



**L** OF  
AWAY  
2 **P**ASS

# **SPECIALIST TECHNIQUES**

## **COMBAT TEST NERVES**

DIANE HALL DVSA(ADI), TFT-ADVANCED

COMPLIMENTARY EBOOK



# THE ULTIMATE STRESS BUSTER GUIDE!

THIS GUIDE IS **THE** ANTIDOTE TO TEST NERVES!

FULL OF INCREDIBLY EFFECTIVE TECHNIQUES, AS DEMONSTRATED IN THE DRIVING TEST NERVES ONLINE COURSE AND THE WORKSHOP TO REDUCE EMOTIONS SUCH AS NERVES, ANXIETY, PANIC, WORRY, STRESS, FEAR, INTIMIDATION, EMBARRASSMENT.

GREAT FOR YOUR LEARNER DRIVERS AND YOUR OWN PART 2/3 OR STANDARDS CHECK!

# THOUGHT FIELD THERAPY (TFT)

## DON'T LET PREVIOUS FAILED TESTS OR BAD PERFORMANCE INFLUENCE YOUR NEXT TEST...

Have you heard the expression: 'be careful what you wish for because it may come true'? Put another way, this translates as 'you get more of what you focus on'. If you have already failed a Part 2, 3 or Standards Check, it can be difficult to be positive about the next one because you keep running through everything that you previously failed on. This makes it more likely that you will fail, or perform badly again, because the more that you think about what went wrong previously, the more you are telling your unconscious mind that that's what you want to happen again. In effect, you are programming your subconscious mind for failure.

Whilst it's good to learn from previous failed attempts and to take on board the information, thinking about it can often carry a high emotional charge. Therefore, what you need to be able to do is to analyse what went wrong previously in an emotionally detached fashion so you can prevent it from happening again. The exercise that you are going to use now is amazingly effective. It will allow you to think about aspects of previous tests without any emotional baggage, almost as if it had happened to someone else. The benefit of this is twofold: firstly you can analyse the data in a detached fashion, almost as if it had happened to someone else; and secondly, you will be able to take your next test with a clean emotional slate, rather like clearing the inbox on your email. You can then use it to take away the anxiety for your forthcoming test

Before I published the original L of a way 2 Pass book in 2008, I spent 18 months researching all manner of psychological interventions to help alleviate nerves & anxiety. Everything from hypnotherapy, to CBT. I found Thought Field Therapy to be truly amazing. At first I was highly skeptical (and I expect anyone reading this to be skeptical too!). When it worked on the first pupil I tried it on for fear of driving at anything over 30mph along with a refusal to go on dual carriageways, I was astounded that it worked. I had spent over ten hours trying to get her to increase speed, but her anxiety just got the better of her. It took just five minutes of using the Thought Field Therapy to rid her of the anxiety, and within ten minutes she was driving at 60mph on the dual carriageway. Since 2008 I have used it countless times for dual carriageway and motorway anxiety, sometimes for older people who are forced to drive when their partner can't and they aren't used to the faster roads. You will find lots of videos on [www.Lofaway2pass.com](http://www.Lofaway2pass.com) showing people successfully and calmly driving on motorways who were previously afraid to do so.

I'm frequently asked, 'How does it work', and my reply is, 'Very well thank you'. Somewhat flippant, but it's actually faster to do the technique than it is to explain how it works! Below is information taken from the Callahan Techniques TFT website. My qualification is TFT-Advanced, which means I trained to the advanced level in Callahan Techniques Thought Field Therapy,

*"Thought Field Therapy (TFT) provides a code to nature's healing system. When applied to problems, TFT solves the fundamental causes, balancing the body's energy system and eliminates most negative emotions... within minutes.*

*TFT tapping is a brief, effective psychotherapy for the rapid and natural healing of negative emotions and psychological problems. Thought Field Therapy uses nature's therapeutic system to balance the bodies energy system promoting natural healing and improved mental health.*

*Callahan Techniques® Thought Field Therapy is a natural, drug-free approach with rapid results that can be documented with Heart Rate Variability measurements. Callahan Techniques® training is offered to professionals in the energy healing and alternative medicine as well as traditional healthcare fields"*

<http://www.rogercallahan.com/kosovo.php>

<http://www.rogercallahan.com/nairobi-atft.php>

The links above are from Kosovo and Nairobi and show how TFT helped with PTSD. If it can help to such an extent in war torn countries, imagine what it can do for our test nerves!

Thought Field Therapy is demonstrated in the Driving Test Nerves online course, (free with the Driving Instructor online course) along with a 'real life' example of how one of my pupils used it who was scared of driving and of dual carriageways in particular. You can follow her progress from first explaining how she felt about driving, through to her successfully driving on the dual carriageway with greatly reduced anxiety.

**I'm first going to explain about Psychological Reversal, and a method to combat it that takes less than ten seconds and has the added advantage of stopping your pupils muddling up left and right! Please make sure you read ALL THE WAY THROUGH to the end of the exercises before trying them, to make sure you get the most benefit from them!**

# STAYING OUT OF PSYCHOLOGICAL REVERSAL

Psychological Reversal (PR) is an extremely important factor in Thought Field Therapy. It can block the effects of an otherwise successful therapy and can cause people to become self-defeating and negative. Self-sabotage is the result. When you are psychologically reversed, your actions and feelings can run contrary to what you want to do and how you want to feel.

It is essential to keep yourself out of Psychological Reversal. The correction for PR is simple. **Tap the side of your hand where you would perform a karate chop 10 or so times, then tap under your nose, then tap the side of the other hand.** (these points are shown in the diagram on the next page. Make sure you do this several times a day

**If your pupils get their lefts and rights muddled up, get them to try this...  
you'll both be amazed how effective it is!**

## SPECIFIC PSYCHOLOGICAL REVERSAL

It is possible to be reversed in one specific area or thought. Even though you want to be confident, psychologically you may be sabotaging your efforts. Out of all the TFT exercises, this is the easiest, and the most important. If you don't do this exercise, you may talk yourself out of trying the other exercises and sabotage your efforts to combat your negative emotions. By completing this exercise, you will ensure that you stay focused and positive.

It's very simple. Choose a phrase that sums up how you want to feel. It could be 'I want to take my Standards Check with confidence', or whatever is relevant to you. Every day, tap the side of your hand (either hand) and say:

**I want to take my Standards Check with confidence**

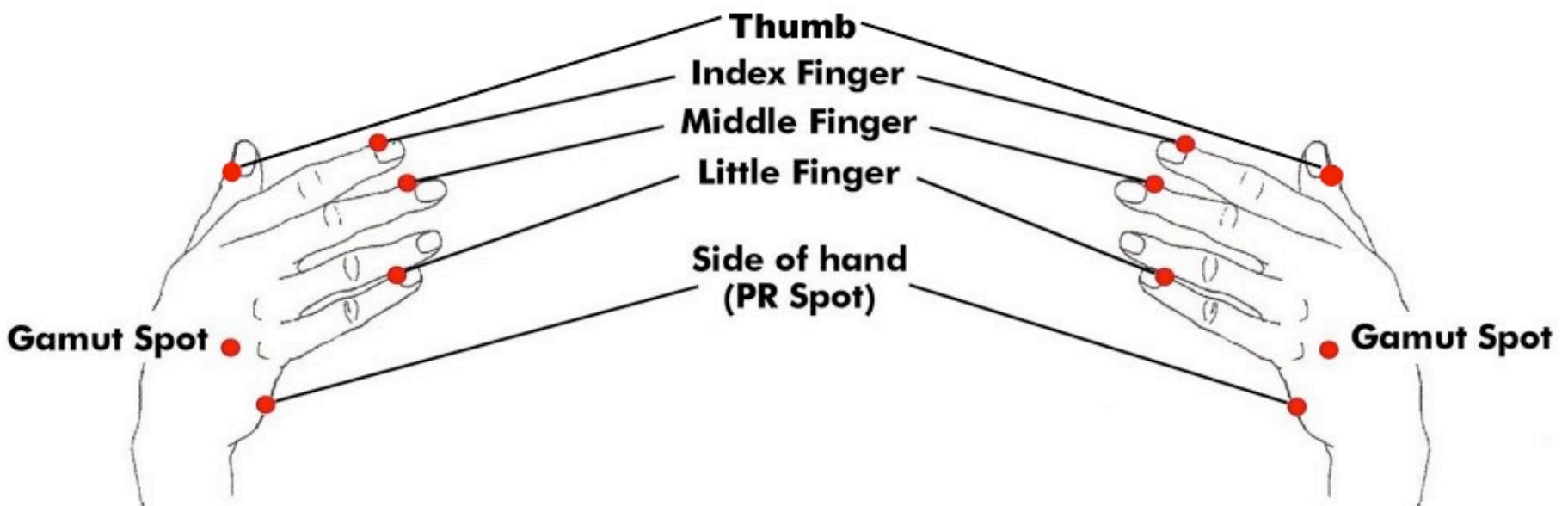
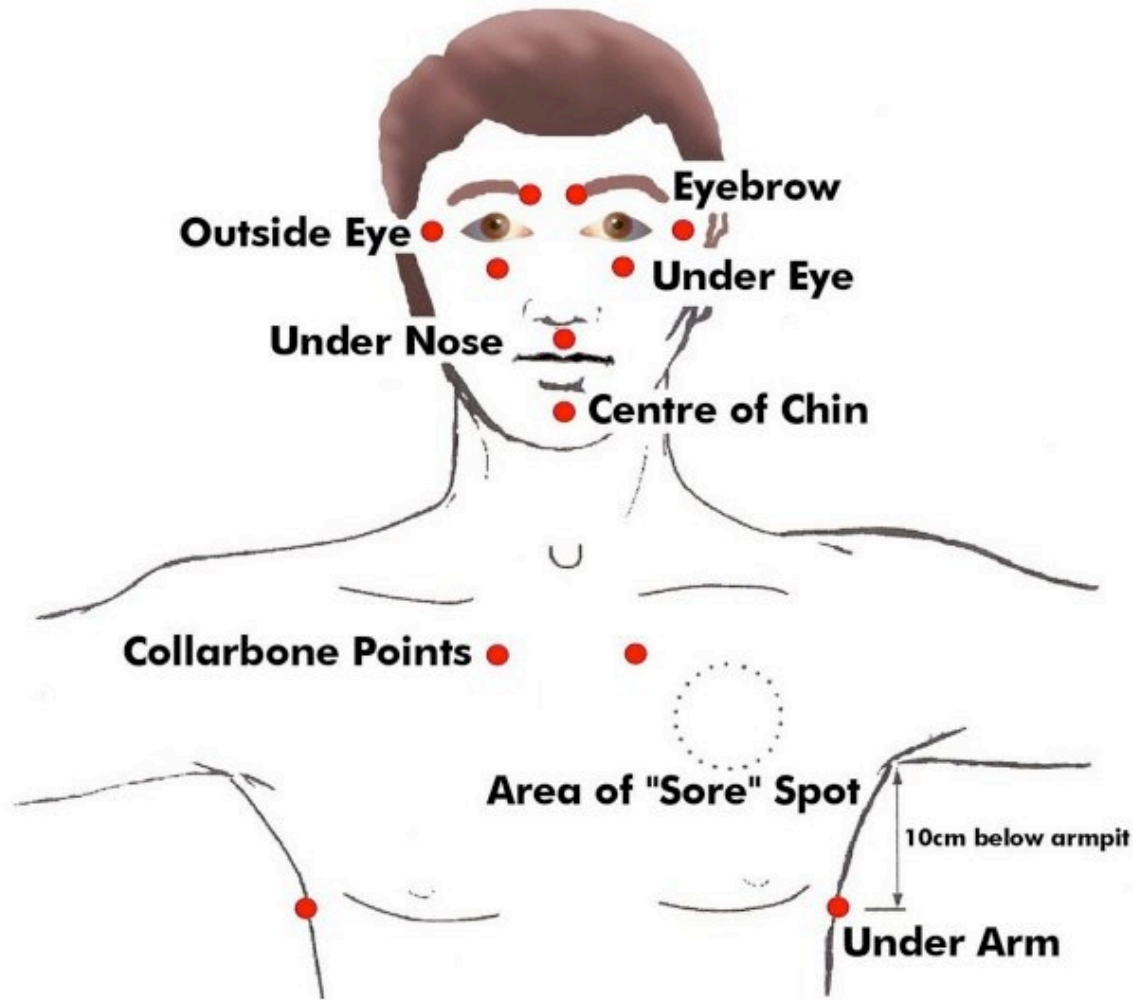
**I want to take my Standards Check with complete confidence**

**I will take my Standards Check with confidence**

**I will take my Standards Check with complete confidence**

If you say your phrase before any of the following TFT exercises, you will find it even more effective!

# TFT Treatment Points chart



# THOUGHT FIELD THERAPY IN ACTION

TFT is extremely effective and you will find that the issues you want to resolve will be easily achieved using TFT. There are different acupressure points on your body, and tapping each of these has a different effect. Therefore, it's important to get the best results that you tap the correct points in the correct order. Rather like cooking, you have to have the basic ingredients and use them in the correct order otherwise the result is not very good!

You will be asked to tap several of the following places on your body, and in differing orders. These sequences have been formulated over many years and have been found to be the most effective; therefore, it's important that you follow them accurately. When asked to do so, you tap each point about 5-10 times with two fingers.

You may find that you experience different emotions at different times. The best way to use TFT is to eliminate existing emotions, and put in place the new beneficial emotion that you want to experience. Eg. Eliminate anger/frustration/upset from previous failed test, or nerves and anxiety for forthcoming test, and replace with motivation, and peak performance etc. Here are the acupressure points, with a diagram on the next page:

**Eyebrow:** At the beginning of the eyebrow, just above the bridge of nose.

**Under eye:** About 2cm below the bottom of the eyeball, at the bottom centre of the bony part, high on the cheek.

**Collarbone:** About 2cm down and to the left or right of where you would knot a tie.

**Under arm:** About 10cm directly below the armpit on the ribs.

**Little finger:** Inside tip of the little finger, adjacent to the nail, and on the side closest to the thumb.

**Middle finger:** Inside tip of the middle finger, adjacent to the nail, and on the side closest to the thumb.

**Index finger:** Inside tip of the index finger, adjacent to the nail, and on the side closest to the thumb.  
Under nose: Under your nose, above the top lip.

**Outside of hand:** Outside edge of the hand, about midway between the wrist and the base of the little finger, the part of the hand that you would use for a karate chop.

**Gamut spot:** On the back of the hand about 2cm below the raised knuckles of the ring finger and little finger when making a fist.

Now you are familiar with the tapping points, below are the sequences that you need to use for each issue. Remember, some of the actions that you are asked to perform may seem a little odd, but it's important that you follow them accurately, as they have been discovered after many years of clinical research and each are relevant. Remember, this is also fully demonstrated in the Driving Instructor online course.

**Eliminating past trauma or upset**

Eyebrow, Under Eye, Under Arm, Collarbone

**Anxiety, nerves, stress, panic, worry, fear**

Under Eye, Under Arm, Collarbone

**Visualisation for Peak Performance**

Under Arm, Collarbone

**Intimidation, such as feeling intimidated by the examiner or the situation**

Eyebrow, Under Eye, Under Nose, Collarbone, Little finger

**Guilt, such as feeling that you have let people down if you have failed**

Index finger, Collarbone

**Anger**

Little Finger, Collarbone

**Frustration**

Outside of Eye, Little Finger, Middle Finger

**Embarrassment**

Under Nose

**Enhancement of Motivation**

Under Eye, Collarbone, Under Eye



When you have decided from the above list which emotion you wish to work on, carry out the exercise on the next page. You can follow the demonstration from the online course, or if not, I suggest you voice record it or video it on your phone, as this will ensure that you remain in the 'Thought Field' whilst doing the exercise making it as effective as possible. Below are all the tapping points that are used in TFT.

To get the most benefit from the TFT exercise on the next pages, you must really concentrate on how you are feeling, and try to get the emotion as strong as possible, and then make sure you choose the correct sequence for this emotion. So it's no use doing the sequence for frustration when you are feeling intimidated, or doing it when you are thinking of what you're going to have for dinner

The TFT does seem very bizarre and I was incredibly skeptical at first, but having used it for so many learner drivers and fellow instructors over the years, I am constantly amazed at how very effective it is.

Make sure you do the exercise for psychological reversal EVERY day. I've put it in again below as a reminder. My pupils do their 'tapping' now as part of their cockpit drill, especially the ones who are prone to muddling up left and right!

**If you have pupils that muddle up left and right, or have difficulty with sequencing issues, or you go upstairs and wonder what you went up there for, then try this exercise. See how many pupils this works with to stop them muddling left and right. I promise you will be amazed! Tap each point 5-10 times and doesn't matter which hand you start with:**

**TAP SIDE OF HAND, UNDER NOSE, SIDE OF OTHER HAND.**

**REMEMBER: YOU MUST BE THINKING OF AND EXPERIENCING THE EMOTION THAT YOU WANT TO GET RID OF AND YOU MUST USE THE CORRECT TAPPING SEQUENCE FOR THAT EMOTION!**

You will find that after a few times of using these techniques they will become quite natural to you. Please don't be tempted to skip any of the exercise; remember that doing these exercises will help you to overcome negative emotions.

1. Tap the side of one hand, under your nose, and then side of other hand. (This will ensure that you are not in Psychological Reversal EXPLAINED PREVIOUSLY). Think of the issue/emotion that you want to work on and feel as much discomfort as you can. In your mind, rate your discomfort on a scale of 1 to 10 with a score of 10 being the highest degree of discomfort. When you feel that your anxiety (or the problem you are working on) is at a peak, begin Step 2.

2. Use the relevant tapping sequence from the previous page for the emotion that you want to work on. Using two finger tips, tap solidly several times on each of the treatment points.

3. Keep your head still, and tap the 'gamut spot' whilst doing the following: Close your eyes

Open your eyes

Look down and to the right, eyes back to centre

Look down and to the left, eyes back to centre

Roll your eyes in a circle one way and then in the opposite direction

Hum a few notes of any tune

Count to five

Hum a few notes of any tune

Repeat step 2 (the tapping sequence for the issue you're working on)

4. You may find that the emotion has already been eliminated, or greatly reduced. Keep repeating steps 2 and 3 until you feel that the emotion is eliminated or at a manageable level.

5. Floor to ceiling Eye Roll. Start tapping the gamut spot. Hold your head facing forward and still. Now, without moving your head, use your eyes to look down toward the floor and then, gradually, to the count of 6 or 7, vertically raise your eyes until looking at the ceiling, all the while tapping the gamut spot.

# HELPING YOUR LEARNERS

The techniques in this guide are highly effective, and each of them only take a couple of minutes. You can use them with your pupils during their lesson if you think it will benefit them, for example dealing with a negative emotion such as panic at a hill start or busy junction, frustration if they can't get the hang of something, or anxiety over their driving test.

Obviously, not every pupil will require every technique, therefore your knowledge and skills as an instructor can help them to pinpoint the areas that would benefit from specific techniques. Ultimately only your pupil knows the emotions that they are experiencing, however as an experienced ADI, you've no doubt encountered many times the issues that pupils face.

No two pupils are alike, so failing the driving test for one pupil may result in a feeling of upset, sense of failure, followed by embarrassment and guilt at having let themselves down, whereas another pupil will have a totally different reaction of anger directed at themselves (or the examiner!), followed by frustration and impatience as they have to take the test again. The range of techniques is very broad and will deal with any psychological issues that your pupils face.

## **IMPORTANT TO NOTE:**

Please note that the workshop or this eBook DOES NOT qualify you as a Thought Field Therapist. The techniques can be used for any situation, so the sequence for eliminating frustration because a manoeuvre is not going smoothly, is exactly the same as eliminating frustration for anything else. If your pupil chooses to use the techniques outside of the learning to drive context, that is their choice. However, please do not offer advice outside your role as an ADI. It's fully acceptable to guide the pupil towards the technique to visualise peak performance for their driving test, or suggest they use the sequence for eliminating negative emotions, however, at any point that it gets any 'deeper' than this psychologically, ie discussing personal issues, please advise the pupil that you are not qualified (or indeed insured) to offer advice as a therapist.

# PSYCHOLOGICAL REVERSAL

It's highly likely that all of your pupils will be in PR during the lesson at some point. I tend to get my pupil to tap to correct PR at the start of the lesson as part of their cockpit drill. The classic signs of it are muddling left and rights up, slower processing, getting things in the wrong order, and often asking which way they are going. Sometimes they only have to tap for PR at the beginning of the lesson, but a few pupils, especially those with dyslexia/dyspraxia may have to do it a couple of times, so just get them to do it when you've pulled over during the normal course of the lesson.

## SPECIFIC PSYCHOLOGICAL REVERSAL

It is possible to be reversed in one specific area or thought. Even though your pupil wants to be a confident driver, psychologically they may be sabotaging their efforts. Out of all the TFT exercises, this is the easiest, and the most important. If they don't do this exercise, they may talk themselves out of trying the other exercises and sabotage their efforts to become a good safe driver. By completing this exercise, they will ensure that they stay focused and positive.

It's very simple, say this to your pupils: Choose a phrase that sums up how you want to feel. It could be 'I want to drive with confidence', 'I want to master the manoeuvres easily', 'I want to remember easily', or whatever is relevant to you. This may change as you progress through your lessons. Every day, tap the side of your hand (either hand) and say:

"I want to.....followed by your personal statement

"I want to completely.....followed by your personal statement

"I will..... followed by your personal statement

"I will completely.....followed by your personal statement

# ADDITIONAL RESOURCES

**For your learner drivers: [bit.ly/LearnerDriverSupport](https://bit.ly/LearnerDriverSupport).**

**For Instructors: [bit.ly/DrivingInstructorSupport](https://bit.ly/DrivingInstructorSupport),**

I've been an ADI since 2002 and in that time I've seen the industry progress and change so much; the introduction of Standards Checks, the words 'Coaching' and 'Client Centred' suddenly the new buzz words, and a plethora of CPD workshops came into existence. The definition of Multi Sensory Teaching was no longer 'Shouting at pupils in different tones!' In my opinion, all to the good, if it can help us to help our learners, and ensure that the way to help our nervous learners is not using the phrase 'Pull yourself together!'

As an ADI and therapist, I specialise in controlling the negative emotions that inhibit performance, and helping pupils with dyslexia and/or dyspraxia. Since I wrote L of a way 2 Pass back in 2008, there are now many resources available, some of which are free to download. Please feel free to pass this link onto your pupils where, in addition to resources for instructors, your learners will find eBooks such as How to beat driving test nerves and anxiety, Top Ten reasons for failure and how to avoid them, Learning to drive with dyslexia/dyspraxia, Learning Styles questionnaire, and several online courses.

## OUR ONLINE COURSES FOR LEARNER DRIVERS

**Driving Test Nerves Online course:** amazing techniques to enable learners to combat driving anxiety, Test Day Nerves, and sabotaging self talk - we all have learners who tell you how much they 'hate' something, and everything that will go wrong!

**Fast Track 2 a Pass:** Used along side lessons, helps learners to take more responsibility for their progress, to become safe and responsible drivers with your help.

**Learning to drive with dyslexia & dyspraxia:** comprehensive advice from Colleen Pearson BA (Hons) (Open), MA (Lit) (Open), PGCE (FE/HE), Advanced CPD Performance Coaching and Mentoring, PG Cert SpLD (AMBDA), PG Cert DCD/Dyspraxia, SpLD APC (Patoss). I taught Colleen to drive, and in addition to being a dyslexia assessor, is dyspraxic herself, and she shares a wealth of knowledge and experience to help you to help your learners.

**L of a way 2 Pass Driving Instructor Online Course:** includes all of the above courses for you to use with your learners. In addition there is comprehensive information on how our mind's work, how emotions affect us, and techniques to combat your own Standards Check nerves!

## 1-2-1 Session with an L of a way 2 Pass Driving Test Nerves Specialist

Whether you're a driving instructor looking for help for your pupils or your own part 2/3/SC nerves, our 1-2-1 sessions can help. If you want to combat part 2/3 or Standards Check test nerves, we can help you to control your emotions rather than your emotions controlling you, by our range of techniques, unique to L of a way 2 Pass. Because everyone has different needs, you can choose the session most suitable for you:

**30 minutes:** get your questions answered about test nerves, along with help and advice for your specific needs, via Facetime/Skype/Phone

**90 minutes:** this session is ideal for driving instructors to combat their own part 2/3/SC nerves, via Facetime/Skype/Phone/In our fully insured dual-controlled car (or your own car)

**Half day (3 hour):** you can use the session in several ways: to help combat your own part 2/3/SC nerves, including a 'mock test', bring a pupil along to see these techniques in action, or learn to become a Driving Test Nerves Specialist yourself!

**Rescue Training:** a 7.5 hour package for those PDIs and ADIs who suffer extreme anxiety, or who are perhaps on their last chance to qualify or remain as an ADI. We bring to the table all our experience of years of therapy into this totally unique course.

If you'd like any help or information about the techniques, would like to know more about the 1-2-1 sessions, or just a chat why not contact us at: [www.Lofaway2pass.com](http://www.Lofaway2pass.com)

Many instructors recommend the products to their pupils and we feel you should get something as a thank you, so you can now sign up as an affiliate (it's free) and if you pass your unique link on to your pupils or fellow instructors, either directly or via facebook, your website etc, you will get a percentage of anything purchased. Happy pupils and happy instructors. For more information visit [bit.ly/ADI-Affiliate](http://bit.ly/ADI-Affiliate)





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