

VIDEO 7: Secondary Gains

Similar to secondary losses, there may be secondary gains if you give up the problem. Ie, perhaps the physical issue that you have is the perfect excuse for saying no to something else in your life. What are the things that you would feel obligated to do, or be, if this problem was no longer in the way? Again, my tapping statements will be generic, but it's important to add in specifics as you become aware of them. Ie, "if my back gets better, I will have to go back to driving bus which I hate." "If I'm not so fatigued all the time, I'll be expected to take over as care-giver for aunt Greta again." As with the secondary losses, these kinds of things might be closer to the core issue than the presenting symptom itself.

ET there will be some secondary gains when I get rid of this problem, somehow I can love and forgive myself
ET I will have to do or be something once I get rid of this problem, somehow I can forgive myself
ET there is a trade-off and I would rather deal with my problem than any secondary gains, I can forgive myself

Giving up my problem
Will mean gaining other problems
This isn't the only problem I have
I have bigger problems than this
And my current problem is holding them off
My current problem is doing me a great service
I would rather deal with this problem
Than the secondary gains.

I WANT TO BE OVER THE FACT THAT THERE WILL BE SECONDARY GAINS WHEN I GET OVER THIS PROBLEM
This problem is protecting me
From having to deal with other issues
When this problem is gone
I will have other issues to deal with
There are reasons this problem is here
Not least of which are the secondary gains
I'm afraid of the secondary gains
I feel at a loss to deal with the secondary gains

I WANT TO BE COMPLETELY, 100% OVER THE SECONDARY GAINS THAT COME WITH RELEASING THIS PROBLEM
The thought of the secondary gains scares me
This problem was a nice buffer for me
This problem helped me out by being my excuse
Perhaps I can be open to new possibilities regarding the secondary gains
Maybe I can be over the problem
And still have a safe way of dealing with the secondary gains
The secondary gains scare me
But somehow I can forgive myself, and I'll be okay

I WILL BE COMPLETELY, 100% OVER THE SECONDARY GAINS ASSOCIATED WITH THIS PROBLEM

There are definitely secondary gains associated with this problem

Definitely secondary gains

I'm worried about the secondary gains

Maybe I can deal with the secondary gains another way

Maybe I have the resources to handle the secondary gains

Maybe I don't need this problem as protection any longer

I don't really need this problem as protection any longer

I can use this tapping to sort out those secondary gains

If this round still seems unfinished, write out any concrete secondary gains you have identified, and use them as a new 'problem statement' to tap through, starting from the first treatment video. In the meantime, tune into your initial problem once again and notice the change