

# Steps to Using Inner-Brat/ Volcano Technique

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This worksheet is meant for someone who already knows EFT and should be used with caution and responsibility. Experiment on yourself first before trying this with anyone else.

\* DO one round of EFT to balance your energy.

\* Get ready for non-dominant handwriting.

\* Be still for a moment and give permission to your inner brat to answer questions.  
You will be asking a question with the dominant hand.  
You will switch the pen to the other hand to answer.

How do you know which hand is the dominant hand?

The dominant hand is the hand you write checks with.

The dominant hand is connected to the left side of the brain: the non-dominant hand is connected to the right side of the brain.

The right side of the brain is the source of all wisdom.

Ready?

First- we need to find out the hidden reason you have not released feelings of anger, hurt, despair etc.

#1. Tune in to your issue that you feel the strong emotions about.

With your dominant hand write.

Dear Inner Brat., Why can't we let this go?

Switch the pen to answer with your non-dominant hand.

Ex- I cannot let this go because\_\_\_\_\_.

Tap on whatever comes up.

Now- time to get in touch with the simmering anger that has the power to explode your volcano and set you free!

The only rule about this is you cannot answer that you feel angry at yourself. You might feel disappointed in yourself but you're not butt-kicking angry.

Example:

Dominant hand, "I was betrayed by \_\_\_\_\_"

Switch the pen to non-dominant hand and fill in the blank.

Example:

Dominant hand "I feel so angry at \_\_\_\_\_"

Switch the pen to non-dominant hand and fill in the blank.

Let your inner brat give an intensity rating on a scale of 1-10 (one being low, ten being high). Just how angry, betrayed, or hurt does your inner brat feel?

**More exercises:**

With your dominant hand write this sentence, "Dear inner brat, what naughty names would you like to call this person?"

Switch to non-dominant hand and let your inner brat answer.

With your dominant hand write this sentence, "Dear inner brat, what physical act(s) would you like to do to this person?"

Switch to non-dominant hand and let your inner brat answer.

Now you can let the volcano erupt! You will use your own words that your inner brat provided to form set up phrases. (It is not necessary to start with “I love and accept myself” business)

Example:

At the karate chop spot, “Hey you sorry S.O.B.! You make me sick! You ruined my life! I wish I could scratch your eyes out and make you SUFFER like I did!”

Tap on all the EFT points using parts of that statement.

Example:

Top of head – Sorry S.O.B.!

Beginning of eye – You ruined my life!

Side of eye – I’d like to scratch your eyes out!

Underneath eye – Make you suffer!

Under nose – SORRY S.O.B.!

Under lip – You RUINED my life!

Collarbone – I’d like to scratch your eyes out!

Under arm – Make you suffer!

Liver point – Sorry S.O.B.!

It’s important to let yourself get totally into this action, even if you have to pretend. One of the reasons you’re still suffering is because your inner brat never got to stick up for themselves – give them permission.

After the first round, re-check the intensity level. If it is still high, redo this exercise using even naughtier language and body movements.

Now formulate some positive self-acceptance.

Example:

Even though I may still have some of these emotions, I love and accept myself.

Example:

Even though I have a hard time letting go, I love and accept myself.

Example:

Even though some part of me still needs to hang onto this, I choose to let this go. I choose to take baby steps towards forgiveness.

Re-check your emotions. Let’s use wonderful EFT practitioner, Stacey Vornbrocks

technique and “tap on the habit memory.”

Example:

I choose to release the habit memory of this hurt and anger from my energy field, cellular memory, womb/birth memories from all levels and layers of my being. Anchor lock and seal this healing from this moment forward.

One more step:

Not quite done yet! It’s important to value the lessons that you learned from having the experience that caused your anger.

Make a list of all the things you learned and how it has helped you in your life.

Somebody has to volunteer to be the bad guy for us to learn certain lessons that WE chose to learn – let them off the hook already! Make sure to throw in a huge batch of self-forgiveness.

List what you learned.:

Use this technique any time you feel anger building up. It’s quite simply, wonderful.

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