

VIDEO 2: Feelings About Having The Problem

This is the second video in a series of videos making up a comprehensive EFT treatment. You can choose to approach this process in one of two ways. If your initial problem statement is not yet at a 0, you can continue tapping using that statement. OR, if something new came up for you during the first round, you can use that new statement as your problem statement for this round. This is the method that I prefer, simply because I feel that it brings me closer and closer to the core of what's really going on. However, both ways will be effective.

Now that we have tapped for this problem we have, we are going to address our feelings about having the problem. Begin by rubbing the sore spot or tapping the KC:

ET having this problem is so disruptive to my life, somehow I can love and accept myself,

ET having to deal with this problem can be so frustrating, painful and demoralizing, somehow I can forgive myself

ET I'm having such a hard time coping with this problem, somehow I can love and forgive myself.

EB: I'm so angry I have this problem

SE: This problem has been such a source of stress for me

UE: This problem really stresses me

UN: This problem has created so much havoc in my life

CH: This problem prevents me from living the life I want to live

CB: This problem demands so much of my attention and energy

UA: This problem drains me

9G: This problem takes and takes from me and I've had enough

UN: I WANT TO BE OVER ALL THE STRESS THIS PROBLEM CAUSES ME

EB: I have a hard time dealing with this problem

SE: I've really tried to cope

UE: This problem really pushes my limits

UN: This problem is so aggravating

CH: This problem is so depressing

CB: Having this problem can be so overwhelming

UA: I've tried to deal with this problem

9G: But it is beyond me, and I'm at the end of my rope

UN: I WANT TO BE COMPLETELY, 100% OVER ALL THE STRESS THIS PROBLEM CAUSES ME

EB: Thinking about my problem is very upsetting

SE: I feel lost, I don't know what to do

UE: I sometimes feel that I can't cope anymore

UN: I've tried other things

CH: But nothing has worked yet

CB: Nothing has helped yet

UA: No one has been able to help me yet

9G: Not being able to get rid of this problem frightens me

UN: SOMEHOW, I WILL BE COMPLETELY, 100% OVER ALL THE STRESS THIS PROBLEM CAUSES ME

EB: I hate this problem

SE: I hate how this problem makes me feel

UE: This problem angers and frightens me

UN: This problem aggravates and frustrates me

CH: This problem scares and saddens me

CB: But there's got to be something that can fix it

UA: I'm open to the possibility that this problem can be fixed and everything will be OK

9G: I'm open to the possibility that MY problem can be fixed

Okay, now once again notice what you are feeling. Has there been a shift of focus? Have any additional feelings come up for you that were not covered in the sequence? Just make note of it. If something new has come to mind, in terms of another change of physical pain/location or a new incident, again write it down, being as specific as possible. Tune into this new issue and record it's number on your scale of 0-10. Also check in with each of your previous statements individually and see if those numbers have changed.