

From Gillian Small, Accredited EFT Transformational Coach. gillian@eft-transform.com

I am a mom of 8 year old twin boys. Every Sunday evening I clip the boys' finger nails and toe nails. Back in October I noticed one of my son's had started biting his nails. I didn't actually see him bite his nails at any point but there were no nails to cut when it was his turn. They were jagged and almost non-existent. I didn't know how to handle the situation the first couple of weeks so I said nothing. I was avoiding the situation and possible difficult conversation. Then in November I asked him if he was biting his nails. He said they were breaking from playing soccer.

Last summer the boys' toe nails used to break from kicking the ball around with sandals on. I knew his answer was not true. Plus you don't use your fingers in soccer. I was persistent and asked him every Sunday and then started telling him "you must be biting your nails because I can see it." I was worried and annoyed and he would get very upset and angry, denying it. I made more of an effort to actually see if he was biting his nails but could never see him doing it.

Our family was away during a weekend in February and stayed overnight at a hotel. During some down time before dinner, he was sitting on the bed beside me playing on his iPad and I finally caught him in the act of biting his nails. I whispered in his ear, "You are biting your nails, what's going on?" Again he denied it.

I myself have never bit my nails, although my husband does. I asked my husband how old he was when he started biting his nails. He said 8 or 9. My husband agreed to have a chat with our son. Even though my husband was told our son about his own nail biting and how he wished he hadn't started, our son still denied he did it himself.

I asked my mentor, Nancy Forrester, if she would tap with Liam but she asked me to do my own tapping around this concern and surrogate tapping if necessary. I was hesitant because I thought it wouldn't work. Something shifted in me where I decided this was important enough for me to give it a try.

Needless to say, the second week in March (one week before we left for March break), I tapped 3 times, about 15-20 minutes each time on my own worries and concerns about our son and this nail biting habit. March break was relaxing and a lot of fun for the boys. That's why when I went to cut his nails for the first time after March break, although I was happy and surprised to see there were nails to cut, I justified it in my head thinking it was because we were away and they had so much fun. That that could be the reason he didn't bite his nails that week. In spite of that negative thought, there was a glimmer of hope and optimism that maybe the tapping really helped.

I am happy to report that it has been 7 weeks since our son has not bitten his nails. Every Sunday there are beautiful little nails at the end of his fingertips! I am thankful to Nancy for strongly encouraging me to do my work around this issue, releasing my own worries and concerns about this nail biting habit. My thoughts on this shifted as I became neutral in that, it didn't really bother me anymore that he was biting his nails and that's when the change took place in my son and he stopped biting his nails. The energy that connects us to our children is so strong, that when we use a powerful modality to release our own worries, anxieties, concerns and fears, it greatly impacts our children in the most positive way. Not only am I grateful to Nancy for encouraging me to do my own work, I am also grateful to have the knowledge and skills to use this powerful modality, called EFT tapping.