

The Test Anxiety Solution™

By Laura Lawson Boatman, LCSW

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A quick note from me to you:

Thank you so much for honoring my work by purchasing this program. I know that as you follow it, it will really help you let go of your test anxiety and do your very best on any exam you may take.

If you have somehow received a copy of this program or eBook that you did not purchase yourself, please go to my website so you can buy your own copy. You'll be supporting me in my work and, because you'll be acting with integrity, you'll benefit so much more from the program. Plus, you'll just feel good about it. Thanks!

You can access the full program online as part of my Circle of Light membership program here: [Our Circle of Light Membership Info](#)

Here's where to purchase the program for download:

FeelingWellBeing.com/TestAnxiety

Need more?

Also, although the Test Anxiety Solution has very effective ideas and resources to help you let go of your test anxiety, it is not a substitute for professional counseling when you need it. If you find that you are having emotional difficulties that run deeper than you can address with this self-help program, I encourage you to get additional help and support from a qualified mental health professional. When you're really suffering, having a compassionate person to talk to who knows how to help can make all the difference.

Questions about the program?

And finally, if you have any questions about this program as you're going through it, please feel free to contact me via this link:

[Contact Me](#)

I love hearing how well the Test Anxiety Solution works for people as well...
so please send me an e-mail about your successes, too.

Now, let's get on with helping you let go of your test anxiety!

All the best to you,

Laura

Laura Lawson Boatman, LCSW

Chapter One:

Overview of your Toolbox for Overcoming Test Anxiety

For many people, test anxiety is a major problem. Whether your anxiety is mild or severe, it can cause you to feel seized up and unfocused so you don't perform as well as you might have when you are taking tests. Sometimes, people feel this test anxiety so intensely that it causes their minds to go totally blank during a test even if they actually know the material they are being tested on.

It can be extremely frustrating, disheartening, and scary to feel like you just can't control your feelings enough to be able to take a test and do your best on it.

It doesn't have to be that way though. In this guide, I am going to teach you some simple tools that you can use to help you to let go of that tendency to feel anxiety when you're taking a test. Once you are able to let go of that anxiety, you open yourself up to your natural state of calm and well-being. And this is the ideal state to access the flow of ideas and information that you have learned so you can do your very best on any test.

Unconventional, But Very Effective

Most advice about dealing with test anxiety goes something like this: make sure you know your material, get a good night's sleep, make sure you eat well beforehand, do some deep breathing, and engage in positive self-talk. That's good advice as far as it goes. But for the people who

suffer from more severe test anxiety, they need something more powerful to really help them let go of their tendency to feel intense anxiety when they're taking a test or exam.

That's what I'm going to give you in this program. In this eBook, I'm going to go over the most effective tools I have found to help you let go of test anxiety. They are very powerful although they may seem a bit unconventional if you haven't been exposed to them before. All I ask is that you give them a try before making a decision about whether you think they'll work for you or not.

How to Get Started Right Away

To get started as quickly as possible, all you need to do is watch the videos and listen to the recordings included in this program. Here are the links for the videos:

[Video: So What Is EFT Anyway?](#)

[Video: How to Do EFT](#)

[Video: How to Do PEP](#)

You'll find the recorded mp3 processes in the program folder you downloaded when you purchased this program. If at any point you want additional clarification or understanding about how all of this works or how to do it, you can refer to this eBook guide.

Essentially, you want to do at least one of the included processes every day. The more you do, the more quickly and thoroughly you will release your test anxiety.

Overview of How to Use This Program

1. Review the [How to Do EFT video](#) and review the illustration and description of the acupuncture points in Chapter Two.
2. Follow along with the EFT mp3 for test anxiety. Listen to it several times and see how you feel. This may be all you need to do to let go of your test anxiety.
3. Review the [How to Do PEP video](#) Follow along with the PEP mp3 for test anxiety or follow along with the written PEP list in the Appendix at the end of this manual. Go through the PEP lists several times, ideally every morning and evening.
4. Listen to the self-hypnosis mp3 for test anxiety at least once a day.
5. Use the secret finger tapping/touching technique of SET or PEP during the exam and any time you want to let go of anxiety.
6. You can also play the PEP positive affirmation mp3 recording quietly in the background as you go about your day, as you work on the computer, and as you sleep as well to further anchor these positive thoughts in your consciousness.

I will be going over all these steps with you in detail in this manual but if you want to jump right in, just follow the above steps. As you can see, there are many resources in this program for you. I suggest that you try them all and see what works best for you. The key is to use them regularly. They won't take very long to do and you will feel so much better afterwards.

As I mentioned before, if you have any questions about the program, feel free to contact me at support@FeelingWellBeing.com. So let's get you started!

Chapter 2:

EFT and Simple EFT - SET

I know this may seem a little odd if you have not heard of this approach before, but there are a number of extremely effective techniques that pair the tapping or touching of specific acupressure points with attention to a specific issue that you want to let go of. Issues that these techniques help with can be mental, emotional, and even physical. This approach to healing and self-improvement has come to be known as Energy Psychology.

The most well-known of these techniques is called EFT, short for Emotional Freedom Techniques. I have used this technique effectively for many different issues with clients and I have consistently seen rapid, positive changes happen for people as a result.

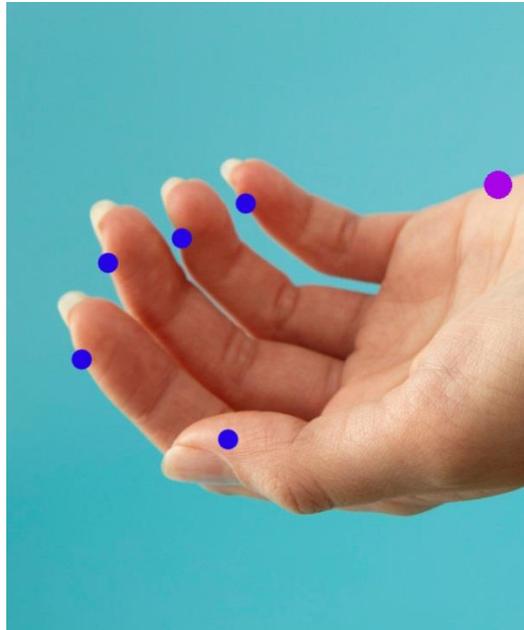
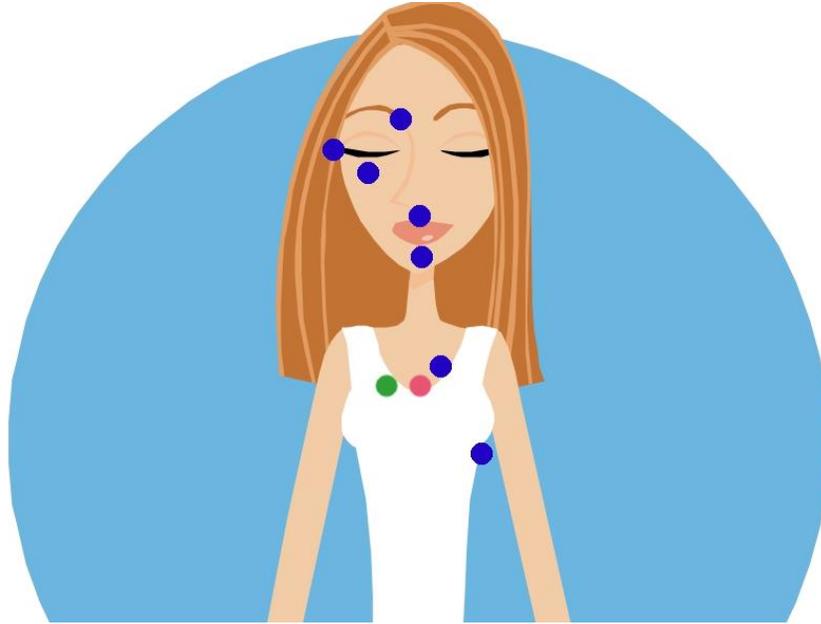
To learn more about EFT and my perspective on how it works, you can watch my video here: [What Is EFT Anyway?](#)

Using EFT in the traditional way is very effective. In fact, there are a number of studies that have been done to demonstrate the effectiveness of EFT for anxiety and many other conditions. EFTuniverse.com maintains a database of thousands of case studies that have been submitted by users of EFT describing their successes with EFT and the steps they took to achieve them.

Step One: Simple EFT for Your Test Anxiety

So, step one for you in this program is to use EFT to address your test anxiety issues. Before we can get started with that, you need to learn how to do EFT. It's a simple process to learn and master and I'll teach it to you now.

On this page, you will find illustrations of the key acupuncture points you will be using in this program. I encourage you to print this out for easy reference as you go through the rest of the program.



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First Step: Learn EFT

To make sure you're clear about where the points are, please refer to the illustrations on the previous page for the key tapping points. Here is a description of the key acupressure points for your reference as well:

The Face and Body Points

1. **Eyebrow:** The first point is right on top of the beginning part of your eyebrow.
2. **Side of the Eye:** The second is at the outer corner of your eye socket, right on the eye socket bone there.
3. **Under the Eye:** The third is under your eye at the edge of the eye socket bone as well, directly down from your pupil when you are looking straight ahead.
4. **Upper Lip:** The next point is just above your upper lip, half way between the base of the nose and the lip in that indentation there.
5. **Chin:** The next point is on your chin right at the fold about halfway between the lower lip and the tip of your chin.
6. **Collarbone:** The next point is just below your collarbone. To find this point, find the u-shaped indentation at the base of your throat and go about one inch down and one inch over, just under your collar bone.
7. **Under the Arm:** The next point is under your arm, about four inches down from the armpit on the side of your body. For women, this is usually right in the middle of your bra strap.

8. Side of the Hand: The next tapping point is on the side of your hand at what we also call the Karate Chop point. This point is about halfway between the base of your pinkie and your wrist, at that fleshy part on the side of your hand. This is the part you want to tap on. To find this point, see the purple dot on the illustration of the hand points illustration.

The Finger Points

(Optional for EFT unless you are doing the Finger Tapping process)

1. Side of the thumb level with the base of the nail bed on the wrist side of the thumb.
2. Side of the index finger level with the base of the nail bed on the thumb side of the finger.
3. Side of the middle finger level with the base of the nail bed on the index finger side of the finger.
4. Side of the ring finger level with the base of the nail bed on the middle finger side of the finger.
5. Side of the pinkie finger level with the base of the nail bed on the ring finger side of the finger.

The Tender Spot for the EFT Set-up Phrase

See the green dot on the illustration above. To find this point, begin at the u-shaped indentation at the base of the throat and go about three inches down and three inches over on either side of the body. Feel around in that general area for a tender spot. When you find it, you'll know. This is the area you will rub at the beginning of every round of EFT. Over time, this

spot will become less tender as it is regularly activated. This point is not used in SET or PEP.

The Thymus Gland / Heart Point for PEP

See the pink dot in the illustration above. This point is found in the center of the chest about three inches down from the u-shaped indentation at the base of your throat. Although this point is not used in EFT, it is used at the end of each round of PEP. Although I'll teach you PEP in the next chapter, since we're going over all the common points here, it's worth showing you this one now.

Video: Learn How to Do EFT

To get more oriented to the basic EFT procedure, please watch this instructional video here: [How to Do EFT with Laura Lawson Boatman](#)

Step Two: Tapping Away Test Anxiety

Once you have a sense of how to do EFT from the illustration and description above and the *How to Do EFT* video, just listen to the EFT mp3 for test anxiety several times through and see if you're feeling better about the thought of taking your exam.

If you prefer, you can simply follow along with the written script of this EFT process that you will find in the Appendix at the end of this book. Once you get the hang of it, you can do EFT for this issue or any other on your own whenever you like.

As you tap on the EFT points, you can focus on the specific symptoms and thoughts you experience when you are feeling intense test anxiety as well. For example, you might tap on symptoms such as these: nausea, heart pounding, mind going blank, inability to focus, and the snowball of anxiety-provoking thoughts that arise in your mind.

Once you go through this process a few times, it's likely that you will be feeling much better and the intensity of your test anxiety will have diminished significantly. That may be all you need. If you feel that this simple EFT process has not fully relieved your test-taking anxiety or you would like to reinforce your improvement, you can move on to the next step. Or you can simply move on to the Positive Energy Psychology and self-hypnosis processes if you prefer.

Step Three: Going Deeper with Tapping

As you follow this simple EFT process for your test anxiety, it's likely that you will become more aware of the underlying negative beliefs and feelings that are tied up with your test anxiety. The simple process of activating these energy points helps you to activate and simultaneously clear the issue you are focusing on and all of the underlying related negative beliefs, emotions, and painful past experiences that are contributing to the problem.

So, as you use EFT, pay attention to any related issues that may arise in your consciousness. For example, you may find yourself remembering a time in the past when you took an exam and you froze up because of your anxiety. You may remember a time when you took an exam and you were not prepared and you didn't do as well as you would have liked. You may remember that your mother told you stories about her own test anxiety. If memories such as these arise when you're thinking about your test anxiety, it is likely that you internalized some negative beliefs about yourself and about taking tests from these experiences.

When Did This Begin?

Think about when you first experienced this test anxiety. That's a really good way to get clear about where this problem started. If you can think of a specific incident, it would really be beneficial for you use the EFT

process while you focus on that particular incident and the negative beliefs and emotions that are tied up with it. I'll go over how to do that next.

Basic EFT for Healing Painful Past Experiences

When you have discovered a specific memory that seems to be related to your test anxiety, just give the incident a simple title as if the incident were a movie or a story. For example, you might use something like this: *That time I froze up in that big math test in eighth grade.* Then, using the standard EFT procedure, just tap using this phrase for the set-up phrase and the reminder phrase. i.e. Set-up phrase: *Even though I froze up in that math test in eighth grade, I deeply and completely love and accept myself.* Reminder phrase: *That time I froze up in that big math test in eighth grade.* Tap using this simple procedure for a few rounds until the intensity around this incident is 0-1. Often, releasing these old memories completely will significantly improve your current experience of test anxiety. The nice thing about this technique is that you don't have to get into the details of the painful past experience; you just tap on the summary phrase you came up with and release the emotional intensity around the memory as you do.

The Tell the Story Technique

Another effective way to do this is called the Tell the Story Technique. This technique is very similar to the SET technique that I will talk about next. All you have to do is focus on whatever incident you want to let go of while you are tapping on the energy points. You don't even have to talk about it if you don't want to; you can just think about it. However, it can be very effective to just tell the story of what happened to yourself aloud as you tap on the points. However, if the incident is too painful to recall in this way, then just use the basic EFT process outlined above. After you finish going through one round of tapping on the acupressure points, stop and check your intensity rating. I recommend that you continue tapping for this issue until the intensity rating goes down to a 1-0.

You can help release the intensity associated with key aspects of the incident by focusing on the details of what you remember as you are tapping. You can tap on:

- how you felt emotionally
- how you felt physically
- the related sights, sounds, and other sensory details that you remember
- the thoughts that were going through your head at the time
- any other experiences this reminds you of
- any thoughts that may be going through your mind now about it
- anything else that arises as you're going through the process of tapping on this issue

It's like you're following a garden path and seeing where it takes you. You just want to make sure you're tapping the whole time.

The Timer Technique

I find that it's helpful to set a timer for five minutes and just tap continuously on whatever comes to mind during that time. At the end of five minutes, take a deep breath and check the intensity rating for whatever negative thought, feeling, or incident you're targeting. If there's still more emotional intensity to clear, reset the timer and repeat this process. You'll be amazed at how much you can accomplish in five minutes.

Tap on the issue or memory until you feel that the negative emotional intensity around it has significantly diminished or completely disappeared. Once you do, it's likely that the intensity of your current test anxiety will have diminished significantly as well. A side benefit of EFT is that people often find that they gain a new level of understanding and compassion for themselves about painful past experiences once the issues have been completely cleared with these Energy Psychology techniques.

Step Four: Release Additional Painful Past Memories Related to Test-Taking

Once you have released the intensity around the primary incident where your test-taking anxiety began, you will probably feel much better. However, if you are still feeling some test anxiety, it can be beneficial to look at any other painful past experiences you may have had related to taking tests in the past.

It's likely that whatever memories you need to let go of will just arise naturally in your consciousness as you are tapping on this issue. Pay attention to these and tap on them as I've outlined above.

To uncover the key memories that you should address with Energy Psychology, you can also simply ask yourself these questions:

When have I felt this kind of anxiety before?

The answer will often point you in the direction of what you need to tap on to be free of your test taking anxiety completely.

What does this feeling remind me of?

This is another good question to ask yourself to unearth possible related painful past experiences that are contributing to your test-taking anxiety. They may or may not have to do with taking tests so be open to using EFT to let go of whatever may come up when you ask yourself this question.

SET or Simple Energy Technique

Steve Wells and Dr. David Lake, a team of energy psychologists from Australia, developed a simplified version of EFT that they appropriately call the Simple Energy Technique or SET for short. The basic idea is that activating these acupuncture points is healing in and of itself. You don't necessarily need to go through the formal process of EFT to reap the benefits of this technique. You don't even have to *tap* on the points; you

can simply rub on the points or even just touch the points and receive the benefits (as we will see with PEP). They have found that you don't even have to say any kind of reminder phrase aloud. In fact, all you have to do is tap on the points in whatever order you want, in whatever combination you want, while you're focused on the issue that you want to clear.

Use SET When You're Really Stressing

While I recommend using Positive Energy Psychology which I talk about in the next chapter as a daily practice, I find SET to be very effective for dealing with intense emotional reactions as they are happening. So, if you start freaking out about your upcoming test, just start tapping on the points. You can say whatever is on your mind if you want to but you don't have to. The issue is already active in your energy system, so when you are tapping on the energy points you will be clearing whatever anxiety or negative emotional pattern you are experiencing in the moment.

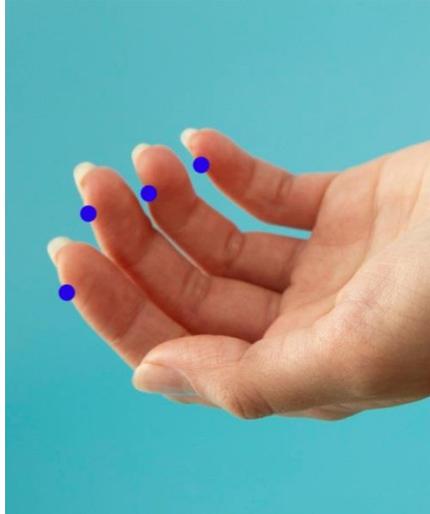
This works very well when you are in overload and you can't seem to calm down. It works for any intense emotion that you may be experiencing: fear, anxiety, dread, regret, anger at yourself or others, sadness, grief... anything. All you have to do is just keep tapping while you're feeling it.

For some people, touching or rubbing the acupressure points is more comforting than tapping and can be just as effective as tapping the points. Try these alternatives out yourself and see which method feels best to you in the moment.

What to Do During the Test: Secret Finger Tapping for Anxiety

One of the best ways to deal with test anxiety that may arise in the process of taking a test is to use the finger tapping technique outlined by Dr. David Lake. All you do is touch, tap, or rub the four finger points back and forth using your thumb whenever you are feeling anxiety or any other

negative emotion or thought that you would like to discreetly let go of in the moment. Here's illustration of the hand points below to show what I mean.



So, using your thumb, you simply touch, tap, or rub each of these four key finger points back and forth. I find it most effective and calming to touch these points with a medium amount of pressure for a second or two in sequence back and forth -- index finger to pinkie and then back again over and over.

Although this may seem too simple to work, it is actually a very powerful technique. Dr. Lake talks about working with a woman who had severe obsessive-compulsive disorder and the only way she could deal with her anxiety about leaving her house was to check the locks, the stove, and everything else for two hours before she could leave. Dr. Lake had her just tap on these four finger points as she walked through the house doing her regular routine of checking on everything. After a week of this, it only took her an hour to check everything. After two weeks, she was down to 30 minutes. And after a month, it took just 15 minutes. And all she did was tap on these finger points as she walked through her house doing her regular checking routine.

This is a great subtle technique for dealing with anxiety whenever you need it. If you find yourself feeling any anxiety during your test, just begin touching those four finger points back and forth while you continue working on the test. If needed, you can intensify the calming effect by saying a simple phrase to yourself in your mind such as "relaxing" or "calm and relaxed," or "peaceful well-being." I'll go more into this Positive Energy Psychology technique in the next chapter.

And nobody will know you're doing it, unless they're using this same technique for their own test anxiety as well. 😊

Chapter 3:

Positive Energy Psychology - PEP

Positive Energy Psychology™, or PEP for short, is my own positive version of EFT that involves simply touching these acupressure points while you focus on various positive words and phrases related to what you want to experience.

I know EFT is an extremely powerful technique and it has worked very well for me, my clients, and my friends for so many issues. The down side is that Energy Psychology techniques such as EFT tend to focus on the negative: the problem and the negative thoughts, feelings, and experiences related to it. In the traditional way of using these techniques, you are encouraged to think about the problem and even say it aloud repeatedly.

Despite its effectiveness, I have found that the negative focus of EFT can make it hard for people to follow through with it and use it every day, particularly when they're feeling good and don't want to focus on their negative feelings and thoughts.

For me, I know I would much rather focus on the positive aspects of who I am, what I am experiencing, and what I want to happen in my life. I think many people feel the same way.

The good news is that I have found that Positive Energy Psychology works as well if not better than EFT as a regular daily practice.

EFT and SET are Great Tools for Emotional Intensity

Now, I want to be clear that EFT and SET work incredibly well when you are feeling the intensity of an issue in the moment. When you are feeling an intense negative emotion or you are steeped deeply in a negative belief or thought, it can often feel like too much of a leap to go from there to a positive thought of what you do want. It can feel like you're not being honest with yourself or not acknowledging the feelings that you're having. And sometimes, you just want to let yourself feel the anger or sadness or whatever it is that you are experiencing.

In situations like these where you're feeling a lot of emotional intensity, I recommend you let yourself feel whatever you're feeling and just use SET to clear the negative emotions and underlying issues as you do. Just tap on the acupressure points as you are feeling, expressing, or experiencing the negative state that you are in. As you tap on the points, you are loosening up these patterns in your consciousness so that you can release them. It's as if you are shaking them free.

When to Use PEP for Test Anxiety

For me, I have found that Positive Energy Psychology is the perfect technique to use every day, every morning and evening ideally. It feels very positive and uplifting, it only takes a few minutes, and you will feel really good at the end of each session. It's the ideal daily practice. PEP is a great technique to use when you are not feeling a high level of emotional intensity and you want to focus on the positive. I have also found it to be a rapid and effective technique for releasing mild to moderate levels of anxiety within a couple of rounds.

By focusing on the PEP list for test anxiety as I describe in the next section, you can gently clear and reprogram your mind to allow yourself to experience a calm state of confidence and well-being while you take any

test. As I've said before, this is the ideal state to ensure that you perform to the best of your ability on any test as well.

How to Do PEP for Test Anxiety

To do Positive Energy Psychology, you simply focus on positive words or phrases while you use a medium amount of pressure to *touch* (not tap) these twelve key energy points:

1. Eyebrow
2. Side of the eye
3. Under the eye
4. Upper lip
5. Chin
6. Collarbone
7. Under the arm
8. Index finger (with the thumb as in Secret Finger Tapping)
9. Middle finger (with the thumb)
10. Ring finger (with the thumb)
11. Pinkie finger (with the thumb)
12. Thymus gland/heart on chest with both hands

If you have both hands free while you are doing PEP, you can activate the points on both sides of your body at the same time for even greater benefit. Please watch the [How to Do PEP video](#) for specifics on how to do the two-handed version. You can also just do the secret finger touching technique while you focus on positive phrases if you are in public and want to be more discreet about it.

How to Do PEP Video Instruction

Watch the following *How to Do PEP* video to learn how to do PEP step-by-step. This video shows you how to do the one-handed version of PEP (great for driving) and the two-handed version (my favorite.)

[How to Do Positive Energy Psychology - PEP](#)

To let go of test anxiety with PEP, follow along with the PEP mp3 for test anxiety or the PEP list for test anxiety in the Appendix at the end of this book.

I'll go over how to do PEP in detail below. To summarize the process: just touch one of the points as you either think or say one of the positive words or phrases on this list. Activate each of the twelve energy points in sequence as you focus on each phrase on the list, one for each point. I recommend that you go through this list at least twice each day, morning and evening. The more you do it, the better you will feel and the more rapidly you will see and feel the positive changes in yourself.

How to Do PEP for Test Anxiety or Any Other Issue

To let go of your test anxiety, all you need to do is follow along with the *PEP for Test Anxiety* recording or just follow the PEP list in the Appendix as you touch each point with a medium amount of pressure. However, I've included the instructions below to give you some more detailed information about how to use PEP to receive optimal benefits from this technique and how you can apply it to other issues in your life.

Step One: What Do You Want to Let Go of?

This first step is optional; it will just give you clarity about what you want to focus on with PEP. To do this step, just think about the problem that you want to let go of. This is what you do not want. You can write these down if you like to help you get clear for step two. (It is not really necessary to formally focus on what you don't want once you get the hang of this, but it can be helpful to do this while you're learning this skill.)

Step Two: What Do You Want?

Make a list of what you *do* want. If you need an example, you can look at the PEP list of positive phrases for test anxiety in this manual. These are the positive phrases or affirmations that you will be anchoring in your mind with PEP.

The Most Effective Way to Phrase an Affirmation

I have found that the best way to phrase an affirmation for PEP is to simply describe the *state of being* that you want to experience rather than using a sentence or phrase using an "I-statement" that labels you in a particular way. To clarify, let me give you an example of what I mean. Instead of saying "I feel calm and peaceful during my test," I find it more effective to simply say "feeling calm and peaceful during my test."

There seems to be less resistance to this form of affirmation from our consciousness. Who can argue with a simple phrase like this? You get around the resistance of your mind because you are not directly saying you *are* that. What you are doing is harmonizing your thoughts with what you want to experience. By focusing on the internal experience of what you want to feel, you bring yourself into vibrational harmony with what you want. If you are familiar with cognitive psychology or the ideas of the Law of Attraction, you know that it is much more powerful and effective to focus on what you want rather than what you don't want. And it makes you feel much better. And that's what the PEP technique is all about.

Step Three: Touch the Points as You Say the Positives

Simply touch each of the acupressure points as you think or say each of these positive phrases that you've created. Make sure you take a couple of seconds to touch each point before you move on, saying one phrase for

each point. Touch each point with a medium amount of pressure; you want to activate the point but it shouldn't hurt.

You'll find that you begin to breathe more deeply and calmly as you go through this process. That's a sign that your energy is releasing and coming into balance with these new positive thoughts. You may need to go through this list a couple of times before you feel an energy shift if you are experiencing any level of anxiety when you begin this process. Still, it will take you less than ten minutes to go through the list twice and it is likely that you will feel much better after you do.

You Don't Need to Focus on the Negative

You don't have to focus on the negatives with PEP because as you say these positive phrases, the opposing negative beliefs, thoughts, and feelings will automatically be activated in you. Activating the energy points will help you to release the part of you that resists accepting these positive phrases without even having to focus on the negative beliefs and feelings directly at all. These negative beliefs naturally get activated when you begin focusing on what you want. As you touch the points, you release these underlying negative beliefs with PEP. You simply focus on what you want and activate the points; that's all you need to do.

Step Four: Finish with Your Hands over Your Thymus

At the end of your PEP session, place both hands over your thymus gland in the upper part of your chest. See the diagram on page eight to see where this point is; it's the same one you use in the twelve-point sequence. Close your eyes and say one of the positive affirmation phrases and then say, "And so it is. Thank you." Placing your hands over your thymus gland is a natural thing that we all do to balance our emotional energy.

By the way, simply placing your hands over your thymus works extremely well for releasing anxiety of any kind, particularly when paired with a positive phrase. One of my favorite PEP phrases for relieving anxiety is this: *feeling peaceful well-being*. It will make you feel better in most situations you find yourself in.

Step Five: Check-In

Check in and see how you feel. If you are feeling better and you feel like that's enough for now, then you're done. If you're still feeling any anxiety or other negative emotion, you can choose which of the Energy Psychology techniques that you would like to use to continue clearing this issue. It's a good idea to continue to address whatever issue you are focusing on until you feel better.

Don't Hurry Through

As you go through each item on the PEP list, leave your finger on each point for a second or two. You don't want to rush through this process because in my experience that can cause you to feel an additional layer of anxiety just from rushing. The process works most effectively if you simply touch the points with a medium amount of pressure for a couple of seconds as you say each phrase.

Why We Touch Instead of Tap

Touching these points is a much gentler experience than tapping on the points. As I said before, I like to use the tapping to loosen issues from my psychological energy system. However, with PEP we want to remind ourselves of these positive thoughts and anchor those in our energy and belief patterns. To do this, I have found that it's much more effective to simply touch the points. Touching these points instead of tapping them is much more calming and centering in my experience as well.

Positive Energy Psychology and the other Energy Psychology techniques I describe in this book are very effective and rapid methods to relieve your anxiety and help you return to your natural state of unconditional well-being. As you follow the procedures I outline in this guide, they really will help you let go of any negative emotional or mental patterns that are contributing to your test anxiety.

Chapter 4:

Self-Hypnosis for Test Anxiety

Self-hypnosis is another very powerful technique that will help you let go of your test anxiety. The idea behind self-hypnosis is essentially the same as for Energy Psychology: the key to releasing any problem is to align our minds on every level with what we want to experience. The Energy Psychology techniques I've described help you to do this by clearing away the opposing patterns in your energy system. Self-hypnosis helps you to do this by bringing you into a relaxed state where your mind is more receptive to receiving and integrating positive suggestions.

It has been shown that the alpha state, the level of brain functioning that we sink into when we relax, helps us to move beyond the everyday level of mental activity and negative self-talk that most people engage in in their everyday consciousness. In this state, our minds readily accept positive suggestions and images which in turn have a positive effect on our everyday consciousness.

In the audio resources for this program, I've included a self-hypnosis recorded process that will help you to relax into the alpha state where you will be more receptive to positive ideas and you will be able to more easily align your subconscious with what you want to create.

This recorded self-hypnosis process helps you envision what you want and anchors new positive beliefs in your consciousness.

Don't Worry About Clucking Like a Chicken

If you are concerned about self-hypnosis because you have seen a stage hypnotist apparently making people do things that you wouldn't want to

do, don't worry about it. Stage hypnotists actually screen the people that they work with by giving them a simple suggestion before they bring anyone up on stage. They get the participants' implicit permission through this process and generally the people who are chosen are people who enjoy being on stage and being the center of attention, whether this is obvious or not.

You are actually always in control and aware during hypnosis. Although you are very relaxed, if there is a suggestion or idea or image in the process that doesn't fit for you and doesn't feel right for you, you will know it and you will automatically be able to change that thought or image to one that feels better to you.

The Research on Self-Hypnosis

There is a huge body of research on self-hypnosis that demonstrates its effectiveness. In fact, modern psychology has its roots in hypnosis. It is a generally accepted fact that Freud's approach to psychoanalysis was inspired by his exposure to effective hypnosis procedures.

This website is a good one for learning more about the extensive research that has been done on hypnosis:

<http://www.hypnoresearch.org/condition-index/>

And here's an article from that site that addresses the effectiveness of hypnosis for exam anxiety specifically:

<http://www.hypnoresearch.org/hypnosis-for-exam-anxiety/>

How to Use Self-Hypnosis for Test Anxiety

To use the test anxiety self-hypnosis mp3 process in this program, just listen to the recording when you have some quiet time to yourself. It can be very effective to listen to this process before bed or just after you wake up because you are close to the alpha state at both of these times already.

It can also be effective to listen to this process before you begin studying because the alpha state is an ideal state to absorb new information and learn. And although you will come out of the deeper alpha state at the end of the self-hypnosis process, you will still remain in a light alpha state if you wish. You will know this because you will feel calm and relaxed. And that is the ideal state to be in for studying most effectively.

Use the PEP Recording for Background and Subliminal Suggestions

You can listen to the PEP recording anytime you wish to reinforce these positive beliefs in your consciousness. It can be helpful to just play these affirmations as you go about your day: as you're driving, walking, exercising and also at home, while you're cooking, studying, working on the computer, etc.

You can also play this recording at a barely audible level while you listen to music to experience a subliminal form of suggestion. This is an ideal way to reinforce these positive phrases while you are working on the computer or studying because it will not distract you from your work. There is some research that supports the effectiveness of subliminal suggestions so it's worth trying yourself and seeing how you feel afterwards.

Sleep Programming with the PEP Recording

As you sleep, you cycle through different phases of consciousness: the alpha, theta, and delta. Your regular everyday state of consciousness operates at the beta level of consciousness. As you cycle through the alpha state of consciousness, you are more receptive to suggestions as I mentioned before. So, a simple way to instill new positive beliefs in your consciousness is to listen to positive suggestions as you sleep.

You can use the PEP positive phrases mp3 recording to do this. Simply listen to the recording quietly as you are falling asleep. If you find that this

disrupts your sleep too much, you can simply listen to one round of it as you're falling asleep. As I mentioned before, you drift into the alpha state just as you are falling asleep which makes this a wonderful time to give yourself positive suggestions.

If You Find Yourself Resisting Any of the Positive Suggestion in This Program

If you find that you have any difficulty accepting the positive statements in the PEP list or the self-hypnosis process, I suggest that you take some time to tap on your resistance to accepting these ideas using the phrase: *This resistance to these ideas*. The resistance may point you in the direction of a deeply held negative, limiting belief about yourself or the world that may need to be shifted to allow you to let go of this test anxiety completely.

There may be a part of you that feels you need to keep your high-stakes beliefs about taking tests... that somehow pressuring yourself to be perfect and only accepting yourself if you are will motivate you to excellence. In my experience, that kind of pressure only leads to increased anxiety and reduces your ability to do your best and perform at an optimal level on tests.

So, if this feels like it is an issue for you, I encourage you to consider this idea: perhaps taking the pressure for perfection off of yourself will help you relax and paradoxically open you up to better performance on tests. It's my perspective that the most effective motivator is enthusiasm for excellence rather than pressure for perfection.

The difference is that enthusiasm for excellence comes naturally from wanting to explore how far you can go for the sake of enjoying learning and expanding your knowledge and experience. Your well-being doesn't depend on "success" or "perfection"; you simply do your best for the fun of learning. And you are internally motivated to excel according to your own standards and inspiration rather than being externally motivated to

meet someone else's standard of "perfection" that may not fit you and who you really are at all.

Does that make sense? Please just consider it. If not, then I encourage you to take some time to tap on whatever resistance and thoughts are coming up for you about this and then come back and see if your perspective has changed at all. That way, you don't have to take my word for it. You can let your own inner wisdom guide you on this one.

And That's All You Need to Know

I've covered everything you need to know to let go of the test anxiety that you've been experiencing and achieve optimal performance on any test you take. You have:

1. A basic EFT process available as an mp3 recording and a written script in the Appendix to help you let go of the general symptoms of test anxiety.
2. Instructions for how to use EFT and SET to release painful past experiences and deal with intense anxiety as you are experiencing it.
3. Instructions on how to use the secret SET finger technique to reduce any anxiety that may arise during a test.
4. The PEP mp3 recording for you to do daily Positive Energy Psychology anchoring as you touch the key acupressure points.
5. The tapping diagrams and descriptions which show you all the key points that you will need to use these techniques.
6. The self-hypnosis mp3 recording to help you program your mind to release your test anxiety and perform to the best of your ability during your test.

7. The PEP positive phrases mp3 recording to also use for background affirmations, subliminal suggestions, and sleep programming.

Use these techniques every day and you will see rapid, positive changes in yourself. You will find yourself feeling more calm and confident during tests than you ever have before and you will perform to the best of your ability on each test you take. As an additional benefit, these positive changes will also generalize to the rest of your life as well, helping you feel more relaxed and confident and self-accepting in every area of your life.

Remember, this program will work for you... but *you have to use it* to receive the benefits. So, jump in and start watching the videos and listening to the mp3s.

Again, I'm here for you if you have any questions. You can contact me via this link:

[Contact Me](#)

And please keep in touch... I'd love to hear how the program is working for you.

Best wishes to you. And may you experience wonderfully anxiety-free tests from now on.

Laura

Laura Lawson Boatman, LCSW

Appendix:

Scripts for You to Follow on Your Own

PEP Affirmations List for Test Anxiety

Feeling calm and peaceful while taking tests

Breathing and relaxing while taking tests

Trusting myself to know what I need to know

Feeling confident and calm while taking tests

Knowing I always do the best I can in each moment

Knowing that's all I need to do

Being in the flow while taking tests

Relaxing and letting the answers flow easily

Knowing I know what I need to know while taking tests

Allowing myself to enjoy taking tests

Realizing how much I really do know

Feeling competent and confident while taking tests

Feeling safe and relaxed while taking tests

Knowing my well-being doesn't depend on how I do on tests

Accepting myself no matter how I do on tests

Accepting myself as I am

Letting go of the pressure to be perfect

Knowing it's perfect to do the best I can

Allowing myself to do very well on tests

Knowing I can feel good about myself no matter what happens

Letting the answers flow freely and easily

Knowing it will all be okay no matter what

Loving myself no matter what happens on any test

Being kind to myself

Remembering everything I need to remember

Relaxing into the flow of taking tests

Feeling peaceful and confident about taking tests

Breathing and relaxing as I take tests

Recalling everything I need as I need it

Feeling good about myself no matter what

Doing my very best on any test I take

Knowing all is well no matter what happens

Relaxing and allowing myself to do very well on any test I take

Relaxing and knowing I always do the best I can

Knowing that's all I really need to do

Loving myself no matter what happens on any test

Knowing everything I need to know for any test

Relaxing and doing my best on tests

Feeling confident while taking tests

Feeling calm while taking tests

Feeling competent while taking tests

Feeling peaceful well-being while taking tests

Being in the flow while taking tests

Answers flowing easily and naturally into my mind

Doing my best on every test I take

Loving and accepting myself as I am

Knowing that all is well

Thank you

EFT for Test Anxiety Script

This simple EFT process will help you let go of any anxiety that you may feel when you are taking tests or exams. Although the process may seem simple, it's very powerful and it will really help you if you use it.

Before we start tapping, check in and see how intense your test anxiety is right now on a scale of 1 to 10. You can also just rate how intense you think your anxiety will be when you are actually taking a test.

Okay, now rub the tender spot and repeat after me.

Even though I have this test anxiety, I deeply and completely love and accept myself.

Even though I experience this test anxiety, I deeply and completely love and accept myself.

Even though I have this test anxiety, I deeply and completely love and accept myself and I choose to let go of this test anxiety now and let myself feel peaceful well-being while I take any test.

Now tap on your eyebrow: This intense test anxiety

Side of the eye: This test anxiety

Under the eye: This intense anxiety when I take tests

Upper lip: Feeling intense test anxiety

Chin: This intense test anxiety

Collarbone: Feeling so anxious and worried during tests

Under the arm: This intense anxiety when I take a test

Side of the hand: Even though I feel so much anxiety when I take tests, I deeply and completely love and accept myself and I choose to let go of this anxiety now. I choose to feel calm and confident and let myself feel peaceful well-being as I take any test. I also choose to do my very best on every test I take.

Now stop and take a deep breath. Check in on your intensity level again. Are you feeling less anxiety when you think about taking your test? Just

continue to repeat this process over and over until you feel your anxiety diminishing or disappearing altogether. As I described earlier in this eBook, let yourself tap on whatever specific negative feelings, thoughts, or memories may arise as you go through this process as well.

And that's all there is to it. I hope this really helped you. Remember to also use the other resources in this program including the mp3 of this EFT process plus the two other recordings for using Positive Energy Psychology and self-hypnosis to let go of test anxiety. This eBook also contains many tips and ideas to help you let go of this test anxiety as well. And that's all there is to this process. May every test you take be anxiety-free.

Self-Hypnosis for Test Anxiety Script

You can use this written script if you would like to personalize this process for your own needs and record your own version for yourself. Remember to *always use positive suggestions* for this process... your subconscious simply focuses on whatever you mention and if you remind it of something you don't want (like not wanting to think about a giant pink Chihuahua in the living room), it will tend to continue focusing on that negative idea and sustain it in your experience of life.

So, with that caveat, here's the script for you:

Sit in a comfortable position with your spine straight and your feet flat on the ground. Take a nice deep breath and close your eyes. Listen to my voice as you let yourself begin to relax more and more. Feel yourself surrounded by a soft, comforting bubble of peace and well-being. Now, picture a beautiful ball of light above your head. A gentle, comforting energy is flowing down from this ball into the top of your head. See and feel this energy flowing through your body now, relaxing you more and more. Feel it flow down through your body like a waterfall of light and peace and well-

being. As it flows through you, breathe it in slowly and deeply. Feel your body relaxing more and more with every breath you take. A warm, relaxing feeling is flowing deeply into your body, into every muscle and every part of your body. See and feel this peaceful, relaxing energy flowing through your body. Send light to any tension or discomfort you may feel and let yourself relax even more into this wonderful feeling of peace and well-being.

From this place of deep, peaceful relaxation, you know that all is well. You realize more and more that your own well-being doesn't depend on anything outside of yourself. Your well-being is truly unconditional. You let this realization flow through your consciousness now and bring you to an even deeper feeling of peace and well-being. You love and accept yourself as you are. You are able to enjoy the process of learning and growing and expanding your knowledge and abilities because you know that your well-being is unconditional. It is always within you. This frees you to enjoy your life and your experiences. You embrace who you are. You trust who you are. You love and accept yourself as you are. And you know that all is well no matter what.

Now, picture yourself on the day of the test that you will be taking. See yourself feeling very relaxed and peaceful. You are smiling and you feel sure of yourself and confident in your abilities. You know you have learned all that you need to learn for this test. You trust yourself to do your very best. You feel a deep sense of calm, peace, and well-being, knowing that you will do your best and that this is all you need to do.

See and feel and imagine yourself going to the place where you will be taking your test. See yourself as you sit down and get yourself comfortable for the test. See yourself as you begin the test now: you are smiling and feeling peaceful and relaxed and confident. From this relaxed state of mind, you are easily able to access all of the knowledge that you have learned for this test. You know everything you need to know for this test. Your mind is clear and calm and focused. You move into the flow, letting yourself naturally proceed through each part of the test. It feels wonderful to see that the answers just come right when you need them. You know everything

is going well. You are doing just fine and that feels really good. You feel comfortable and confident as you work your way through the test.

Now see yourself finishing the test. You take a deep breath and you have a smile on your face. You feel good about how you did. You did your very best and you feel really good about that. Remembering that your well-being is unconditional, you relax and enjoy the rest of your day.

If there are any other details you would like to envision now, go ahead and picture them in your mind. (Pause)

All is well. You let yourself feel calm and relaxed and confident in any test that you may take from now on. You give yourself permission to feel good in your life and enjoy and appreciate who you are. You enjoy the process of learning for its own sake, for the enrichment that it gives to you in your own life. Taking tests is just part of the adventure of learning new things. Because you know your well-being is unconditional, you can enjoy the process of discovering what you have learned so far. You realize that that's all a test shows you. You feel your unconditional self-worth as well.

You have great value as a human being just as you are no matter how you do on any test. You are so much more valuable and unique and wonderful than a test could ever reflect. This truth sinks deep into your sense of self. You feel a deep sense of peace and calm and well-being. You know that you have great value as a human being exactly as you are. You know from the deepest part of your being that your well-being is unconditional. And you know that all is well, always.

If you are listening to this recording at bedtime, you can simply turn off the recording now and drift into a deep restful sleep.

(Pause)

To come back to full conscious awareness now, begin again to become aware of the powerful energy that is flowing through you from the ball of light above your head. You can feel that it is beginning to energize you, to

fill you with vibrant energy. Take a nice deep breath and fill your body and mind with this empowering energy. You feel strong and grounded and confident. As I count to five, you feel yourself coming back to everyday conscious awareness and you feel these positive changes being anchored in your consciousness more and more with every moment. One, take another deep breath and feel your feet on the ground. Two, feeling the energy flowing through you. Three, you are feeling more energized and alert with every breath you take. Four, feeling confident and sure of yourself and filled with vibrant energy. And five, open your eyes and feel alert, awake, and energized, ready for a wonderful day.

Additional Resources for You:

Here are some links to my different websites and resources that you might find helpful:

- My blog: LauraLawsonBoatman.com This is the primary place where I share ideas and videos about PEP, EFT, and other methods to help us feel inspired in our lives and experience our unconditional well-being in every moment. More PEP recordings are available and lots of other good ideas and info for you. You can also get my free PEP Manual and sign up for my free eNewsletter here.
- My YouTube channel: <http://www.youtube.com/user/LauraLawsonBoatman>
- YourInspiringLife.com My self-help program for helping creative, sensitive people embrace who they are, discover what will truly fulfill them, and follow their dreams with confidence and inspiration.
- [Free Inspiring Life eCourse](http://FreeInspiringLife.com) Sign up here for my free Seven Lesson eCourse: *Five Steps to Living an Inspiring Life*
- Follow me on Twitter: <http://twitter.com/LauraLBoatman>
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Best wishes to you and keep in touch,

