

Bilateral Stimulation

When you are trying to deal with an urge or craving, try bilateral stimulation. It is often used for during EMDR treatment as a means to stabilize. But it can also be used to treat anxiety and to distract from cravings and urges. What bilateral stimulation does is stimulate the left and right side of your brain causing them to connect.

There are several methods of bilateral stimulation:

- Eye Movement – you follow an object or light across your field of vision
- Physical Tapping – you tap your hands or feet where you feel them on either side of your body
- Auditory Cues – where you listen to alternating sounds in each ear

The easiest method is physical tapping which is very simple. Take both of your hands and simply tap on your shoulders just above your armpits. Alternate back and forth. Do these for a few minutes and you will find it distracts you from your anxiety, urges and cravings.

Before you go to bed, this is a great exercise to do. It helps in calming the mind. Consider it a daily wind down activity.

Here is some bilateral stimulation music: [Bilateral Stimulation Music | EMDR | ? Listen with headphones | Begin. \(youtube.com\)](#)