

VIDEO 6: Secondary Losses

Often if we give up a symptom, we are giving up other things that are tied to it. For example, Even though we do not want to be sick, there may be a subconscious part of us that remembers what it was like as a little kid to be kept home from school, and showered with care and attention, and really likes to re-creating the 'sick' status in order to get us whatever level of care and attention that we may feel is lacking. Let's tap for what other 'secondary benefits' you may have to be giving up in addition to the problem.

I'll be using generic statements here, but if you have conscious knowledge of what the secondary losses would be, please use those phrases as you tap.

ET I may have to give up other things if I give up this problem, somehow I can forgive myself

ET I'm giving up more than just my problem here, somehow I can love and accept myself

ET I have a lot more to lose than just this problem, somehow I can choose to forgive myself

There is more at stake here than this problem

This problem is serving a purpose for me

This problem is ensuring other things in my life

This problem is helping me in other ways

This problem is somehow bringing me other things I need

There is more to this problem than this problem

Giving up this problem means giving up other things

Giving up this problem might 'hurt' me more than the problem itself

I WANT TO BE OVER THE FACT THAT I'M GIVING UP MORE THAN JUST THIS PROBLEM

This problem has helped me

There is more to it

It's not just about the problem

There are a lot of other issues attached to this problem

This problem affects my life in many ways

This problem affects my well-being on different levels

Parts of me need this problem

This problem is serving other needs I have

Parts of me are not ready or willing to give up those other things

I WANT TO BE COMPLETELY, 100% OVER THE FACT THAT I'LL GIVE UP MORE THAN THIS PROBLEM

This problem serves other needs

I'm attached to this problem in ways I never realized

I'm open to understanding what's really going on here

I thought it was just about the problem

But the problem brings me other benefits

This problem definitely has it's benefits

Releasing the problem means releasing other benefits

I can choose to release the problem and the benefits as well

I WILL BE COMPLETELY, 100% OVER THE FACT THAT GIVING UP THE PROBLEM MEANS GIVING UP OTHER THINGS ALSO

There is more at stake that I originally realized

I can see some of the secondary benefits to this problem

When I understand what I was getting out of the situation

I can find other ways to meet those needs

Then it will be possible to give up those secondary benefits

So it is possible to give up this problem

I can be alright if I give up this problem

I can meet my needs without this problem

What kind of new awareness did that round bring you, if any? It's possible that one or more of those 'secondary benefits' have seemed to come to the forefront. This kind of underlying issue is often much closer to the core of what's really going on, and it's important to tap for that 'need' that you didn't realize you had. Please take a moment before the next video to organize those new feelings into concise and specific statements, and give each of them a value on a scale of 0-10. Take a moment to tune in again to your original statements and make note of any changes to the number, on a scale of 0-10.

Let me just re-iterate: I have found that the issues that came up with this round are important to use as the focus for future tapping, simply because these are the subconscious beliefs underlying the current problem, and may be driving your thoughts and behaviour in other ways as well.