

Issues That May Prevent The Tapping Process From Working and What To Do About Them

Note: For most people it will make more sense to use the program first, and specifically, learning about the tapping process before reading this article. However, some people want to know what they could run into before they start. Either way, realize that the tapping process is explained in detail on the audio program.

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Introduction

The tapping process works immediately about 85% of the time. 10% of the time, more detective work needs to be done to find the “core issue,” and about 5% of the time, something else seems to be keeping it from working. People who fall into the 5% category usually try the tapping process one time, don’t get the result they are looking for, and then think “This just doesn’t work for me.” When that happens, it’s almost never due to a problem with the tapping process itself. We’ve seen the tapping produce amazing changes too many times to have any doubt about whether or not it works.

Tapping for self-healing is really more than an art than a science. And even though we have good theories about how it works, we don’t know exactly how it works. However, from personal experience, there are a few things we are absolutely certain about:

- The tapping process can produce miraculous results.
- Simple issues such as specific phobias, stress, anger, pain, frustration and hundreds of other non-complex problems can be released in just a few minutes with the tapping process.

- More complex issues, such as PTSD, trauma, chronic anxiety, abuse, serious illnesses, and depression may take longer and require more skill than can be delivered via an audio program alone. However, with a skilled practitioner, and a persistent client, we have seen success with all of these issues.
- Complete beginners can use the tapping process and get amazing results 70% of the time! (Drug companies would love to get results like this in their clinical trials)
- The tapping process often works when everything else has failed.
- In skilled hands the tapping process can work over 95% of the time.

Here's the most important thing we've learned:

- There are certain things that can stop the tapping process from working.

Based on hundreds of cases we have found that there are essentially 9 issues that can prevent people from getting the result that they want. Becoming aware of these issues and knowing how to deal with each one will significantly increase the effectiveness of the tapping process. Each issue is fairly simple to address, and this guide will help you deal with each of them when and if they arise.

Of course you are also welcome to contact me our customer service via email or phone, and I will be happy to help you at no extra charge. Refer to the website at <http://www.HealPTSD.com>.

If you are not getting the results that you want, please read through each one of these issues, and if you find one that seems to fit, apply the solutions.

1. Being Dehydrated

When I first learned about applied kineseology back in 1995, one of the first things we always tested for is dehydration. We knew that if the human body was dehydrated, no amount of skill could compensate. Sometimes if I was short on time, I would skip the test for dehydration. And if nothing seemed to work, a quick test would tell us that lack of water was the culprit. One glass of water later and things were improving as if by magic.

How do you determine if you are getting enough water? Here's the formula: (my body weight in pounds) divided by 2 = (number of ounces of water I should drink every day. So if you weigh 150 pounds, divide that by 2, and you get 75 ounces of water.

At the very least, make sure you drink 8 ounces of water before starting the tapping process. It's best if the water is at room temperature.

Most people walk around chronically dehydrated. I strongly recommend reading the book "Your Body's Many Cries for Water" by Fereydoon Batamanghelidj, M.D.

2. Reversals

Next to dehydration, Reversals, also referred to as Psychological Reversals or Polarity Reversals (PR), are probably the most common impediment to producing results using the tapping process. When it appears that the tapping process is not working, identifying the different types of Reversals and in knowing how to neutralize them, can put you back on track.

The solutions for correcting Reversals are simple and highly effective.

For most people dealing with simple issues, Reversals are not a problem. But for chronic or long-lasting problems, complex issues, and serious illnesses, Reversals are very common.

For those who have a Reversal, finding and neutralizing it are extremely important. A good clue as to whether or not you have a Reversal is if your 0-10 intensity level remains the same after a few of rounds of tapping. There are other reasons why your intensity level may stay the same which we'll address later on in this article. Reversals can be broken down into two basic types, each with several sub-categories.

A. General Polarity Reversals

The first type of Reversal can be thought of as a **General Polarity Reversal**, or **GPR**. **GPR** can be caused from several factors:

- **Negativity** - chronic negative thoughts, negative behavior, or negative events
- **Being around electrical devices** for long periods of time
- **Addictions** - addictive personalities or addictive substances in the body
- **Depression** - chronic depression causing the body's energy system to become slow or sluggish.

Using the standard affirmation procedure (rubbing the sore spot while saying the affirmation) will often fix negativity or electrical GPRs. Addiction or depression-caused GPRs, however, are not usually eliminated just by doing the affirmation and require additional work as detailed in the next section on Secondary Benefit Syndrom (SBS).

General Polarity Reversal simply means that the electricity or energy in the body is "agitated," or "going in the wrong direction." Therefore the polarity is reversed.

One way to look at our body's energy field or polarity is to compare it to batteries used in a tape recorder, flashlight, or other battery-operated devices. The batteries that power the device must be inserted with the positive and negative polarity facing in the correct direction. If not, the device will not work. Since your body has its own electrical system your polarity needs to be flowing correctly for you to function properly. If your polarity is reversed, you have a GPR Reversal and it's likely the tapping process will not work for you until the Reversal is corrected. Note that rubbing the spots on the chest (Figure A) while saying the affirmation will usually take care of a simple GPR. If you don't feel like that is helping, there is a more detailed correction.



Correcting GPR

1. Place one hand over your navel. Use the fingers of your other hand to massage the spots on either side of the sternum just under the clavicle (collar bone). See Figure 1. Do this for 30 seconds, switch hands and repeat.

2. With two fingers of one hand, rub the points centered just above the upper lip (under the nose), and just below the lower lip (above the chin). See Figure 2.

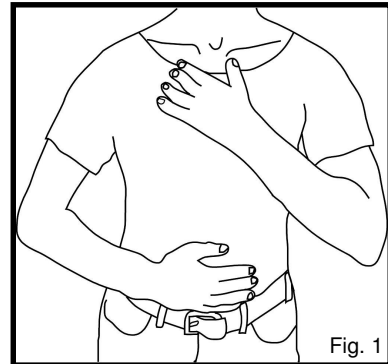
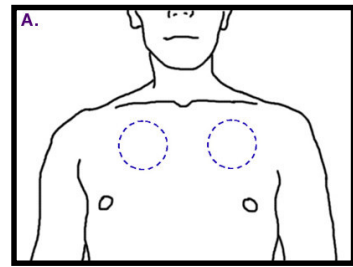


Fig. 1

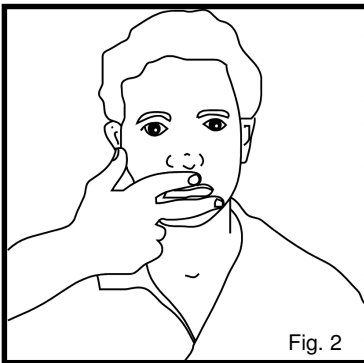


Fig. 2

There are two other places to rub while you are rubbing the points in Figure 2. First, with the other hand, rub the point on the pubic bone for 30 seconds. See Figure 3.

Then, with that hand, rub the coccyx, or tailbone, for 30 seconds. See Figure 4.

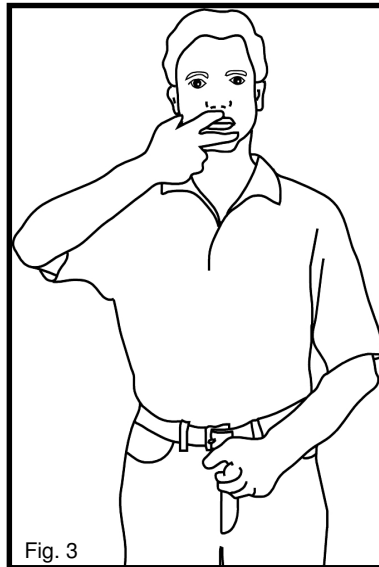


Fig. 3



Fig. 4

B. Secondary Benefit Syndrome (SBS):

This is the second and more common type of Reversal. The SBS reversal occurs when the subconscious mind believes that it is better or safer to keep an issue (like negative emotions, chronic pain, extra weight, or a bad habit), than to eliminate it. As the movie "What the Bleep Do We Know?" demonstrates, our bodies can actually become addicted to a negative emotion or issue.

After a period of time we may become so accustomed to being angry, hurt, anxious, victimized, etc. that our body is reluctant to let go of the emotion. The negative condition may be uncomfortable, but if we have been in that state for so long that it begins to feel natural to the body and the subconscious mind.

Since SBS is seldom a conscious choice, most people will deny that subconsciously they don't actually want to get rid of their problem or issue. Of course most people don't consciously want to stay emotionally upset or physically in pain. But the subconscious has a powerful influence, and can over-rule our conscious desires.

If you have carried around a trauma, chronic pain, phobia or other issue for many years, the emotion can become a part of your personality or even your identity. How often have you heard phrases like "He's an angry young man" or "She's just such a nervous person?" Overcoming or losing that identity can be very threatening to the non-rational subconscious mind.

For instance, the subconscious might be thinking:

“If I get over this issue...

...I won't have an excuse anymore for my life not working.”

...It might be scary.”

...I may not know who I am anymore.”

...It may not be safe to let it go.”

...I won't know how to act as a functional, non-victim person.”

...I won't get the attention or sympathy I get now.”

If someone has been trying to lose weight for a long time, for instance, and hasn't been successful, they are almost certainly reversed on it. Consciously they want to lose weight, but their big, stubborn subconscious may be saying:

"Wait a minute here. If I lose weight my clothes won't fit and I'll be deprived of the foods I love. And what if I lose that 40 pounds and I still don't get that promotion I need, the guy I'm lusting after or the friends I want? Maybe if I lose that weight I'll be so attractive to men that I'll be abused or harassed again. Or what if my chubby friends abandon me and what if I get skinny but am still not pretty? Geez, losing weight is just not worth it, so I'll just stay fat."

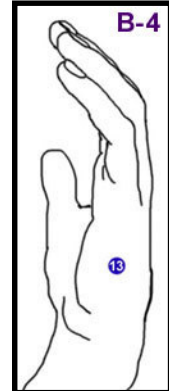
Once again, remember, this is the subconscious mind wielding control over what we consciously want.

As long as the subconscious is unwilling to let the problem go (that's a Reversal) it's very hard to resolve an issue, with or without the tapping process. When I hear someone say "I've had this _____ for years and have tried everything," the word Reversal comes to mind immediately.

RESOLVING SBS

The good news is it's **very** easy to fix an SBS reversal. Here's how it's done:

Tap on the karate chop point (See Figure B-4) using a reversal affirmation such as "Even though _____ I completely love and accept myself." Fill in the blank with one of the suggestions below, or use one of your own.



- ...I don't really want to get over this phobia...
- ...It may not be safe to get over my fear... (use your actual fear, not the word "issue") ...
- ...I may not deserve to get over this issue...
- ...I won't know how to act if I get well...
- ...I won't have an excuse for my life being messed up...
- ...I don't want to forgive the people that ruined my life...
- ...I don't want to be normal...
- ...I'm afraid I this won't work and I'll never be well...
- ...For *whatever* reason, I don't want to overcome this problem...

I almost always use at least the first and last of these choices which usually catches everything in between. "Not deserving" to get over something is also a biggie, so try it if it fits, along with any of the others. They're free and they can't hurt. You'll know the Reversal neutralization worked when you start doing the tapping process again and begin getting results. Reversals can be a huge stumbling block, but they are so easily remedied that you don't need to let them stand in the way.

Remember, fixing a Reversal does not fix the issue. It only gets rid of the impediment to fixing the issue. After neutralizing the Reversal you still need to do the tapping process as outlined in the program (i.e., the affirmation and tapping sequences.)

Reversals are only one stumbling block to a successful treatment with the tapping process, but it is often the one that causes people to say, "I tried this, but it just didn't work for me."

3. Not Being Specific Enough

It's very important with the tapping process to be as specific as possible about the issue or feelings you are experiencing. Frequently people are too general with their affirmation statements. They may try to fix low self-esteem, for instance, by saying "Even though I don't feel very good about myself." Instead a better approach would be "Even though my father berated me in front of my friends at dinner and told me I'd never amount to anything, I want to love and accept myself."

Being too vague, general, or global about an issue is to deny the body an opportunity to remedy the problem. We discovered early on that it's imperative to be as specific as possible about circumstances surrounding any challenge. To dig even deeper I often ask a client probing questions, have them envision the situation or issue, and have them get in touch with smells, sounds, sights, or colors, if necessary.

For example, instead of saying "This pain in my leg" you might say "This pain in the calf of my right leg." Or "...the time my brother embarrassed me at church by burping..." Or, instead of "my fear of water", be more specific about the *kind* of water--i.e., "My fear of the ocean...or deep water...or lakes...or swimming pools, etc." Below is an example of how being specific made the difference.

Example

A colleague of mine worked with a 10 year-old girl, named "Terri" who had fallen during a tumbling routine and was suddenly afraid to work out with her gym team. She loved tumbling and was very upset that she might have to give it up because of her new fear of falling. Yet she was literally terrified of doing gymnastics again. They started tapping on her general fear of tumbling with "Even though I'm afraid to tumble now after my fall..." However, that wouldn't reduce her intensity level at all.

My colleague asked Terri to tell her exactly what had happened, how she fell, and what she saw. Going into those details it became clear that it was *tumbling backwards* that Terri was afraid of, not just tumbling. So they got more specific in the initial affirmation by saying "Even though I'm afraid to *tumble backwards*..." However, that only helped a little. Terri was asked to replay the maneuver with the fall in her mind and describe her feelings. Terri said that in her mind's eye she could complete the backward flip great if a spotter was there for her, but she couldn't "see" herself trying it alone.

They changed the affirmation to "Even though I'm afraid to *tumble backwards, without a spotter*..." and immediately started getting results! In just two or three rounds Terri's fear was gone and she was sure she could tumble again confidently. In fact she wanted to do a back flip right there in the office to prove it. As tempted as my colleague was to see her perform, she had Terri wait until it was safe to try it at her gym. Terri left a happy little girl, eager to get back at it. Terri's mom sent an e-mailed that night stating that at gym practice that afternoon Terri had done back-flips several times and did an excellent job.

4. Not Finding The Core Issue

This is an important item and often missed. Sometimes you need to do some detective work with questions and prodding until you discover the main cause or "core issue" for a problem. If you're stuck, ask questions like "When did the problem start?" or "What was going on when it started?" Often I'll discover that someone's issue started about the same time of a divorce, death, or other traumatic or stressful event.

This isn't a coincidence, of course, but the core reason for many problems. Our bodies can find unusual, creative and seemingly ridiculous ways to deal with difficult situations. We can turn an emotional event into a physical problem without being aware at all of the timing or connection.

For instance, I had a client who had a fear of driving over bridges, and we did not seem to be making progress with the usual affirmations (fear of bridges, driving over bridges, fear of heights, fear of drowning if the car went into the water, etc.) I asked him if anything had ever happened in his life that he wished would not have happened. Without hesitating he stated that when he was 11 years old, he fell out of a tree and broke his arm.

So we started tapping on that incident, using several affirmations starting with "Even though I fell out of the tree and broke my arm when I was 11, I deeply and completely love myself." In less than 10 minutes, the fear of driving over bridges was completely gone.

Here are some questions to ask to find the core issue. The answers to these questions will be turned into the affirmation that you use at the beginning of the tapping process while you are rubbing the spots on your chest (Figure A).

Remember to be as specific as possible.

1. What are the physical symptoms you experience? (sweaty palms, rapid heartbeat, nervous feeling in your stomach, etc.)
2. What are the emotions you experience (fear, anxiety, embarrassment)
3. What are the mental judgments that you have (this shouldn't be happening, I should be able to control this, why did this happen to me?)
4. If you had your life to live over, what person or event would you skip?
5. What else does this problem remind you of?

These last two questions often will bring up an issue that is seemingly unrelated to your symptoms.

Core issues are different than being specific about an issue in that they are often hidden or not as obvious. Nonetheless, finding a root cause is equally critical to solving tough-to-solve cases.

5. Shifting Aspects

Shifting aspects are a like different branches on the same tree. The trunk of the tree may represent the core issues, say a horrific car accident which results in a fear of driving. But different branches are separate issues, such as the guilt someone might feel for causing the accident, or the anger at the other driver for being intoxicated. Another aspect on the same tree might be the trauma of seeing a loved one die, or hear the screaming of someone in pain.

Complex issues often have multiple aspects which become apparent when the intensity level is lowered on the main issue, thus revealing a lesser issue. It would be similar to you falling off your bike and breaking your arm, scraping your knee badly, and cutting your little finger. You may not even notice the scraped knee until the doctor had numbed the pain in your broken arm and set the bone. Only then would you notice the scraped knee, and when that was fixed, you'd notice the cut finger.

Likewise you may not notice an underlying issue until the more painful one has been reduced in intensity. Often when the intensity has dropped from a level of 10 to a 3, a client will say, "You know, the *real* problem is" However, the REAL problem is usually the one that was most noticeable in the beginning. Generally it's better to get that down to a zero before moving to any other newly noticed aspect.

Occasionally, however, it's a good thing to go elsewhere with the problem, especially if it's clearly related to the original issue. Often the hidden aspect turns out to be the core issue. Once the new aspect is completely resolved then you can return to the unfinished issue to complete it and the whole problem then collapses quickly.

With Shifting Aspects you should usually stay with the original problem until it's at an intensity level of zero, before tackling the new aspect. Let judgment, intuition and circumstances be your guide. Part of the art of using the tapping process is knowing when to go with something new that comes up and when to finish the original issue first. Either way, just make sure you get all aspects of an issue to a zero before going on to a different issue.

6. The Need for Human Touch

Sometimes we just need help from someone else, either by having them tapping on the points or by giving us a different perspective. If you are a person who deeply values connection with others, or if you consider yourself to be very sociable, or feel comfortable discussing your problems with friends, then you might benefit from asking for help from someone else. Ask a close friend or family member to tap on the points for you. This sometimes brings results if everything else has failed. At a minimum it will give you some comfort. There is a healing power to basic human touch!

If you've been tapping on yourself, it may just be that you need someone else's energy and focus to help you get clear. Also, having another person's perspective can be valuable. Think of it like this: even the best surgeons in the world would never consider

operating on themselves. In addition to several logistical problems, they not be able to see around obstacles in their way, just as an individual may not be able to see an obvious impediment to their own growth or progress. Their psyche may be trying to protect them from emotional pain by blocking a road they should be going down, but just can't see on their own.

I've had clients who made no progress at all while tapping on themselves, and within minutes of having another person do the tapping for them, their symptoms started to dissolve.

Sometimes a person just needs the personal assistance of others. Someone else can often see what you can't see on your own, with an insight you're missing, particularly with difficult or complex issues.

If you get stuck, seek the assistance of a friend or family member.

7. Lack of Motivation

Once in a while I'll come across a person who would rather stay stuck than change their life that is not working. It's a sad choice, but too often true.

One of my colleagues had a client, "Jerry", who had Obsessive Compulsive Disorder (OCD). He had a severe phobia of germs and therefore washed his hands hundreds of times a day. He also showered and washed his hair several times a day. Furthermore he made his family follow the same procedures in order for them to remain "clean and acceptable". If they didn't bathe every time they entered the house he considered them "filthy and disgusting."

The rest of the family very much wanted Jerry to get help and eliminate his compulsions. But when Jerry first started talking to my colleague he made it clear that he actually liked the attention and feeling special and didn't want to get over his OCD. When asked if he'd like to at least get over his fear of germs he replied "No, no! Being afraid of germs keeps me safe and alive, so I don't want to let that fear go."

This wasn't a Reversal, this was a choice. He didn't want to change and admitted he didn't even want to want to change.

I don't believe it's my responsibility to try to talk someone into changing. I may offer my opinion and make suggestions. However, I feel I have an obligation to respect someone's right to choose for themselves unless it involves harming themselves or others.

It makes me think of the classic joke "How many psychologists does it take to change a light bulb?" The answer is "Only one, but the light bulb must *want* to change!"

The point is that you can't help someone if they really don't want to be helped. This is different than people who are Reversed or skeptical about the tapping process. You don't

have to believe in or understand the tapping process for it to work. Some of the biggest fans of the tapping process now were skeptics at first. As long as you want to change, the tapping process can work for you. I think you're motivated, otherwise you wouldn't have ordered this program!

8. Energy Toxins

A strong enough toxin or sensitivity, in, on, or around you, can also stop the tapping process from working. Energy Toxins and Substance sensitivities are the rarest of the stumbling blocks, but they do happen.

Sensitivities can be caused by something you just ate, by clothing, by carpeting, by pets, by a watch, by jewelry on your body, or by metal in your body - such as pins, fillings, braces, or metal plates. Sensitivity can even be caused by a cell phone, pager or other electrical device! Toxins can be medications a person has been taking or drugs. In order to eliminate a sensitivity or toxin you need to identify it, which can mean a lot of work and detective duty. This can involve asking questions and be confirmed with muscle testing. If you don't know how to do muscle testing on yourself, look for a chiropractor or acupuncturist who practices applied kinesiology or who uses NAET - they can do complete allergy testing for you.

New carpets can contain chemicals that many people are allergic to. Common food allergies include dairy, wheat and sugar. Many electronic devices can interfere with the body's electrical system, whether someone is sensitive to them or not, thus impeding the tapping process. So before tapping with someone I ask that they remove any pagers, phones, Game Boys, Blackberries, Palm Pilots, etc. from their pockets. Even digital watches can sometimes cause problems. Problems with electronic devices are easy to remedy so it's better to be safe than sorry. I also ask people to remove any jewelry they are wearing.

How To Clear Toxin or Substance Sensitivities

If you swell up like a puffer fish when you eat shrimp, break out in hives with peanuts, or your throat becomes constricted if you're bitten by a bee, then you have a serious allergy, not a sensitivity. It's possible that the tapping process may be able to help extreme allergic reactions. But to my knowledge it hasn't been tried or tested. And I'm not advocating that you start now.

We're talking about sensitivities, not extreme, hive-producing, breathing-constricted allergies. So please be responsible with this information.

Many sensitivities can be cleared with the tapping process and it's a fairly simple procedure. You can do it by touching the object in question with one hand while tapping with the other. Here's how:

- Put one hand on the object and tap with the other. (If the problem is a filling or metal plate in your body, put one hand on the approximate location of the metal

while tapping with the other. If the problem is a food sensitivity, put one hand on the plate with the food...or even on the food itself (spaghetti can be messy) and tap with the other.

- The affirmation would be "Even though I may be sensitive to _____ (say the substance, food, object, etc.) I ask my body to accept it as safe and healthy." Do the affirmation while you rub the points, as always, three times. Then do one round using the reminder of "this sensitivity to my cell phone, food, (or whatever)." Do the second round saying "I ask my body to accept these gold fillings (or whatever) as safe and healthy." Do a final round alternating those statements on each of the points. That is, on the eyebrow point you'd say "The remaining sensitivity to _____." On the outside of the eyes say "I ask my body to overcome this sensitivity" Under the eyes say, "The remaining sensitivity to _____ " and so on.

Again, substance sensitivities are less common than any of the other stumbling blocks, so I don't spend much time worrying about them. It's good to be aware of them, however if you get stuck. However, the cell phone sensitivity is actually rather common, or it just could be the electrical interference. Either way, removal of the device from the body is usually enough to remedy that problem.

Those are the 9 Stumbling Blocks to the tapping process, yet there is one more important thing that can help insure success of the tapping process treatments. And that is simply Being Persistent. Sometimes we just give up too soon. Often just being persistent can make the difference in reaching resolution with an issue.

I once had a food addiction (peanut M&M's!) and I finally decided to use the tapping process to see if I could eliminate it. I have been spoiled in the past by getting results with myself and clients after just 2-3 minutes worth of tapping. Even for myself, 4 months of grief from a relationship that ended was gone after 8 minutes of tapping! However this addiction to Peanut M&M's took several rounds of tapping 5-6 times a day for FOUR DAYS until it was completely gone.

Another client of mine had 4 different phobias. She said that she listened to the program and used it more than 10 times, but she finally got the results, and today she is no longer taking medications for anxiety and is a completely changed person due to the tapping process.

The bottom line is, knowing and practicing the solutions to the 9 Issues that may be invaluable to your success. Those of us who have been doing the tapping process for years know it works, so we're more likely to be persistent and look for any impediments. If we don't get an immediate result we don't say to ourselves "the tapping process just isn't working." We simply ask "What's in the way here?" So if you're not getting the results you want or expect, become knowledgeable about these issues and how to remedy them. Then put them into action.

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If you have any questions, or need help, please let me know. And please keep me posted on your results and your success. I'd love to hear from you! My contact information is on the website.