

## **VIDEO 1: The Problem**

This video assumes that you have already watched the Introduction video about how to pick and identify your problem. Please now write your specific problem statement at the top of a sheet of paper. Now on a scale of 0-10 with 0 being it doesn't bother you at all and 10 being the most upset or hurt you have ever felt, how much does this particular problem statement affect you? Remember that at this point we are only concerned with that particular issue you have identified, and not all of the other issues that are likely tied to it. Please record that number on your paper and we will begin tapping.

All you have to do is follow me, tapping where I tap and repeating what I say. It doesn't matter what side of the body you tap (I'm right handed but you can tap with either hand, or both at the same time.) I will be using the words: This problem, for which you could substitute your statement if you wish. However, you've already tuned into your specific statement and through intention we've got it set up that that is the problem being addressed here.

First, locate your sore spot, or tap on the KC (Karate Chop) point and repeat the following:

**Even though I have this problem, I deeply and completely love and accept myself**

**Even though I have this problem, and it really bothers me, somehow I can love and forgive myself**

**Even though I have this problem, it's a big issue for me and I want to get rid of it, somehow I can forgive myself**

Now tap through the sequence of points:

EB (eyebrow): **I have this problem**

SE (side of eye): **This problem that I have**

UE (under eye): **This problem and how it bothers me**

UN (under nose): **This problem affects my quality of life**

CH (chin): **This problem is a struggle for me**

CB (collarbone): **I suffer with this problem**

UA (under arm): **This problem affects me in so many ways**

9G (back of hand): **I have this problem and it doesn't feel good**

Tap UN (under nose): **I WANT TO BE OVER THIS PROBLEM AND HOW IT FEELS**

EB: **I have this problem**

SE: **I've had it for some time**

UE: **It sometimes gets better, but doesn't go away**

UN: **Nothing helps this problem much**

CH: **This problem and how it feels**

CB: **I don't like this problem**

UA: **I don't like how this feels**

9G: **How this problem feels**

UN: **I WANT TO BE COMPLETELY, 100% OVER THIS PROBLEM**

EB: **I've had this problem for a while**

SE: **Part of me knows the origin, when and why it started**

UE: **Part of me knows what makes it feel worse**

UN: **Part of me knows what makes it feel better**

CH: **But it doesn't go away, at least it hasn't yet**

CB: **I THINK I'm ready for this problem to go away**

UA: **But apparently part of me isn't ready**

9G: **Part of me isn't ready to give up the problem 100%, or else it would already be gone**

**UN: SOMEHOW I WILL BE COMPLETELY, 100% OVER THIS PROBLEM**

**EB: This problem that I have**

**SE: This problem and how it feels**

**UE: The Possibility of being completely over this problem**

**UN: The possibility of being completely over how this problem feels**

**CH: I don't know HOW, but I'm sure it's possible**

**CB: Somehow it is possible to be completely over this problem**

**UA: And somehow I CAN be over this problem**

**9G: I look forward to being 100% over this problem, and what that would mean for me.**

Now notice what you are feeling. First of all, has your focus shifted at all? If you were working on a physical issue, has the sensation of pain in that location changed at all? Or has it shifted to another area of the body? If you were working on an incident, did another related incident come to mind, or has a slightly different aspect of the first incident come to the forefront. If something new has come to mind, it's an important one in your process: please write it down. Again, be sure to identify this issue in a very focussed and specific way. Rate this new issue on your scale of 0-10. Once you have done that, please now re-read the initial statement you began working with. Tune in to that specific problem and do another check of how you feel about it? On your scale of 0-10, what change did you notice?

Let me just state at this point, that once you reach 0 for any statement, your work is of course finished for that issue, and you can start at Video 1 again for your next issue.

Which brings me to the second point: if at any time you check-in after a round of tapping and your number has gone UP, it is a clear indication that a new issue has come to the forefront. Really investigate what it is you have been reminded of, or what new feeling you are sensing in your body, to be able to recognize that there is something going on in addition to the scenario you started tapping on.

If you have not noticed any change at all, do not be discouraged. There are some subconscious reasons for you to be holding onto that issue, and all the possibilities of that will be addressed in the following videos.