Welcome to the EFT World Summit. The United Nations and the World Health Organization have called stress an epidemic. It is a $300 billion profit killer in business. It’s obvious that it’s a big problem, but most of us have just accepted it as a way of life.

In this interview, you’re going to get a new perspective on stress and how to overcome and prevent a stress overload. It’s an interview that will help many of us who live in this fast-paced world with its high demands. We will be speaking to EFT practitioner, Ron Ball. Ron is the creator and co-author of the popular EFT book, *Freedom at Your Fingertips*. Through his speeches and seminars, he has taught hundreds how to overcome stress and become more efficient at work. I’m very happy to have him.

Welcome Ron.

Ron Ball: It’s good to be here Jessica.

Jessica Ortner: Ron, let’s start with the basics, how do you define stress?

Ron Ball: Well, keep in mind that stress is my own personal perception of the outside world and how I respond to it. So I could be stressed over situations that you might not be stressed about at all. It’s really how I interpret the world around me, of how I think it should or should not be that creates my internal stress.

That’s the key thing about stress, it’s very personal. Some people go along in life and don’t even appear to be stressed outwardly. Inwardly, they might be very stressed. I don’t believe there is a more important way to use emotional freedom techniques than using EFT for managing workplace stress and improving your quality of life.

Jessica Ortner: Well, I’ve heard you say that there are two different kinds of stress. What are they?

Ron Ball: First of all, let’s recognize that this is a world of a lot of change. We’re going to continue to have stress. Stress isn’t going to go away. It would probably be pretty boring if we didn’t have any stress. The challenge is when we get stress overload or chronic stress.

Our bodies can handle stress for a short period of time, but real danger of health is when it grates on us over a long period of time. It’s prolonged stress, multiple stress responses that don’t let up. I like it to you’re driving your car and you’re pressing on the gas pedal with one foot and the other one you’ve got your foot on the brake. It’s creating that tension. It’s creating a tension in your body, a slow down in your energy, where your energy is not flowing. It’s also releasing an incredible amount of chemicals within your body.

When you have a stress factor affect you, there are over 1400 chemicals. One of the key ones is Cortisol. We need some Cortisol in our body to function, but when our body starts to pump too much Cortisol over a prolonged period of time, that’s when we get into problems with health.

Jessica Ortner: And what are the signs of stress when it gets to that point when we’re having problems with our health? What should we keep an eye out for?
Ron Ball: The thing to keep an eye out for is awareness. One of the most important things you can do is be aware of your stress. Mentally, are you on automatic pilot, your mind is racing, it’s almost like doing its own thing and you’re not even conscious of it? Or, do you have tension or stress in your body in a certain place? Is it a headache, a certain spot in your head or your neck? Is it a tension in your shoulders or back? A lot of times those can be indicators of what’s really bothering you.

Do you feel like you’ve got a load on your shoulders, and the stress is in your back? Do you feel like you’re boss is being a pain in the neck because you’re boss is literally being a pain in your neck and your stress is showing up there? Are you afraid you don’t want to stick your neck out on this particular project? Is the pain in your foot or your leg?

So it’s really important to notice the mental areas where you’re feeling stress and the physical sensations or emotional aspects of stress.

Jessica Ortner: So Ron, what is Allostatic load?

Ron Ball: Allostatic load is a way of measuring our stress; the physiological wear and tear on our body that results from our adapting to the stresses that happen. It’s our way of maintaining that stability, or the homeostasis in response to the outside stresses. This is something that is rather new. It’s been around for at least ten years or so. But, I believe at some point we’ll probably have a battery of Allostatic tests to measure our stress levels and how we handle it, the same way we do it for cholesterol levels. We’ll be managing our stress levels because that’s really critical to our well-being.

It’s interesting that when you teach people ways to manage stress; they did a study in the Archives of Internal Medicine, 1997, and they found that people who had heart disease had a 74% reduction in cardiac events, including bypass operations, heart attacks, and so forth with the people who had stress management training. Three-quarters of the people that had stress management training found that they were able to relieve some of their problems with heart disease. In another situation, they found that people who were trained in managing their stress were 50 times more likely to be alive without chronic disease than those that didn’t have the training. Fifty times more likely to not have health issues. Those are pretty profound facts, okay, coming from medical research that’s been around quite a while.

Jessica Ortner: This medical research has been around for a while, but at the same time, it seems that stress is often overlooked as a major contributor to health issues. Why is that?

Ron Ball: Well, I’ll speak to the American culture. In the American culture, we almost revere stress as a status symbol of “I’m more stressed than you are. Look at me; I’ve got no time to spend with my family. I’ve got no time to do this. I’m just so stressed out because my schedule is so busy.”

I think that people have come to realize intuitively that they know stress has a strong effect on their health and well-being. And they’re starting to really get the connection between stress and their health. They’re starting to understand how it could affect their body; how it could affect their relationships with the people they work with, with the people at home. And
they’re starting to understand that, for example, stress can affect your brain, it can cause depression, reduce memory.

It’s interesting, Jessica, when stress first starts to happen, it can actually help your memory, stimulate it. When you start getting Cortisol that goes on for like an hour or longer period of time, the opposite effect comes into play. Same thing with our immune system; in the beginning, some stress helps our immune system. After a while, it starts to create the opposite effect. Stress can affect allergies, and asthma. It can affect your cholesterol levels, and heart rhythm. One of the most common things with stress is irritable bowel syndrome which creates heartburn, and poor digestion. It can affect obesity, low energy, and fatigue. It’s interesting because it can also have an affect on arthritis, and stiff joints, because what happens is that the Cortisol creates the inflammation. It can be in any organ in your body or your skeletal system. And we know stress can affect circulation in causing increased blood pressure.

Jessica Ortner: So it just seems like EFT is perfect for this. As you’re talking, I feel like you’re also showing us the connection between our emotions and our health, which is a lot of what EFT is based on. Where we’re not curing our bodies, but when we address these emotions, our bodies recover and get better.

Ron Ball: That’s right. And what’s also happening in our world today is that people are realizing that there are options out there like EFT. They’re pumping billions of tranquilizers, barbiturates, amphetamines, and aspirin. Every year people are buying these prescription drugs. And a lot of these drugs are very helpful, but there are other things like EFT that can help alleviate some of these emotional and physical conditions where you wouldn’t even need to take those things.

Jessica Ortner: You mentioned before how we live in a society where we think stress is part of working and part of being busy. Do you find that people have trouble still being productive without feeling that stress?

Ron Ball: I think that’s kind of a myth, “I can’t be productive without having the stress because the stress is going to drive me.” That’s not really the case. Again, good stress is having a stress that stimulates you. Stress overload is going to cause the opposite effect, cause you to be more tired, cause you to be in more of a negative state about doing a project, and it is not where you want to be.

Again, it’s learning techniques, like using EFT to manage it. There are four things that people need as far as controlling or managing their stress. One is that basic control. They’ve got to feel that they have some control over things. They’ve got to be able to predict things, how they might happen. If you constantly have things happen and you can’t predict it, you’re going to feel stressed, and then you need a social support network around you that’s going to help relieve stress. And the last thing is you need outlets for frustration. Those are the four key areas that you need to really handle your stress.

Jessica Ortner: And you consider EFT as an outlet.

Ron Ball: EFT is an outlet. Exercise is an outlet. It’s really, really important that people get enough rest and sleep, and play. Another one I say is a sense of humor. I’ve had times when I was so stressed out; the only thing that saved me was
my sense of humor. Other than that, how much worse can it get than this? Which is not a great thing if you’re thinking of the law of attraction; but it’s like you sit down and say, “Okay, I’ll just have a sense of humor about it.” Another one is saying, “No.” When there gets to be a point of over-commitment, of saying no to things in your life that are going to wear you down. Now there’s a way to do it if you’re at work and so forth, but those are key areas to help.

Another one that’s very important. A simple thing people can do for stress; are you hydrating yourself during the day? Are you drinking enough water? In the business world, what happens is people are downing a lot of coffee, sodas, and things that dehydrate you so that you really aren’t getting enough water. You need about eight glasses of water a day to really keep yourself hydrated, about 64 ounces of water a day. Normally we don’t get that much.

Jessica Ortner: Right. What’s great about a lot of these outlets that you’re mentioning like exercise and sleep and say no, if we struggle with doing these things, you can also use EFT to help you do the outlet.

If you are having trouble sleeping you can tap. If you’re having trouble saying no, you can use EFT for the beliefs you have about saying no.

Ron Ball: Sure, “Even though I don’t believe it’s okay to say no, I deeply and completely accept myself. Or I choose to be okay to finding a simpler way to do it.” Different ways you can use it, but the thing is that those are some of the things that you can do.

There are people I know who if they don’t go for their morning run; they’re going to be completely stressed out. They know because it’s going to kick in the chemicals in their body that help go against stress.

Jessica Ortner: Right. So going off of, we were talking about, some people having trouble saying no. It seems like beliefs play a big role in our stress level. Can you talk a little bit about that?

Ron Ball: Beliefs play a major role in stress. We have beliefs about how work should or should not be. How our boss should or should not be, how our schedules should or should not be, how the people around me should be, because if I’m good in a certain area like organization, then they should be too. Now all of those things are pretty unrealistic to expect out of people, but we do, and of course we’re going to feel stressed.

Any time it doesn’t match up to how we think it should be. It’s really important to say, “Okay, even though my belief about working with Suzy is this and she’s not, I deeply and completely accept myself.” Or, “I allow Suzy to use the strengths and skills that she has.” Therefore, we’ve got to be creative and say, “What am I feeling stressed out about working with this particular boss or this particular person?” and use EFT on that issue, that specific issue.

We also have beliefs about money and jobs and if I don’t have enough money what that will do, or don’t have a job. And in times of great uncertainty, that really kicks in as something that on the objective unit of the stress scale is going to be up there about a ten.
I was talking to a business executive the other day, and this person had been laid off of his job, and he was saying that he was concerned about getting another job and they're downsizing in this particular industry, a financial services industry, a lot of jobs were going away. I said, “Well, you need to come from a creative problem solving standpoint and say what do you really need.” I said, “For example, you say you need a job. I would ask you, “Okay, why? Why do you need a job?” And he would say, “I need a way to bring in income or revenue to pay for my mortgage, to pay for my car payment, to pay for my daughter's college education – she’s away at school.” So then I would say, “Okay, so you need ways to generate revenue, to do that, a job is one way.” My point is that people are going to really stress themselves out if they don’t start opening their minds to other possibilities, particularly in times of great turmoil and change in the business world.

Once they open their mind to it, that person could do two or three things in different areas to generate revenue and have income come in.

Jessica Ortner: So what are some questions that we could ask ourselves, or even a process we can do to help us discover what beliefs are holding us back?

Ron Ball: Well, the thing is to ask empowering questions. That’s really the key. So I might say, “How can I approach this situation that stresses me out in a really playful way, or in a really positive way?” Or I might say, “Where is the stress in my body and how am I creating it with my thoughts and feelings.” So in other words, then I own it. I own it, and if I own it, I can change it.

Another one, as I mentioned earlier, “How might I find the humor in this situation. That’s a powerful one. Another good one is to say, “What would I want this situation to be like right now? How would I like to change it?” Those are things that you can tap on. Once you knew the answer, you could say, “Even though I have this situation, I choose to have it feel or be this particular way.” Again, all we can do EFT on is how we feel and what’s going on internally with us.

There are three areas where people get stressed. There is the world situation, and that’s really out of our control. Most situations are unless you’re in government or something like that. And then the culture of a company, “What’s going on with my company and the people I work with.” Some of that’s within your control, but a lot of it isn’t. But the last one is, “How do I manage or process my thoughts and feelings on the things that stress me out?” That is totally under our control to do something about.

Can’t get a better tool than EFT to tap on for that.

Jessica Ortner: How have you found, does the way that people are feeling when it comes to work and in work affect their outside world. You’re saying that EFT can only affect how you feel, but what kind of springs from changing the way that you feel?

Ron Ball: Let’s put it a certain way. If you want to get into how I vibrate or how my emotional energy is, when I’m in a real tight place and I’m in a real scared or negative place, people aren’t going to want to be near me. They’re going to sense it. They’re not going to want to be near me. And it’s a real challenge
because in economic tough times, what happens is that all your stuff bubbles up. All your insecurities about money, about jobs, about who you work for, that all comes up from a subconscious level.

Now the great thing about that is that you can use EFT to start to release some of those feelings. And again, that’s what it’s doing is releasing the feelings. If I’m not walking around with those tight or blocked feelings, people are going to sense it; they’re going to pick up on it. And I would say that right now, that’s probably the most important thing you can do is use EFT to release any fearful feelings that you have.

Jessica Ortner: And it’s hard to think about good ideas and be resourceful when you’re stressed.

Ron Ball: It is hard to think about good ideas when you’re stressed out and people get into a depressed state. They can be very anxious and uptight. They could get full of anger, rage, and hostility. Again, these are ways that people manifest their stress. If somebody is in a relationship and one of the people is really stressed out, that’s definitely going to have an impact on the other person.

Jessica Ortner: Right. And what I personally love the most about EFT is that you’re giving a voice to those feelings. You’re not saying that what you’re going through isn’t the reality and that you shouldn’t be feeling certain ways. You’re giving yourself permission to feel that and to let it go.

Ron Ball: Wonderful point. Let it be there. The feeling is there. So work with the feeling, play with the feeling that is there instead of resisting it which will give it more power. It will make it even worse.

Jessica Ortner: In these hard financial times, it seems like a lot of us are faced with a lot of decisions to make; figuring out where to go next. How can we use EFT with decision making?

Ron Ball: There’s the logical stuff you would go through and you would write down different criteria or values you have for it. But when it came to EFT, then you would use it on certain feelings of maybe intuitively you might say, “Now might be a good time to start some kind of business I want to do.” What will happen is that feelings will come up about this isn’t the right time or you’ll never be this. Or, this isn’t that. Those are the things that you would tap on for those feelings.

Now, that’s one situation that might come up where somebody is entrepreneurial and wants to do that. For other things, it’s more of “I’m afraid that I might lose my job, and I choose to take the right actions that would move me forward,” for an example of what you might say.

Again, it really depends on how the person feels in their particular situation.

Jessica Ortner: Now if you’re a guy on Wall Street, and you’re stressed out right now, I don’t see them flipping out EFT and tapping in public, so what are some things that we could do when we are in the office, and maybe we can’t do the whole sequence?
Ron Ball: In the office, one of the things you can do is tap with your fingers. The EFT shortcut method, they don't get into fingers, and in the method I learned in the beginning, you did tap on the finger points. So there are the finger points and you could do that and no one would even know you were doing it if you were sitting behind the desk and so forth.

Jessica Ortner: Could you tell us where those points are?

Ron Ball: Sure, there's a point near the inside area of your thumb, each of your fingers, and then there's a point called the 9-gamut point between your pinky and ring finger. Those are the points. Most EFT websites will have those points listed to show you. Those are good points to do EFT.

The other thing that you can do in certain situations... Let's say that your boss came out and said something that stressed you or caused some emotional distress, imagine tapping through those points. Using surrogate tapping, imagine tapping through those points. Or, after that situation happened, you could go into the restroom and have some privacy and do some actual physical tapping and say the words to yourself.

Those are some ways you can do it. I would encourage people to use fingertip tapping and learn how to tap on those certain finger points. It's pretty easy to learn.

Jessica Ortner: Great. And I'll include a graphic with the points in the workbook so people can start doing that. The great thing, too, is that you can actually just tap with one hand, right? Just using your thumb and tap on the points.

Ron Ball: You can.

Jessica Ortner: That's great. I want to hear from you Ron. You've worked with so many different people. Tell me some common responses you get from people when they first use EFT for stress at work?

Ron Ball: Well, when people first hear about EFT, they're a little puzzled or amused, especially executives. I'll take somebody who is a Chief Financial Officer who's very logical about how things should be, that person is going to have a lot of difficulty understanding that something like tapping could work.

So then you try to get a hook for that person. It might be, “If I could produce results that are measurable, quantifiable results that affect your bottom line, would you be interested?” Well, that person's going to be interested.

Another situation where EFT is really great is the golf game, for the mental and emotional aspects of golf. So you find whatever approach or angle works. I've had other situations where someone's wife found out about EFT and was a proponent of it, that mentioned to a CEO of the company, that was my way of getting into the company. And I will say that in all businesses that are interested in results, if you can produce results, they're going to be open minded to how it happened. But to go into somebody and teach them EFT... And it's interesting because they've done some studies on acupuncture and found that it releases opioids whenever you do acupuncture. Let's say in some way that tapping does a similar thing. So it's releasing these positive things in your body.
When I work with executives, I work with small groups of executives because it’s really important that they ask the right questions and learn as we go. I’ve had people use it for physical issues that they have at work where they’re feeling some tension or pain in their back. Or, it could be a fear of public speaking; they’ve got a presentation to do. They’re very stressed about this presentation. It’s causing them to have some perspiration. It’s causing them to stutter. It’s causing all kinds of physical factors that put them in a very vulnerable position, especially if they’re standing up in front of their peers.

These are ways that, in the corporate world, people can use EFT. And the beauty of it is that it’s something they can learn the basics of very quickly, but to get good at it, they’ve got to do a lot in different ways.

I’ve had situations where a person had a business loan that was weighing heavily on their chest, they could feel it in their chest, and in a matter of a few minutes, using EFT, it released that feeling. That person was just blown away that something could just work like that, that quickly. I’ve had situations where, in an office, someone could not stand to be in a meeting with somebody. It just set them off because of the other person’s behavior. In a few minutes using EFT, they could go in the room and it didn’t bother them anymore because they’re stress level or feelings went way, way, way down in just a matter of a few minutes.

Jessica Ortner: Now let’s go over some common stressful situations that seem to come up in the workplace and do some tapping on it. This is a great way for readers to tap along and just get a sense of how you would do it by yourself.

Ron Ball: Okay.

Jessica Ortner: You said something very interesting before we started this interview, when I brought this up, why don’t you talk a little bit about why people should follow along and how people should kind of use this exercise when they’re by themselves? About how it’s not really about our words, it’s about theirs, how they feel.

Ron Ball: What I was saying is I get people, a lot of times who will ask, “Well, what’s a script I should use for EFT?” And I say, “Well, you don’t need a script. You might need some examples, but you don’t need a script to do EFT.” And I would caution people to think that they need some script or magic words to say to use EFT. What they need to do is just tune in to whatever they’re thinking or feeling and use that as the script for EFT.

Jessica Ortner: So I’ll tap along with you and we’ll start at the karate chop point.

Ron Ball: Alright. Even though I feel very frustrated that I’m not getting enough done, I deeply and completely accept myself.

Jessica Ortner: Even though I’m getting very frustrated that I’m not getting enough done, I deeply and completely accept myself.

Ron Ball: Even though I’m frustrated that I’m not getting enough done, I deeply and completely accept myself.
Jessica Ortner: Even though I’m frustrated that I’m not getting enough done, I deeply and completely love and accept myself.

Ron Ball: Even though I’m frustrated I’m not getting enough done, I deeply and completely accept myself.

Jessica Ortner: Even though I’m frustrated that I’m not getting enough done, I deeply and completely accept myself.

Ron Ball: Okay, So the eyebrow point. “Not getting enough done.”

Jessica Ortner: Not getting enough done.

Ron Ball: Side of the eye, “Should get more done.”

Jessica Ortner: I should get more done.

Ron Ball: Got to get more done.

Jessica Ortner: Got to get more done.

Ron Ball: Under the eye, “I should get more done.”

Jessica Ortner: I should get more done.

Ron Ball: Not getting enough done.

Jessica Ortner: I need to get more done.

Ron Ball: Under the nose, “I should get more done, not getting enough done.”

Jessica Ortner: I’m not getting enough done.

Ron Ball: Chin, “Should get more done.”

Jessica Ortner: I should get more done, I’m not getting enough done.

Ron Ball: Collarbone, “I should be getting more done.”

Jessica Ortner: I should be getting more done.

Ron Ball: I must be getting more done.

Jessica Ortner: I must be getting more done.

Ron Ball: Under the arm, “I must be getting more done.”

Jessica Ortner: I must be getting more done.

Ron Ball: Top of the head, “I should be getting more done.”

Jessica Ortner: I should be getting more done.

Ron Ball: Take a nice deep breath.
Jessica Ortner: It’s as simple as that, huh?

Ron Ball: Simple as that, and it could be, I might say, instead of “I deeply and completely accept myself, I choose to release these feelings and free my energy.” It could be, “I deeply and completely accept myself, even the stressed out parts of me.” There are different ways to do it. My point is that I don’t have to necessarily follow a script. Let the words come out, whatever they are. Because what I was just talking about there, “I’m not getting enough done,” that’s a core belief I have. I should be getting that done.

Another one I would do is tap on “Even though I’m not getting enough done or I feel like I’m not getting enough done, I choose to know I always get the most important things done.” That’s the key. “I always get the most important things done.” In a particular day it might be one thing, but when we have 30 things on the plate and we’re expecting that all to get done, we’re going to feel stressed out.

In fact, let’s do a round of tapping.

Jessica Ortner: Let’s do it, please.

Ron Ball: Tap on the karate chop point, we’ll start there. “Even though I am frustrated I’m not getting enough done.”

Jessica Ortner: Even though I’m frustrated I’m not getting enough done.

Ron Ball: I choose to know

Jessica Ortner: I choose to know

Ron Ball: I always get the most important things done.

Jessica Ortner: I always get the most important things done.

Ron Ball: Even though I’m frustrated.

Jessica Ortner: Even though I’m frustrated.

Ron Ball: I’m not getting enough done.

Jessica Ortner: That I’m not getting enough done.

Ron Ball: I choose to know I always get the most important things completed.

Jessica Ortner: I choose to know that I always get the most important things completed.

Ron Ball: Even though I don’t feel I’m getting enough done.

Jessica Ortner: Even though I don’t feel like I’m getting enough done.

Ron Ball: I’m pressuring myself.

Jessica Ortner: I’m pressuring myself.
Ron Ball: I know I always get the most important things done.

Jessica Ortner: I know I always get the most important things done.

Ron Ball: Eyebrow, “Frustrated about not getting enough done.”

Jessica Ortner: Frustrated about not getting enough done.

Ron Ball: Side of the eye, “I always get the most important things done.”

Jessica Ortner: I always get the most important things done.

Ron Ball: Under the eye, “Frustrated about not getting enough done.”

Jessica Ortner: Frustrated about not getting enough done.

Ron Ball: Under the nose, “I always get the most important things done.”

Jessica Ortner: I always get the most important things done.

Ron Ball: Chin, “Not getting enough done, must get more done.”

Jessica Ortner: Not getting enough done, must get more done.

Ron Ball: Collarbone, “I always get the most important things done.”

Jessica Ortner: I always get the most important things done.

Ron Ball: Under the arm, “Not getting enough done.”

Jessica Ortner: Not getting enough done.

Ron Ball: Top of the head, “I always get the most important things done.”

Jessica Ortner: I always get the most important things done.

Ron Ball: That was using a little bit of the Dr. Patricia Carrington Choices Method alternating, and when you want to do when you do that technique is end up with a positive as the last one.

Jessica Ortner: Okay.

Ron Ball: So those are ways you kind of neutralize it and play with opposites. A lot of times play with opposites of feelings. If you’re feeling a certain way, then tap around on the other feeling and that helps to kind of bring it to a neutral level of stress.

Jessica Ortner: And when should we bring the choices method in? Should we start with the traditional way and then go to choices, or could we do choices right away?

Ron Ball: I think whatever comes up at the moment. A good way is to start with the traditional way because we know that, and then I find sometimes that the choices thing just starts to show up of how I want it to be.
Take the law of attraction, you tell me what you don’t want, what do you want? I use that a lot of times with people, “You’re telling me what you don’t want, what do you want?” And sometimes people stumble there.

Jessica Ortner: Right.

Ron Ball: We’re real good in our culture about knowing what we don’t want or can’t have. We’re not really clear sometimes on what we can have or be and do in a positive way.

Jessica Ortner: Right, and when we say what is negative and what’s bothering us, and discharge those emotions, it’s so much easier for us to also think about what we do want and believe that it’s actually possible.

Ron Ball: Yes.

Jessica Ortner: I know a big thing with work is dealing with people. You are at a job and you have to deal with a boss or a coworker. So, how do we use EFT for that? Particularly, before we start tapping, you talked about being specific, so what questions should we ask ourselves to really figure out what’s bothering us about this person.

Ron Ball: One question I might say is, “Who does this person remind me of?”

Jessica Ortner: Right.


You can go take and say, “How might I look at this as imagining my boss is one inch high and talking like Donald Duck?”

Jessica Ortner: Does that work, really?

Ron Ball: That’s basically the idea of neuro-linguistic programming or reframing it. But, yes, that can work pretty well with changes in the person’s voice or the person’s size or moving the person in your mind further away from you or behind you. Those are techniques that can work pretty well.

When you have a little guy walking around ranting and raving that’s an inch tall, talking like Donald Duck, it’s not going to bother you too much.

Jessica Ortner: Funny. Now if we’re asking these questions, and we go, “Oh my goodness, this reminds me of Mark Smith from second grade and the way he would always boss me around.” If something like that comes up, how do we take that and use EFT? Do we tap on that memory? Do we still tap on the person at work? Where do we go with it?

Ron Ball: Go to the tap on the memory. Go tap on the memory. If that’s triggering a, “It reminds me of,” I would go back to that earlier experience and do EFT on that particular memory and tap on that.
Jessica Ortner: What would you say to someone who was like, “Ron, but I don’t think they should be acting this way. I don’t think I should feel good about it because they’re being inappropriate.”

Ron Ball: That’s true, and I’m not saying that they’re not doing things that are inappropriate. Let’s be very clear, if somebody did something that was inappropriate, for example that should be mentioned to somebody in Human Relations, you’re not going to just sit and tap; you’re going to go tell the people in the HR department, “Hey, this person said something to me that was way out of line.” And bring that up.

Let’s just say it’s an every day thing that maybe I don’t feel that I have enough resources or budget or time to do it, that’s where something that I can tap on my feelings about that. Either I come to a place where I’m calmer about it, or I need to give some feedback to say, “I don’t believe that I have the resources, and here’s another solution I suggest.”

My point is that when I’m in a calmer state, it’s also more likely that somebody is going to listen to what I have to say.

Jessica Ortner: It’s very true. I use EFT for when someone wasn’t hearing my ideas, and I didn’t think in a million years that it would change them, I was doing it to feel better, but I found that after I tapped, people started listening to my ideas.

It’s hard to pinpoint exactly what it was. Was it the way that I was acting? Was it the way that I was feeling? But there was definitely a shift when I changed myself.

Ron Ball: Inside affects outside.

Jessica Ortner: Yep.

Ron Ball: That is quite a revelation when that kind of thing happens. It’s like wow. I say to people, “Try it and see what happens.” Because most people say, “Well, I don’t believe it could happen.” Well, don’t believe it, try it.

The thing that I find fascinating about adults is that we lose our creative thinking abilities that we always had until people said that it’s silly to think that trees can be purple. So right away we get inhibited about that. We’re really taught not to express ourselves and how we feel, but to suppress how we feel. That’s why it’s important to use techniques like EFT to release those feelings that may be inhibitions or bottled-up feelings so that they don’t get out of line.

Jessica Ortner: Also, it’s very important for us to look at what is constantly coming up in our lives. If someone is not listening to your idea, at least in my case, it wasn’t the first time. That had been a pattern. If it wasn’t one person, it was the other. So in the business world, if you keep finding that you’re just going against the same wall over and over again, well that’s a belief. That’s a block. That’s something that you should target with EFT.

Ron Ball: Exactly right. That’s a block. It could be a belief that I have. It’s important to also notice, “When I’m communicating, the thing that I want from the other
person, what do I sound like? How is the tone of my voice? Am I projecting my voice? Or, am I kind of talking like this? (softly) Who’s going to really buy my idea if I’m talking like this?” Those are things that people need to be tuned into also at work. Everything is how I communicate and get the result I want or I don’t get. If I don’t get the result I want, I don’t need to blame somebody else; I need to say, “Okay, how might I change what I do to create the results I want?” What I’m talking about is to bring the power back to yourself.

As long as I blame other people for my situation, as long as I’m not responsible for the situation, I’m going to be a victim. When I take it back and take the power of owning it and using techniques like EFT, then things change for me, and when I change, guess what, as you said earlier, something outside changes.

Jessica Ortner: Right. Ron, big question for you, can you tap on stress if you don’t like your job. If you really don’t like your job, can you tap enough to start liking it?

Ron Ball: I would say that you might, and you’ll more likely tap on disliking it less or getting to a place where... I don’t know if you have a job that you really, really don’t like; you’re going to get to the point where you all of a sudden love it using EFT. That would be asking a lot. I’m not saying it’s not possible, but what I will say, is I have experienced where people really don’t like a job and either using EFT has motivated them, some aha light went off inside that motivated them to go after what they did want; that before it might have been a block that they didn’t pursue it.

Or they found out ways to tolerate the situation in a more positive way. Or, they found out that they were part of the problem that was there.

Jessica Ortner: Very interesting. Ron, it just seems like schedule and time management is something that a lot of people struggle with. How do you address that with EFT?

Ron Ball: There are two things. There’s addressing it with EFT, but I also tell people to sit down and say, “Okay, what is the one most important thing I get done today? What are three key things that I want to get done today so that I get a positive feeling by accomplishing it?” I’ve done one of those things that I got from one of these office supply stores, the red easy button. And every time I do something, I hit the easy button and I go, “That was easy.” Now that’s a nice thing to keep popping up in your mind. And you do it and you go, “That was easy.” When I’m done with this class, I’m going to go hit the red button, “That was easy.” Because that reinforces a positive feeling.

One of the tricks to life is to erase a lot of negative beliefs and information about ourselves that we bought into and instilling positive beliefs in. I think with stress, the key there is to be more flexible. We can all become more flexible mentally and physically, because a person that is really, for example, a control freak is going to probably feel a lot of stress most of the time because the world isn’t going to conform to how that person wants it. There’s where EFT can be very helpful.

Also I work with a lot of executives who say, “I can’t make myself relax.” I say, “What? You can’t make yourself relax. You don’t need to make yourself...
relax. You need to allow yourself to relax automatically.” That person has a belief that you can’t let up, you can’t relax. Those are the kind of things that they’re probably not even conscious that they feel.

Jessica Ortner: In this kind of economic time, I know a lot of people are fearing the loss of a job. It can be really debilitating, even when they still have a job, just having that fear and not knowing whether they have a job tomorrow. How are people using EFT to address this?

Ron Ball: No one knows if they’ll have a job tomorrow. The president of the United States doesn’t even know if he’ll have a job tomorrow. None of us really know. What’s magnified is our fear of losing a job. I was talking to someone the other day. They were one of the partners in a hedge fund, and in the particular geographic area they’re in, there weren’t anymore jobs for that executive position, and the person was going to take a job in another city. I said, “Do you realize how interesting it is that you just told me that not only do you have to be concerned about moving the geographic move, but you really have to do your due diligence, just according to what you’re telling me, that that company’s going to be around a year from now.”

That’s what’s different, we never had to worry about these factors of uncertainty, and nobody knows how the world’s going to be a year from now. Nobody knows how they’re company’s going to be a year from now.

I can’t control that. You can’t control that. I can do something about how I feel, and if I’m getting a lot of feelings of fear and insecurity, if they’re coming up. What I want people to do is use EFT to embrace those feelings instead of pushing them away. They’re not going to go away if they’re there. It’s not going to help to push them under the covers. So use EFT to embrace those feelings and let them go. Let the intensity go.

There’s a great book I read years and years and years ago by Alan Watts. The book is called, *The Wisdom of Insecurity.* And he said, “You become secure the very instant you realize there is no security.” And I went, “Whoa, that’s pretty powerful stuff.” The minute I realize there is no security out there, I become secure inside. Now that doesn’t mean that I walk around all the time feeling secure. I don’t. And, when I have these feelings bubble up or pop up, I say, “Okay, you want my attention; I’m going to give it to you.” And I start to do tapping. Every entrepreneur out there never knows what it’s going to be like a year from now, six months from now, a month from now. The difference is that when you’re in a corporate environment and you’re not looking at cash flow, you don’t see that, so it’s not in your mindset. That’s the difference.

Jessica Ortner: Wow this is great, because it makes you even more efficient at work, dealing with the stress.” And another thing that you’ve said to me that I love is, “Yes, but it also helps the quality of life.” So how do you find when people are using EFT, how does it kind of seep into other areas of their life?

Ron Ball: I like to ask people what they want specifically in their lives. If money was no object, and Ron Ball came and he had magic dollars from the federal government or whatever it could be, and he said here you go”

Jessica Ortner: “I’d ask you where you got them.”
Ron Ball: “Here’s your personal bailout money. What would you be doing right now?” The thing is that we all think that we have got forever. Particularly if somebody is in their 20s or something, they really think that they have... No one knows. So are you doing the things that you’re passionate about or not?

And that’s what I ask people, “What would you be doing if money was no object?” And some people say, “Well, I would be going out and doing this.” And I’ll say, “Well, I’ve got a little thing that you can do.” They say, “Well, I can’t leave my job right now. I can’t do that.” So I say is, “But what you can do. What you can do is think about it all the time. When you’re at home, instead of watching TV, think about it. Take a step towards it.” That’s the difference. We stop ourselves from going towards the things we want because a lot of times from subconscious beliefs. But if people will just say, “Okay. What I’ll do is start to think about what I do want in the positive.” That might start triggering some things to actually do to get to where they want to go.

Now is the time to think about “What would I really want in my life? What would I want from my relationships? What specifically would be the people I want in my life? What do I want in my career?

Again, we start out, and a lot of us know what we don’t want, especially in our careers, but we really haven’t locked in to what we do want. And now is a good time to think of those things.

Jessica Ortner: It sure is. It really is a good time. Ron, what are some simple routines that you recommend that we can do every day for EFT and stress?

Ron Ball: I like people to, in the morning; five minutes in the morning on things that you feel or believe are going to stress you out during the day. It could be, “I’m going to be stressed out for my drive in my car.” But tap on things that you believe are going to affect you during the day. Secondly, at the end of the day, tap on things that bothered you during the day. And a good time to do that is right before you go to sleep to release any negative emotions or thoughts. And I’m only saying ten minutes a day; five minutes in the morning and five minutes in the evening.

Another thing that’s really powerful that I haven’t mentioned is putting on a piece of music that you really love. I’m not talking heavy metal music or anything like that. I’m talking about something that gets you in a very nice state of mind, that gets you into real positive feelings coming up. And as you listen to that music, just tap on the EFT points. You don’t have to say anything. You don’t have to do any setup statements. Just tap on those points as those feelings are there as you listen to this music. It’s a nice way to get into a positive state, a positive feeling.

There are a couple of other things that you can do. There’s one called a forehead release. You place your fingertips and the palm of your hand on the forehead and then focus on whatever is stressing you and you just keep it there for three to five minutes. Just keep it on that spot. The key is just to let it go, letting it go. That’s really the thing, whether it’s using EFT or any of these other methods, it’s letting go of those negative thoughts and feelings that are bothering us. Throughout the day at work, if you don’t release it, when you come home you’re still going to have those feelings.
By the way, a great thing is if you’re driving in your car, if you’ve got any kind of a commute, tap in your car. Or, mentally tap because that can also help.

Jessica Ortner: Great, so for all the readers, as they’re ready to kind of embark on this journey to take control of their feelings they have around work and their stress, are there any final pieces of advice for people who are just starting and are really committed to addressing this?

Ron Ball: EFT, I believe, is one of the most powerful things you can do to relieve stress and improve the quality of life that you have. You get to choose what success means to you. It means something for everyone differently. Most of the time we’re never saying, “What does it mean to me? What’s important to me? What are my values?”

So find out what’s important to you in your life, and use EFT to release anything that’s stressing you out in excess. Again, use stress as good stress. There is a certain amount that stimulates you, but stress overload, chronic stress has a debilitating affect on people’s bodies and minds over time.

And the scary thing is that they’ve done a lot of research that says that stress is actually causing the neurons, the brain cells to shrink, if there’s too much stress. In the developing brain like in children or infants, they’re finding that early stressful experiences can impact the person later in life. Even in the womb, if the mother’s feeling stress, it can impact the genes later in life.

So it’s really important that you, the person reading this, learn techniques like EFT to relieve the stress and teach your children how to relieve their stress. Because it’s really important. Kids today are stressed out more than ever. As parents it’s really important, and as aunts and uncles, it’s important to share this wonderful technique with kids. It’s also fantastic with older people in helping them with memory issues or certain pains that they might have in their older years.

There are a lot of ways to share this technique with people that can help. Stress is probably the most important one, at least to me.

Jessica Ortner: Great. Ron, thank you so much for all those amazing insights.

Ron Ball: You’re welcome.