



When the Past Hurts: Using Tapping to Understand, Overcome and Heal Trauma From Our Past

DR. DAMON SILAS, PSYD, CH, EFT-1

www.damonsilaspsychology.com

The movie technique was brought up and discussed in the tapping for trauma segment, so I'd like to delve a little deeper into what this movie technique is all about, and how you can use it to tap on a traumatic event from your past.

As with all of this work, if it proves to be too overwhelming or triggering, please consult a therapist or professional who is appropriately trained to handle these situations.

That being said, I'd invite you to think of a particular and specific traumatic memory from your past (you can stay away from long-term physical or sexual abuse, and focus on something that may not have as much emotional charge as something of the like). Perhaps it's a time when a teacher yelled at you in front of your classmates or embarrassed you in class. Or perhaps it's a time when your sibling chased you around the house and when they caught you, they hit or hurt you in some way. Or maybe it's a time when a peer, maybe even someone who you at one point would've considered a friend, made fun of you in front of all your friends and you then found it hard to ever let that go. You vowed for years that you would get revenge, and you're still holding on to that vow of yours.

Whatever you have chosen, create a clear picture of that in your mind. To make it even more powerful, you might even imagine the sights, the sounds, the smells that were around at that time. Maybe even what you tasted as well. Go ahead, and get as specific and sensory as possible. Describe it here:

When you have that image, you're going to do a couple of things. I'd like for you to first give a title to the movie. After all, we have to identify it before doing anything with it. So giving it a short title where it's enough to know what you mean, and not too much. For example, if



you chose a time being yelled at in class, you can choose something like “The Class Yelling,” or “Teacher Embarrassment.” Write out your title:

Once you have that title, I'd like for you to rate the intensity of that movie from 0-10: ____

Notice what emotions are associated with that movie/event and note those as well. Is it fear, anger, embarrassment? It doesn't have to be just one either, again, we want to get as specific as possible.

Now, we're going to run that movie in your mind from a neutral point BEFORE the actual event or trauma from the event occurred (so if you chose the class example, you may start from the time you sat down at your desk before your teacher yelled at you), and run it in your mind until you get to a point where it resolved, was over, and/or you realized you were at least ok, if not completely safe.

Once you have that, we're going to start tapping.

KC: Even though I have this [insert your movie title here] movie,
I am open to relief and release

Even though I have this emotion about my [movie title] movie, I'm still open to peace.

Even though I have this movie at a [indicate your number], and all of these feelings about it, I am still open to peace.

EB: This movie

SE: These movie emotions (be as specific as possible with the emotions that are there for you)

UE: This movie

UN: All of these emotions

Chin: This movie

CB: This traumatic movie

UA: All these emotions



TH: Around this upsetting movie

The sights
The sounds
The smells
The tastes
The images
This feeling
This movie
It's too difficult to get out of my head

It's been there for so long
I can't stop the movie
Can't stop it from playing
It feels like it's been on repeat
For so long
I don't know how to change it
Can I change it?
I don't think I can

Or can I?
Can I change my relationship to the movie?
Even if the movie remains the same
Can I change my reactions?
My response to this movie
Maybe I can change
how I respond to this movie

Maybe I can change
my emotions surrounding this movie
That would feel good
That would be so much better
Than what I've felt about this movie so far
That would feel so much better
That would be so much better
Open to changing my emotions about this movie



Open to peace
Or at least neutrality...

Now take a deep breath and check in with yourself. What is the intensity of that movie now and the feelings surrounding it? Did it go up, down, or stay the same? ____

What did you notice physically after engaging in this round?

Note, as always with this process, that there is no right or wrong.

If there is any intensity remaining, let's go ahead and focus on that.

KC: This remaining charge around this movie
KC: This remaining emotion around this movie
KC: This remaining movie emotion, feeling in my body

EB: These movie emotions
SE: These difficult movie feelings
UE: It's hard to let it go
UN: This remaining movie charge
Chin: The emotions have been there for so long
CB: It's hard to imagine
UA: Not living with these emotions
TH: About this movie event

What if I considered letting it go?
It's hard to
Maybe I'm not ready to let go
And that's ok
I've held on for a reason
I've held on to keep me safe
I've held on to keep me protected
I've held on to prevent it from happening again



I've held on to keep me safe
I'm safe now
I'm not safe now
I am safe now
I'm safe now
So, what if I can let go of this movie?
What if I can I let go of these emotions
About this movie?

That would feel so much better
Like watching a movie over and over
Knowing what comes next
And getting to choose my response
I can watch
Or look away
Or at least know what to expect
And change my response

Change my reaction
Change my emotions
I get to choose
I get to choose
I get to choose
How I respond to this movie
This movie is no longer in control
I get to control the movie

I get to control my responses
I get to control how I respond
I'm in control
I'm in control

Take a deep breath. Notice what came up for you. What is there? What do you notice?



Jot it down below:

Now we are going to 'float' up into the control room where the projector of said movie is, and we're going to watch ourselves watching the same movie from that higher angle. First and foremost, just notice how different this angle feels. See what you notice regarding the intensity of that movie now. Note it below:

Now let's tap again (and if you choose, you may close your eyes during this section):

KC: Even though I had these emotional responses to this movie, I'm open to change

KC: Even though I'm watching myself watch this difficult movie of a segment, moment in my life, I'm open to peace and release

KC: Even though this movie used to run on repeat in my mind and memory, or maybe it just ran silently in the background, I'm still open to peace

EB: This remaining movie emotion

SE: The emotion around this, at one point, traumatic movie

UE: Looking from a different angle

UN: Feels different

Chin: It doesn't feel the same

CB: There's something that's changed

UA: Something that's shifted

TH: I'm not sure what that is



I can watch myself
Watching this old movie
And something feels different
The event remains the same
But the emotions feel different
It feels further removed
It feels distant

I'm trying to keep my distance
And sometimes that's hard
Sometimes that's challenging
But now it feels different
I can look at me
Watching the movie
And it feels different
How different does it feel?

What do I notice now?
What do I notice most?
I notice a different relationship to the movie
To my emotions surrounding this movie
It feels different
It doesn't feel as bad as it once did
And that feels good
That's a positive feeling

To look at this old movie
And feel something new
Something different
How good does that feel
How good does that feel
How good does that feel
I prefer this feeling
To the old one

And I'm choosing to replace that old feeling
With this newer one
Choosing something new
Choosing a new emotion



Choosing something that feels better
Because I'm safe now
I know how the movie ends
I survive

I'm ok
I made it
I'm safe
I'm ok
And I learned a lesson about that movie
I can take with me
Or leave behind
Either way

I get to choose
I'm safe
I'm ok
I'm in control
Of this movie now
I'm in control
Of this movie now

Now take a deep breath and see what you notice about that movie. How has it changed?
How have your emotions changed surrounding that movie? Jot them down below:

And now, as you reflect back on that movie, complete these sentences:

From that movie/event, I was taught:



From that movie/event, I learned:

From that movie/event, I vowed:

From that movie/event, I believed that:

From that movie/event, I now know:

Now, tune in to the last statement, what you now know. How does that new belief feel in your body? How much do you believe that statement on a scale of 0-10, 0 being not at all, to 10 being with all of your heart and soul? Indicate that here: ____

Now let's tap on that new belief about your movie.

KC: Even though I now know _____ about that movie, I deeply and completely accept myself

KC: Even though I now know _____ about that old movie, I love and accept myself

KC: Even though my belief about that old movie has changed and shifted, I accept myself and my beliefs



EB: This new belief
SE: This new movie belief
UE: This new belief
UN: Just saying it out loud
Chin: Feels different
CB: This new belief
UA: I think I like this belief
TH: It feels different than that last, old belief

This new belief
Taking it in
Breathing it in
This new belief
Feels more empowering
Feels more updated
Than that old
Outdated belief

About that movie,
That event
Things have changed
I have changed
My beliefs have changed
I am choosing a new
More empowering belief
A lot has changed

Since that movie first aired
I have changed
I'm never the same
I've never been the same
I'm constantly changing from moment to moment
And I continue to change
My thoughts and beliefs can change
My feelings can change

How I relate to that old movie
That old event can change
It has changed



And I like this change
I prefer this change
I prefer this new
Updated belief
I choose this new

Updated belief
It feels so much better
Than that old belief
I adopted way back then
I get to choose something new
And I choose me
I choose a more empowering thought
And belief

And relationship to that movie...and to myself

Take a deep breath in and check back in with the strength of that new belief. What do you notice? How different does it feel? Doesn't it feel good?

Even if not, or maybe that old belief is being stubborn in changing, it's ok. Just keep tapping (or call on a practitioner) until it feels different, more empowering and updated.

Here's to changing the movie, changing your perspective, and changing your beliefs! May this tapping script help you with your traumas.



DR. DAMON SILAS is a Clinical Psychologist, Consulting Hypnotist, Mind-Body Wellness Coach, Author and Speaker. He has extensive and diverse experience, ranging from working with children and adolescents on the autistic spectrum and those with emotional disturbances, to working with the military population. While working with the PTSD and Traumatic Brain Injury initiative through the military, Dr. Silas discovered Emotional Freedom Techniques, and has since become an EFT practitioner. Stressing the link and interplay between mind, body and spirit is critical in his work. This fact led him to co-create Tipping Point Wellness,

which creates custom programs for people desiring to make powerful changes to and for themselves. Dr. Silas specializes in loss, grief, trauma and PTSD. He also specializes in working with males, the marginalized and traumatized. Dr. Silas is the author of the book entitled *From Mourning To Knight: Overcoming Loss*, chronicling the losses he has experienced in his life, how he has worked through these losses, and how he has helped his patients through their own struggles and difficulties. He also has authored a follow-up eBook entitled *What's Your ACTION Plan? 6 Powerful Ways To Get Unstuck In Your Life Now*, which details ways to help those who feel stuck in their lives take their next steps forward. He received his BS in psychology from Howard University, and his Doctoral degree from The George Washington University. He completed his internship at the Children's Psychiatric Center in Miami, FL. Dr. Silas is an active board member of The Barbershop Group, specializing in mental health for men; and is also a board member for Queen City Unity, an organization dedicated to equity and equality for all in Charlotte.

Website: <https://damonsilaspsychology.com/>

Here is a link to a second site I have, still in progress:

<https://tippingpointwellne.wixsite.com/tpwllc-1>