to recount. You can just imagine what the real numbers might be.....As we said earlier, the range of sexual abuse can be from the very subtle to the incredibly violent. If you have not personally been victimized, know that it's possible that your partner has. Perhaps you were an adolescent girl going through puberty and part of the teasing at school including having young boys ogle or stare at

your breasts repeated, over and over, or they pulled at your t-shirt or snapped your bra....maybe not violent, but it still can have a profound effect. Perhaps you were 10 years old and were being bathed by your babysitter or aunt or uncle and you just intuitively felt unsafe, like somehow their eyes or towel wrapped hands just crossed over a line of decency. Maybe you had a pre-teen sleepover with your friends and one of the other kids seemed to accidentally or maybe not accidentally brush against your genitals or press up against you in a way that made you feel uncomfortable or violated.

We seek to disconnect the associations and connections to these events from our present lives. We could be living out patterns of risky behaviors or poor judgment when choosing partners. We could have some physical condition as a result of emotional pain. Or it might be as seemingly minor as not being as fully present, connected, trusting, or free of inhibitions with your lover which has resulted in limiting just great sex can be.

For this work to be real, personal, applicable and powerful for you, you are going to want to look not only to the obviously painful sex related stories that you have recanted to your journal or therapist, but be willing to look to other events that may be more subtle...ones that have emotional connections that you did not realize were causing you to have limiting beliefs or to make poor decisions. So we will list an array of scenarios that might be close enough to your history that may trigger memories for you: We invite you take time after listening to this recording and journal on some of the following possible scenarios...

Now let's list your embarrassing sexual encounters; maybe the time you suggested to your partner a new sexual menu item and you were made to feel like your preferences were disgusting or wrong...what about the time as an adolescent that other kids saw your naked body at camp or in the shower and made fun of you... for women, how embarrassing was a time when other children became aware of your menstrual cycle...or the time that suggestive catcalls were yelled at you from a group of men at a football game, or wardrobe malfunction with some piece of clothing not holding up its end while dancing at a wedding or frolicking in the ocean waves,and for men what about the time that for some unexplained reason you found yourself unable to rise to the

occasion...or the time that a woman made an unkind reference to the status or size of your genitals, or hearing some rumor that was started by a disgruntled ex- girlfriend about your lackluster bedroom performance?

Next, **start listing ways and specific instances when you felt violated or coerced sexually....**For women; was there a time that some boy or man inappropriately exposed himself to you? Do have a memory of being grabbed while walking down the street or in a crowd or at a bar or a dance? Maybe an early sexual experience of a boyfriend pressuring you to have intercourse before you were really ready? Or performing some sexual variation that you felt obligated to perform. You really felt it wasn't okay for you to do them but you did not want to risk losing his affection? For men, it may be more subtle, though not necessarily. Was there an experience where a woman just came on too forcefully for your tastes and you felt overwhelmed or violated by her aggressiveness? Was there an example of another man that made uninvited gestures to you sexually? Did you see or witness a violent sexual image like a rape in a movie or a disturbing pornographic image, or even in person that still has lingering clarity in your mind. Go ahead and list your memories for this topic.

Now let's list some troublesome sexual moments within a romantic relationship. The topic of infidelity is a strong trigger here. The results include the ensuing mistrust within the relationship, the self doubts with regards to ones own desirability, the feelings of resentment, anger, hopelessness, inability to communicate or repair the wound...the after effects can go on and on. What about the taboo of saying out loud that your sexual needs weren't met by your partner? If all your partners were lousy in bed, you might develop an expectation that all you're going to get in the future, are selfish, mediocre lovers...If you had lovers in the past that liked certain things in bed, but definitely not other things, then you may have adjusted to the idea that it was wrong for you to want those other things and you just might never get them...

Now let's list examples of inappropriate boundary breaking by someone from your past. In your motherless childhood home, maybe your father made you feel like his wife in some way that just felt wrong, like you were now his

confidant....maybe your father never fully closed or locked the bathroom door to his shower which allowed for instances of unexpected viewing...maybe either one of your parents or older siblings disrobed or dressed in a way that made you feel uncomfortable....Your mother or father's misguided attempts to monitor or check your anatomy for physical changes or well-being insulted your ideas of privacy,your bedroom door may have been frequently and surprisingly opened at inopportune moments without a knock or announcement of entry...you may have discovered that a very personal item such as a diary was discovered and read without permission...

Next-What about listing any sexual situations where you still harbor guilt or shame? This might include the regret of a past abortion or as a man your partner had an abortion and you felt shame, guilt or the burden of responsibility for it. Sexual exploration by children of the same sex is not that uncommon. Are you still feeling shame and are perhaps fearful that you might have latent homosexual tendencies?

Next, do you have any memories of when you may have incited or were responsible for a sexual advance or attack on you of some sort? Do you still hold thoughts or feelings that you somehow provoked or invited an encounter by the way you acted, or dressed or what you said, and how you may have put yourself in a scenario or location that you regret?

Now, examine your very first sexual experiences and list any negative emotions that might need to be released. Were you "too young" as you look back now as an adult, and do you regret the circumstances of your first sexual encounter? Was it painful? Was it risky? Did you feel like a complete idiot because you didn't know what you were doing, that it was nothing like you had heard, that is was with someone that you shouldn't have been with, or it happened in the most unromantic of places? What were the repercussions of the event? Were you dumped? Did you get pregnant? Did you get an infection? Did you have to confront your parents? Did you have to tell your pediatrician or go to Planned Parenthood?

Lastly, the topic of lingering sexually traumatic memories related to childhood as well as associated shameful feelings of pleasure connected to the event is a topic that is

extremely important and one that may be left to addressing with a professional. In my experience with working with survivors of childhood sexual abuse and related post-traumatic stress disorder, the key is to break the event down into smaller and smaller increments. The more traumatic the event, the greater is the need to isolate the specifics of the event. If an act lasted for 5 minutes, and we were to make the analogy of a movie of the event lasting for 5 minutes, then you might have to tap on individual movie frames....for example, first he pulled down his pants, next frame; then I saw his penis, next frame; then he said "Come over here", it may take an hour to work through the event, frame by frame and tap though all related aspects of one 5 minute encounter. This is when the help of a professional would be beneficial.

OK. Let start tapping. I want you to think of a memory that happened to you sometime earlier in your life that created a feeling of embarrassment that had to do with your body or sexuality, maybe a time that your were caught in a compromising position.

With the tapping, remember, I will say the phrase and you repeat it back, out loud with Alina while you are tapping on your points. It is very important to say the phrases aloud and not just think the phrases in your head. Remember, if you want to really change your life, if you really want to heal yourself, you will want to follow these steps.

Start tapping your Karate Chop Point on the side of your hand and repeat after me:

"Even though I have this embarrassing memory that I try to forget, and think that I have done all the work around it that needs to be done but its not really done....I can fully accept myself.

“Even though it feels like re-hashing this memory will bring back more embarrassment ...and I don’t really want to deal with it one more time...., I can accept myself and my resistance anyway.”

“Even though I have never really let go of this embarrassing story....., I can hold the possibility that I will be able to let this go and accept myself fully in the future.”

Top of Head: When I think about this moment, I feel embarrassed.

Third Eye: I wish it never happened.

Eyebrow: I should have known better than to put myself in that position.

Side of Eye: I feel so stupid.

Under Eye: Re-telling the story makes me feel ashamed of myself.

Under nose: I try to never reveal this part of myself.

Chin Point: I thought I healed this old story in therapy already.

Collarbone: But it’s still there.

Under Arm: Maybe I can offer myself a bit of kindness about this

TH: I know that these kind of things happen to kids

TE: I know that I am certainly not the only person in the world that this has happened to.

EB: Holding onto this embarrassment does not create any healing for me.

SE: I now have greater wisdom and understanding than I did back then.

- UN: I can hold greater compassion for myself and any others that have gone through a similar situation.
- CP: I even hold the possibility that there could be some humorous aspect to this story that I have been unwilling to let myself feel before.
- CB: This story was only one moment in thousands of moment of my life.
- UA: I am ready and willing to forgive myself and anyone else involved with this story.
- TH: I hold the possibility that it's time to let any remaining angst about this memory dissolve.

We know that we've shed some light on those monsters lurking under your bed. The vast majority of those examples by the way came directly from my private practice with clients who were still haunted by memories of painful pasts.

For your homework assignment this week go back over the examples we have provided for you and tap through all those unresolved memories that were stirred up and revealed during this class. Remember the more specific the better.

Next time we meet we'll be teaching you how impaired self image or low self esteem can wreak havoc on your sex life and what you can do to appreciate and adore the Mirror over the Bed. Until then, remember keep on tappin'