

Turning Your Issues into Allies in 9 Easy Steps

1) Clear resistance to change - This is always a good way start any tapping session. If there weren't resistance to change then we would have already made the change. I start every tapping session I do with this step (even when I am not using this process).

Here is some sample tapping patter to do this step:

I am taking this time do some tapping because I want to see change in my life...but sometimes change can be a very scary thing...I might be afraid that I am going to transform into something that is unknown...doing something that is new and unknown can be scary...I know this fear I might feel is just trying to keep me safe...there other times when I worry about change because I am worried about how others are going to see me...the people in my life expect me to be how I am right now...if I change they are going to have to change there expectations of me...this might make my there life more difficult...and they are going to resist my change...I also might be worried about change because even though what I am experiencing right now isn't great...I know it...I know how to deal with it...it is predictable...it is manageable...I don't know how I would deal with change...but I choose to know that if I don't like the change I can change back to the way I am right now...I choose to know this process is gentle...that the change I am going to under go is natural...and happing at the rate it needs to

2) Recognize it safe to heal - This is part of clearing resistance to change but deserves it own step because if you don't feel safe to heal then change is not going to happen. Again, this is step I do with every type of tapping I do.

Here is some sample tapping patter to do this step:

All the issues I am working on today...my system thinks are useful tools...that is why the system has held on to it for so long...I choose to know it is safe for my and my system to heal this issue...the process of tapping is not a process of tapping something in...or tapping something out...but instead it is a process of tapping the body back to its natural balance...the natural state of my system is health and well being...that is all tapping will move me too is health and well being...my system is going to make sure I heal in a natural way...not rushing forward too fast...it is safe for me to work on this issue...it is safe for me to heal...it is safe for me to move forward

3) Tune into the issue you would like to see transformed or healed - This is as simple as taking a few deep breathes and bringing the issues fully into the thought field.

4) Locate kinesthetic feeling - As you tune into the emotions find where it is located in the body. It could be a thought, a sound, or a specific feeling in the body (like tight shoulders or butterflies in the stomach).

5) Give thanks for the presence of this part of the system - This is not giving thanks for the symptoms. It is not saying the system is going about doing things in the right fashion. This is simply giving thanks for the fact that there is a part of the system that is working very hard to keep us safe. We are thanking the care and the effort, not the outcome.

When we do this type of tapping we are speaking directly to the issue at hand. Here is some sample tapping pattern you could use:

The reason this issue and feeling exists is because my system is trying to take care of me...in this case it is not taking care of me the way I would like...so I am not affirming the solution the system is using...I am not affirming the symptoms...and I am not affirming the outcome...but I am thankful that a part of my system is trying to take care of me...I understand even if the outcome isn't the one I want...there is a part of my system that is working for me to have a better...fuller...and richer life...I want what is best for me...my system wants what is best for me...I am thankful I have a system that is working for me...even if it doesn't do it in the best way all the time

6) Assure the you are not trying to eliminate it, but instead transform it into something more helpful - By telling the part that we recognize that it wants what is best for us and that we only want it to be more efficient it will be more willing to work with us.

Again when we do this tapping we are speaking directly to the issue and feel. The tapping could sound something like this:

Right now I am going to some direct work on this issue...but I am not trying to eliminate it from my system...I know this part wants what is best for me...what I would like to do is transform it into something that is much more helpful...something that not only wants what is best for me...but is able to provide what is best for me...I know my system doesn't have an agenda...it just doesn't always work completely efficiently...I am working to get my system to do its best

7) Ask the part questions - Find out what purpose the part is trying to serve.

- What is your purpose?
- What are you afraid of?
- What are you trying to protect me from?
- Why do you exist?

Sometimes when we ask these questions we don't get any information from the system back. This is okay. When this happens we can just tap on something like thing.

Right now my system isn't providing me the information that I am looking for...but that is okay...even though I would like to heal right now...there is a proper rate for me to heal in a natural way...I know and trust my system is going to open up with the information that I seek when it is time...I also know that I am able to heal this issue without getting this information from the system...I can heal this issue by tapping right now...so I am in no rush to get this information...if my system never wants to reveal this information then that is great as well...because it might be keeping me safe...and I can heal this issue with no more information than the symptoms I feel right now.

8) Provide resources and/or transform - Once we have information about the issue we can provide the resources, information, or transformation that is needed to heal the issue.

9) Repeat - Return to step number 3 and re-tune into the issue. When we tune in again we will notice one of three things. 1) The feeling is gone (and we are done). 2) The feeling is the same, but has changed texture such as being softer or smaller. 3) The feeling has moved to a different part of the body.

Note: Just because the symptoms are still around does not mean that we should keep tapping. Just because running one mile is good, it doesn't mean that running fifty miles is fifty times better. After you have completed some tapping check in with your system to see if it is okay to keep working on the issue. It is okay to come back to an issue at a later date if you have done as much work as the system will allow in this session.