

## The Five-Minute Phobia Cure – Exercise

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### Dr. Roger Callahan's Five-Minute Phobia Cure

This technology was developed by Dr. Roger Callahan. It is used primarily for phobias but works well on anything that has extreme emotions involved such as test anxiety or fear of speaking in front of groups. This technology is thought to change the charge on stored files in your neurology. It hits every place you store memory—visual, auditory, feelings, self-talk.

This is perhaps the most dramatic demonstration of simply nullifying a charged fear that you have ever seen. Someone who has a severe phobia of anything and has spent a lifetime of suffering and funds on therapy can literally be cured within 5 minutes.

Before starting muscle test for psychological reversal. Say or have your client say, **“I totally and unconditionally love and accept myself just the way I am.”** If they test weaker, they are reversed. If reversed, tap heel of the hand (see the diagram in Step 5) 35 times. Then retest. If they are now stronger, continue.

Even if someone is not reversed, tapping will not cause them to become reversed. All tapping is beneficial.

### Step 1

Get into the fear by imaging or remembering being in contact with whatever scares. If possible have the stimulus right there (spider, snake, ladder, etc.). Describe a scale of 1 – 10 with 10 being the fear at its worst and 1 having no fear at all. Give a number between 1 – 10 as a reference point for the current fear level.

### Step 2

Say, “I’m going to tap,” and begin tapping the person under both eyes with two of your fingers about 35 times.

### Step 3

Next, tap area shown on the left hand while opening eyes, and while keeping head straight, look to the lower left, then the lower right, move eyes around in circle one way, then the other, close eyes, open eyes, hum a song, and count out loud from 1 to 10.

### Step 4

Again close eyes and imagine the fearful experience. Ask, “On a scale of 1 – 10, how much fear do you have now?”



## **Step 5**

If the level is 3 or lower, then the exercise is complete.

If the level is above 3, tap the heel of the left hand and repeat: “I deeply and profoundly (or totally) unconditionally love and accept myself even though I have a fear of...” (fill in the blank).

## **Step 6**

Repeat Steps 2 to 5.

## **Step 7**

If the number is still above a 3, next say, “Let’s just do it one more time to be sure.” Once again, repeat Steps 2 to 5.