

Breaking the Habit of Being Yourself

I'm about to jump into the ocean off the back of a dive boat. I'm 5 miles off the coast of Florida on a snorkeling excursion. The turquoise Caribbean water is calm and clear and I can see all the way down to the orange and purple coral reefs glowing on the seabed 20 feet below. The dive boat crew and captain are solid and professional, and the boat is state-of-the-art; their company has been offering expeditions to this area for 30 years.

Yet amidst all this perfection, I'm having a panic attack. The feeling in my body is like an old enemy; I know it well. I always feel this way when I'm about to snorkel. I think about how cold the water will be, and the fact that when I jump in my feet will not touch bottom. There will be a terrifying few moments when my head is below water, when I'm going down, down, down. I'll wait in agonizing suspense before the momentum of my jump reverses, buoyancy takes over, and I bob slowly to the surface.

I know there are sharks in these waters; I've seen them basking on the sand at the bottom of the reef on previous trips. My left brain knows that the chances of being attacked by one are statistically less than being hit by debris falling off an airplane, yet I'm still panicky. I know from past experience that I just have to tough it out. I remember

that the panic phase subsides after about 15 minutes in the water. I always then become absorbed in the underwater scenery and forget my fright, or at least push it to the back of my mind.

This is just the way I am. When I was 2 years old, I was playing in the surf with my father and mother when a big wave came and knocked me down. My lungs filled with water as I tried to scream. At first, nobody saw my distress and, before I knew it, I was being carried out to sea. As I was moving away from the shore, my father saw me and grabbed me from the waves.

From that moment of half-drowning on, I had a fear of open water. Confusingly, it was intertwined with a love of water in general. I love hot tubs, pools, showers, baths, and lakes. I have a koi pond outside my dining room, I go to resorts with pools and hot tubs whenever I can. I go camping near the local lake frequently, and when my kids were young, I took them swimming in lakes, rivers, and pools as often as possible.

Let's now fast forward my autobiographical movie to the snorkeling expedition in Florida. I dangled my feet in the water behind the dive boat, trying to nerve myself to jump in. All the other snorkelers were overboard; as usual, I was the last to get in. Then a thought occurred to me. Use EFT!

"That's silly," my Inner Critic responded. "You've been afraid of open water your whole life and for good reason too. You had a bad childhood trauma. There's no way that silly tapping thing is going to overcome a lifetime habit. And anyway, you'll look like a fool tapping in front of the boat's crew. They'll think you're a nut case."

I got over myself and tapped anyway, right there in front of the dive boat crew. I jumped into the water and continued tapping. I still felt the familiar panic as I sank down under the surface, but it dissipated in about 10 seconds. I was soon swimming with the other snorkelers, absorbed in the beauty of the tropical fish and colorful reefs.

Ironically, I had learned EFT about 5 years previously, and begun teaching it 2 or 3 years later. Yet I never thought to apply it to my snor-

keling dilemma. “That’s just the way I am,” I believed. “Open water is dangerous, that’s just the way the world is.”

Yet it isn’t.

I was wrong.

That was not the way the world is. It was just the way my internal world was.

How often do we hold ourselves back with false messages like that?

How often do we tap for some of our issues, but exempt others, thinking that they are immune from change?

How often do we use EFT successfully for other people but not for ourselves?

When my friend Joe Dispenza, made famous by the movie *What the Bleep Do We Know!?* published a book called *Breaking the Habit of Being Yourself* (Dispenza, 2013), I was one of the first to congratulate him and to review the book. I was also struck by the brilliance of his title. We think that the way we are is the way the world is. We have a fixed habit of being ourselves, and we cannot imagine things being otherwise. In the early 1800s, philosopher Arthur Schopenhauer observed: “Every man mistakes the limits of his vision for the limits of the world.” We can live with those limits for a lifetime unless we break the habit of being ourselves. We can suffer needlessly for decades simply because we’re stuck in the erroneous belief that “thus it is” when it really isn’t.

Imagine the vast collection of human potential that is lost to the world because of the limited thinking of seven billion people. If even 1% of them threw off the shackles of being themselves, dumped their suffering, and changed their assumptions, the creativity and joy unleashed could change the course of history.

EFT gives us enormous leverage over the old version of self. Tapping on our assumptions, we can change even parts of ourselves we believe are fixed and immutable. I passionately desire that this book leads you to challenge every assumption you have about the world and about yourself. My greatest wish is for you to throw off the shackles of

your suffering and claim the life you were born to live. I want you to break the habit of being yourself, and embody a new self, the highest version of self you are capable of embodying.

Ask yourself these questions:

What stories do I habitually tell other people about my limitations?

Are those limitations actually real?

Are they just part of my boring old story?

Who might I be if I dumped all those stories?

Is the self-talk inside my head actually true?

What parts of the world do I think are fixed in external reality, yet may just be projections of my inner reality?

This chapter offers you techniques for changing all of these viewpoints and beliefs, and breaking the habit of being yourself. What you'll learn in this chapter is how to identify your core issues, the ones that are so central to your identity that you believe them unquestioningly. Our core issues form a frame of reference through which we see the world. For instance, if one of your core issues is "It's a dog-eat-dog world," then you will approach people and situations as though this were true. Rather than assessing people and situations objectively, you cram them into this subjective (and untrue) frame of reference. You are likely to have dozens of these core beliefs shaping your perceptions and your experience. Once you identify them, and tap on the events that created them, you change your experience. Clinical EFT contains powerful tools for helping us identify core beliefs and drop those that do us a disservice.

Finding Core Issues

While EFT can be useful for minor or peripheral problems, much deeper healing is possible if you assist your client or yourself in finding core issues. The events that bother us are only a problem because they resemble deeper emotional wounds usually dating from traumatic or painful events in our childhood. Rather than being content with using

EFT on surface problems, it's worth developing the skills to find and resolve the core issues that are at the root of the problem.

In the case example of Cindy, she encapsulates a theme in her life story with the phrase "I'm a doormat." A common thread to all Cindy's life events is that she cannot say no, she makes her needs subservient to those of others, she cannot articulate her wants, she's afraid of standing up for herself, and she has low self-esteem. Collectively, these events have led to the core belief that she's worthless, and one of her favorite sayings is "I'm a doormat."

Delving below the surface revealed several life events that contributed to forming Cindy's core belief. They are:

As a child during her first week in preschool, she needed to go to the bathroom and asked her teacher for permission to leave the class. The teacher told her that break was only 5 minutes away and to hold it till then. Little Cindy couldn't, and wet her pants. The other kids laughed at her, and the teacher punished her.

Cindy had two older brothers. They would make her play games with them, and she always wanted to please them. One of those games was Cops and Robbers. They always cast her in the role of the Robber and shot plastic arrows at her, aimed their toy pistols at her, and chased her. They would often tickle her, laughing while she writhed to try and get away. A couple of times they held her down and wouldn't let her move, and her panicked attempts to escape were of no avail. During at least one of these episodes, Cindy passed out.

In her current life, Cindy's husband and children criticize her mercilessly. In the evenings they watch TV or play video games while she takes care of all the chores. One day recently, she cleaned the whole house while they were away, clearing up layers of mess that they had created. When her husband came home from work, he commented on the one room of the house she hadn't gotten to yet.

Cindy's core belief of "I'm a doormat" was built up through dozens of incidents in her childhood, and she picked a husband who would perpetuate the pattern. Cindy thinks that's the way the world is, but in

reality it's the way she is, projected onto the world. She trained her kids to carry on the family tradition, making them part of the problem. Cindy doesn't understand or believe that she trained them this way, yet she created a present that reinforces the world view built by her past.

When Cindy tapped on each of the traumatic events that led to the core belief, the SUD score of each of them went down. She tapped on about 50 events in the course of 10 sessions. After the fourth session, Cindy became extremely angry at the way she's been treated. By the seventh session, Cindy was furious at herself for letting herself be a doormat. She began to assert her needs at home, producing an uproar. Tapping made her strong enough emotionally to persist, even though her husband and kids weren't about to change.

With no family support for her transformation, Cindy decided to get support from outside the home. She joined a woman's group at her church, and a Master Mind group centered on finding your life purpose. She made many new friends and found plenty of people who respect and appreciate her. Cindy changed her inner story, no longer holding the core belief that "I'm a doormat." She now affirms, "I am a powerful and valuable woman." She's now busy creating outer circumstances that reflect the inner change. Over time, her new frame of reference will produce an outer reality that is diametrically opposite to her old one. Nothing spontaneously changed in the outer world first; it took inner subjective change for the outer objective world to begin changing. That's where change always begins: inside. When you change your story, you change your life.

Here are some questions you might ask in order to identify the events that have contributed to your core issues:

Does the problem that's bothering you remind you of any events in your childhood?

Tune in to your emotions, and identify where in your physical body you feel the most sensation. Then travel back in time to the first time in your life you ever felt that same physical sensation in your body. Describe the event that was happening at that time.

Think about the problem you have now. What's the worst similar experience you ever had in your life?

If you were writing your autobiography, what chapter would you prefer to delete, as though it had never happened to you?

Once you've made your list of the events that have collectively produced your core issues, tap on each of them in turn. They form a matrix that reinforces your core belief. As your SUD level for each event drops to 0, you weaken the matrix and, eventually, the whole psychological structure will collapse. Your core belief vanishes spontaneously, and a new set of beliefs emerges into your consciousness. Empowering and positive beliefs that were buried under the mass of traumatic experiences pop to the surface and become part of your picture of reality.

If the client tells you she can't remember the specific events that contribute to her core belief, ask her to simply make up a fictional event in her mind. This kind of guessing usually turns out to be right on target. She's assembling the imagined event out of components of real events. The imaginary event usually leads her back to actual events you can tap on. If it doesn't, tap on the imaginary event. It usually contains enough components of real events to be an effective target for EFT.

Identifying the Writings on Your Walls

The "writings on our walls" are the beliefs we picked up as children from those around us. When we asked for a new backpack for seventh grade, and Dad said, "Money doesn't grow on trees," we understood the principle of scarcity. Dad probably said that when Mom wanted a new dress or sister wanted to attend summer dance camp. We probably heard it from Grandma and Uncle Thomas as well. This phrase, written on the wall of your consciousness, became part of your world view.

Perhaps we heard a high school friend say, "All the good men are taken." We remembered when we overheard Mother and Aunt Peggy complaining about men, and about Peggy's contemplation of getting

divorced. Eventually, she decided to stay with her abusive husband because the other models of husband were equally flawed. After all, all the good men are taken. In any case, the grass is always greener on the far side of the hill, there's no pot of gold at the end of the rainbow, every cloud has a silver lining, what doesn't kill you makes you stronger, and what goes around comes around. Perhaps you're laughing as you read that list of clichés, just the way I'm laughing as I write them, but they're instantly recognizable as pieces of folk wisdom that resonate for many people.

But are they true? Very often, we have writings on our walls that have long outlived their usefulness.

In the community where I live, there are a great many single women. Year after year, decade after decade, they can't seem to find the right man. They go to parties and meet new people. They subscribe to online dating services. They use match-making services to introduce them to potential mates. They're always hopeful, but their dreams never work out. After many years, despair sets in and, after decades of disappointment, they realize that Aunt Billie was right when she told them, "All the good men are taken."

I've also noticed that there is a small number of women in that same community who manifest the opposite result. They get divorced in their 50s or 60s after long marriages, meet many potential partners soon, and quickly find their ideal mate. They don't believe the proverb. Without that subjective frame of reference, they don't create that reality in their objective experience. The writings on our walls have a way of shaping the circumstances of our lives. We notice life events that validate our beliefs, and dismiss those that don't, a phenomenon that psychologists call "confirmation bias" (Nickerson, 1998). If you believe all the good men are taken, Mr. Right might be standing in front of you, but you can't see him past your belief.

The people who instilled your core beliefs in you when you were a child meant well. They were trying to protect you from harm. They were convinced that if they told you the dangers of the world,

you'd become a prudent person and experience less pain than they had. They'd often had rough lives, had dysfunctional core beliefs, and shaped their reality accordingly. They're convinced the external world is that way, when in reality it's their internal world that is that way. They do their best to instill their sense of limitation in you, subconsciously hoping that you won't be damaged in the same way they were. Yet if they succeed in instilling these beliefs, they're likely to produce the very result they fear.

The problem is that the world can be either a place of pain or a place of joy, and a great deal of the difference is created by the writings on your walls. If your head is filled with convictions of limitation and suffering, you'll tend to reproduce those conditions in the outside world.

Notice whenever you use a cliché. Trace it back to where you learned it, and all the events that validated it as truth. Write these down in your personal journal, and tap on them. Rate how strongly you believe that truth. In the field of psychology, this rating of the degree of truth is called the "validity of cognition" or VOC and it uses an 11-point scale, similar to the SUD scale (Shapiro, 1989); in the case of the VOC scale, 0 represents no belief in the statement being rated and 10 represents unshakable conviction that it is true. What is your degree of belief in the following statements?

Money doesn't grow on trees.

No pain, no gain.

Life's a bitch, and then you die.

The world is a dangerous place.

It's a dog-eat-dog world.

All good things come to an end.

True love never lasts.

Let's try some positive statements. What's your VOC score for these?

The world is a safe and nurturing place.

*The universe conspires for my good.
Everything turns out alright in the end.
I am a spiritual being on a material path.
I am abundant.
Money flows to me easily.
I am vibrantly healthy.*

Once you've identified the writings on your walls, you can find the underlying events that installed them. We do this in live EFT workshops, and we find that even if participants have a very strong belief in a negative cliché such as "All good things come to an end," their high VOC score changes after tapping. We help them find the childhood events that installed the cliché, and tap on them. Once these events lose their emotional charge, the VOC around the cliché drops like a stone. They experience a makeover in the writings on their walls, walking out of the workshop with a revised internal belief system. Limiting beliefs are replaced by empowering beliefs. This can soon begin to produce a very different picture in their external objective world.

The Characteristics of Effective Affirmations

The practice of affirmations has a checkered history. Affirmations became popular in the 1970s. The idea was that you'd make an affirmation, and if you believed it strongly enough, it came true. Affirmations often didn't come true, however, and many people fell out of love with using them after their initial enthusiasm had died down.

In the process, we learned more about how and why affirmations do and don't work. We can now identify how to craft affirmations that are likely to succeed. When you combine affirmations with EFT, the effect is enhanced. There are several ways in which affirmations and tapping can be mixed. Here are some to experiment with:

- Tap while saying your affirmations. Start at the Karate Chop point and work your way down to the last point. Then start again at the Karate Chop point, tapping continuously while you affirm what you want.

- While saying your affirmations, notice any sensations that arise in your body. Tap on those sensations.
- Notice any objections your mind has to your affirmation. Tap on the objection.
- Make a list of your affirmations and say them daily while you also tap.
- Tap while formulating new affirmations. Notice how your body feels as you experiment with different wording for your affirmations. Choose the wording that produces the best physical sensation.
- Identify the objections that arise in your mind while thinking about your affirmations. In EFT we call these “tail-enders” because they pop up at the end of an affirmation, giving you all the reasons why the affirmation can’t be successful. We’ll focus on these in the coming section.

To have an impact, affirmations should be charged with high emotion. What’s a way of stating your desire that engages your passion? Saying “I want a nice house” is a pretty limp statement. Saying “I want the house of my dreams” has more energy. Saying “I am now living in the white two-story house by the beach in Cape Cod with the wraparound deck” is far more concrete and is much more likely to get you emotionally fired up.

Affirmations should be stated in the present tense. Affirming that “I’m going to have plenty of money” pushes the event into the future. You might manifest your affirmation in 10 years. In 10 years, you’ll still be in a state in which you’re going to have plenty of money. Sometime, but always in the future. Saying that someday later you’ll accomplish your dream means that you never reach the state in which it exists right here and now.

Affirmations should be vivid and detailed. If you’re affirming health, what does health mean to you? Is it linked to outdoor activities like hiking, kayaking, and biking? Walking on the beach? Soaking

in a hot tub? Being slender? Eating certain foods? Create a vivid and detailed picture of exactly what you want, and affirm that.

Affirmations should be crystal clear. Write them down and then refine them, becoming clearer with each revision. Affirmations should be positive, stating what you do want, rather than what you don't want.

I recommend creating affirmations after meditation or another spiritual practice that puts you into an elevated mental state. Otherwise, you're affirming and creating out of any limitations and fears that might occupy your conscious mind. First bring yourself into the highest possible state of consciousness. Napoleon Hill (1966) recommended this practice in his classic book *Think and Grow Rich*. He believed that when you do this, you are able to tap into awareness far beyond the scope of your limited local mind. That's the place from where to affirm the future you'd like to see.

Identifying Tail-Enders

When you state your affirmations clearly, in the present tense, with high emotion, in vivid detail, what happens? Say "I effortlessly maintain my goal weight" or "I manifest financial abundance" or any other affirmation you're working with, and notice what pops up in your mind right after the affirmation. This is the tail-end. It is a negative and limiting statement that counteracts the affirmation. For instance, you say, "I effortlessly maintain my goal weight" and a little voice whispers in your ear, "...in your dreams." Examples of tail-enders are:

That's a laugh.

Who are you trying to fool?

Like you've never done before?

Not.

Are you kidding?

No way, Jose.

Don't be ridiculous.

Yeah, right.

Tail-enders are the true affirmation, not the statement you've just made. The tail-ender rings much more true in your consciousness. It has much more emotional power than the positive statement. Since the tail-ender represents your true belief, that's what you'll manifest. That's why after the first rush of enthusiasm for affirmations in the 1970s, people discovered that they didn't work as planned. They would say their affirmations daily and fervently, imagine them vividly, and then manifest the opposite. Paradoxically, this is a demonstration that affirmations can actually work, since the tail-ender, which is the real affirmation, comes true.

In EFT we turn this to our advantage. Say your affirmations, and locate your tail-enders. Write them down, and then tune in to your body as you say them out loud. That tail-ender is usually the result of limiting core beliefs and writings on your walls. You can find the childhood events that gave rise to the tail-ender, and tap on them till the SUD level goes down.

Once your VOC level for the affirmation is high and your VOC level for the tail-ender is low, then your affirmations have real power. Here Paul Zelizer tells about how he worked with a client who had self-sabotaging tail-enders around starting her own health practice.

Doubts about Her Holistic Health Practice

By Paul Zelizer

In the past few months, I've been contacted by an increasing number of people who have heard of EFT and tried it on themselves without success. These clients have read about the importance of finding the core issue and have tapped on many things that they think might be underneath their symptoms. However, for some of these folks, it just hasn't worked.

Jenny moved to a new city and was excited about starting a holistic health practice. However, she underestimated the cost of living in this

new city, as well as the time it would take to build a successful practice in a new place.

When we first met, Jenny was very stressed out about money. She had gone through most of her savings, she had only a few clients, her health was declining, and she was starting to lose sleep.

While EFT made sense in theory to Jenny, she had no idea how she could use it to help with her money issues. In the course of several sessions, I taught Jenny the Using the Tail-Ender Technique.

First, I had Jenny decide on a statement that she would like to be true. In one session, she decided on “I easily earn \$50,000 per year.” Next, I had Jenny get in a comfortable position and prepared her to listen to messages that were about to come. In the counseling world, the messages that we tell ourselves are often called “self-talk.”

Next, Jenny said aloud, “I easily earn \$50,000 per year.” Then, both Jenny and I remained quiet for about a minute while she listened to her own self-talk (tail-enders). What Jenny reported is that two messages were very clear. The first was “YEAH, RIGHT!!” and the second was “That’s not a reality for me.” We tapped on these using a variety of Setup Phrases.

Over the course of several months, Jenny has seen some big improvements. She found a part-time job in her field that pays well, has flexible hours, values her holistic skills, and allows her to continue to market her own practice. She is sleeping better and is less stressed overall. While Jenny says she has a long way to go, she now feels clear about how to use EFT for money issues and has a better idea of what to tap on.

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Daisy Chaining, and Tapping and Talking

Frequently, EFT produces results so quickly and efficiently that the individual moves from issue to issue to issue, clearing each one. We call this pattern the “daisy chain.” The resolution of a problem seems

to call to mind another problem, offering the individual a rapid healing transit through a long chain of problems.

For example, a man might start with a spider phobia and, after tapping away the problem, he recalls his fear of heights. After tapping on that, he continues to daisy chain, moving quickly to fresh issues such as a car accident, criticism from a boss at work, and rejection by a lover.

This is a chance for dramatic healing to occur because multiple problems can be resolved in the space of one session. If you find yourself on a roll, keep tapping!

The daisy-chain effect is obviously in play when the client shares with you the new issues as they arise. The client may not know the value of telling you about subsequent memories that arise, however, so the healing opportunity is overlooked. This can be avoided by instructing your client in advance to tell you if other problems come to mind. Alternatively, asking a simple question can trigger the memory of additional issues in your client. When you have finished one issue, the simple question to ask is:

What does that remind you of?

With light probing in this way, you can set the daisy chain in motion. Ask the question again after the resolution of each issue. In some cases, you and your client might witness a long list of healing “miracles” in just one session.

A related technique is Tapping and Talking. That’s all you do. In workshops, clients often start talking about a problem in their lives. I interrupt them immediately and say, “Keep talking, but tap while you talk!” What happens next is wonderful to watch. Rather than just recapping old problems, they experience breakthroughs. Talking about an old problem without tapping is likely to reinforce it. The neurons that process that information in your brain are firing as you speak, creating new synaptic connections and building up further neural capacity to carry that signal of emotional distress. If you tap, however, the emotional intensity of the event usually diminishes rapidly. Those neuronal pathways in the brain are then deactivated. You are literally reshaping

your brain with every story you tell and every strong emotion you feel. EFT helps you release the pull of “your same old story” and opens up the possibility of creating a new story.

A handy rule of thumb is to tap whenever you are telling a story charged with negative emotion. The worst that can happen is nothing. The likely outcome is the discharge of the emotional energy associated with the event, and a new possibility of healing. Here’s a story about how a client of mine daisy chained through many different issues in a long session.

Little Louise and Taxes

This client was a recently divorced woman. Her husband had completed the tax returns throughout their 35-year marriage, and this was the first year she’d had to face the task herself. She exhibited so many irrational fears that a structured conversation based on cognitions was virtually impossible. So I encouraged her to rant and tap, while holding in the other hand the tax information sheet her accountant had mailed her, and her checkbook. Here are some excerpts from the conversation. I’ve shortened it to make the daisy chain more clear, and inserted ellipses (...) where the transcript has been cut.

Client: Why are there taxes?

How can I be expected to do taxes?

I’m 60 years old and I’ve never figured it out.

Why do taxes exist? (crying)

Coach (I had an intuitive sense that the last sentence meant she’d already regressed to a childhood mental state): How old are you right now?

Client: I’m 5 years old. How can I know about taxes?...

I am overwhelmed.

I’m an abject failure.

I don’t deserve to live.

I’m less than a dust mite in the carpet....

Coach (noticing her looking at her checkbook): What do you feel in your body when you look at your checkbook?

Client: Panic. My brain freezes.

Coach: Where in your body do you feel it?

Client: My brain. My head....

Coach: If that feeling were a child, what would the child's name be?

Client: Little Louise.

Coach: Close your eyes and tap on her. Tell me about her.

Client: She wants to be taken care of. She doesn't think she can figure out business.

Coach: Show her the checkbook and ask her how she feels....

Little Louise never grew up. She feels stubborn. Not wanting to do that.

Coach: So she's choosing?

Client: She knows she's smart enough. She can do the math. She put her foot down, she said, "I am not going to do that." (Note the cognitive shift as she realizes that not doing her taxes is a choice, not an inevitability.) She knew enough to write down checks in her check register.

Coach (noticing a detail from the checkbook and being impressed): You wrote down a balance after every check. Wow!

Client: It's fun. I guess if writing down checks is fun, it could be fun to learn how to do taxes. We can make it a game (another cognitive shift)....

Coach: What number are you on not being an organized person now, after tapping?

Client: 2.

Client: Because I love myself anyway, and I can get organized when I need to, like when I used to study for tests.

Coach (wrapping up session): What number are you about "I didn't keep good records?"

Client: 2. Little Louise did the best she could. I still didn't keep good records, but I'm still okay. I forgive myself. I was going through a divorce. I was grieving.

The client left me a voice mail 2 weeks later to say she'd finished her taxes, 3 weeks before the government deadline. She said it was easy!

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The Generalization Effect: Identifying It, and Adjusting the Setup Statement

The generalization effect is the tendency after tapping on an event for your SUD level to go down for all similar events. Perhaps a client has had dozens of negative experiences with his bosses at work. He has a pattern of getting into conflict with them, and eventually quitting or being fired. He's decided to find an EFT practitioner to work on his problem and he's found you.

In the first session, you help him identify the worst three events with a boss and tap on them. You then shift the focus, and have him pick the first bad event with a boss, which occurred when he was flipping burgers at a fast-food restaurant as a teenager. His boss, Terry, screamed at him when he burned a batch of fries. His SUD level is now 0 for all four events. It's likely that his SUD score on all the others will then go down even though he has not tapped on every single one.

It's also possible that his SUD level around being yelled at for burning the fries goes down slowly. It's a 10 to start, and after a round of tapping, it's a 4. His first Setup Statement was "Even though Terry screamed at me for burning the fries, I deeply and completely accept myself." After his SUD level goes down to 4, you can adjust the Setup Statement to be "Even though I still have some emotional intensity around Terry screaming at me for burning the fries..." When his number is down to 1, you can say, "Even though I still have a little bit of emotional intensity..." and so on. You adjust the Setup Statement to reflect the client's progress. EFT Universe trainer and social worker Tracey Middleton recalls one Vietnam veteran who remembered

hundreds of firefights. After tapping on the four that were the most traumatic, the rest no longer bothered him.

Notice the generalization effect when you're working with clients or working on yourself. If, for instance, you worked on the bosses during the first session, ask your client about those four events when he arrives for the second session. He might still be a 0 on all four. You ask about other similar events with bosses, and find that few or none of them now have any emotional intensity. So you might need to shift the focus of subsequent sessions to a different issue.

The Apex Effect

The Apex Effect is a term coined by Roger Callahan (1985) to refer to a phenomenon frequently observed in energy psychology practice. Clients tend to dismiss the effectiveness of tapping because once the problem is solved, they have difficulty believing or remembering that it was once severe. When offering EFT to veterans at the Veterans Stress Project, therapists sometimes remark on the Apex Effect. After a veteran has had four or five sessions of EFT, he may be feeling much better. He might say something to the therapist like, "I don't think I ever had PTSD to begin with." Therapists in the research program keep records of their sessions, including PTSD scores, and they then show the veteran their intake forms. Veterans are often shocked at how severe their PTSD was when they started treatment, and they realize how far they've come. When a problem is solved, it can be difficult to remember how bad it was to start with.

A related phenomenon is the tendency by clients to ascribe their success to something other than tapping. I was working with an executive team at a large family-owned company. Before we began, I assessed their levels of anxiety and depression using a standardized test. I worked with the treasurer on several deeply disturbing emotional events. We were using an office with a beautiful view overlooking a flower garden. The man was a good candidate for EFT and his SUD scores dropped quickly. He felt much better after the session, and the improvement was reflected in his second batch of test scores on the

anxiety and depression scale. “I feel great,” he said at the end of our time together. “This office is so cheerful, and the view is so pleasing, that it’s really improved my mood.” I didn’t disagree with him, but I chuckled inside. He ascribed his improvement to the view, an implausible explanation given that he’d seen it many times before.

Here are two case histories from the EFT archives that document the Apex Effect. First, EFT Master Carol Look shares a story from “Sara” who burned herself badly while boiling vegetables. Sara used EFT not only to lessen the pain, but also to deal with the redness and possible blister. To her surprise, the next day there was not a blister—not even a red spot. It was as if the burn had never happened at all. In the second case, psychologist John Digby describes his client forgetting the fibromyalgia symptoms she’d tapped on.

A Skeptic’s Use of EFT for a Burn

By Carol Look, LCSW

“Sara” burned her finger very badly by touching a metal pot in which she had been boiling vegetables. She said she heard her finger “sizzle” and she physically shuddered from the pain. She immediately applied ice to her finger but was shocked by the severity of the burning feeling that persisted in spite of the ice. I had taught her EFT for anxiety issues, so she knew the routine. She was still a little skeptical, however, and reluctant to try it on herself, by herself.

Feeling desperate, she decided to tap anyway on the burn pain. Sara reported feeling greatly relieved from the throbbing and pain immediately after using EFT on herself. She continued to apply the ice for the next half hour but, based on previous experiences of burning her fingers in the kitchen and applying ice as the only remedy, she didn’t expect much relief. She anticipated that her finger would still hurt or throb later in the evening, feel tender and sore at night, and eventually blister the following morning.

Sara was amazed to find herself free of pain that evening. She wasn’t even mildly distracted from leftover sensations from the burn. The following morning she reported she was able to grab onto the

holding bar of the treadmill during her workout, because she basically “forgot” she had injured herself in the kitchen. Her finger did not feel sore or tender and never blistered or even looked as if the skin had been hurt.

Sara is no longer reluctant to try EFT on herself. Illustrating the Apex Effect, however, she said, “Maybe it was just the ice...” While Sara admitted that ice alone had never given her this kind of relief from a burn before, she still didn’t feel entirely comfortable attributing her speedy recovery to EFT.

* * *

Client Forgets Symptoms of Fibromyalgia

By John Digby, PhD

In my practice I have become known as a specialist in fibromyalgia and chronic fatigue syndrome and regularly address support groups for these conditions. In these events I have the assistance of one of my first “cures” in the way of a lady called Tina, who, since her recovery, has also become a practitioner.

After explaining how EFT works and demonstrating with a member or two from the group, I open the floor to a Q & A session. This week a gentleman in the audience asked Tina exactly what symptoms she tapped on to get rid of her fibromyalgia. She quickly replied that although the consultations we had were just over a year ago, she had no recollection of specific symptoms and went on to explain that this was the Apex Effect in action.

Her fibromyalgia had been severe, and she had been diagnosed with depression, receiving pharmaceutical treatment for depression for 14 years. But she had so completely dissolved the issues causing the symptoms that she could not connect with that “other Tina” who had had the condition.

The Apex Effect never fails to enthrall me and, after a few early jitters as a therapist, I now smile when a patient experiences it, as I know then that the healing is total!

* * *

There are several possible explanations for the Apex Effect. One is that the conscious mind does not believe that healing is possible, or that it could happen so quickly. I remember doing my first telephone session with a client as part of a radio program. The client's SUD level dropped quickly. I did not believe it, even though I had been doing EFT for years and I was the practitioner in this case. After the show, I phoned the client and asked if her SUD level really had dropped that fast, or if she was just trying to please me on the air. She assured me that she'd reported her distress honestly and accurately. In that case, it was me who suffered from the Apex Effect!

I am frequently startled at how quickly clients heal. My conscious mind is sometimes reeling, unable to accept what clients are telling me about their levels of distress. My logical mind tells me that such rapid healing of physical pain, for instance, isn't possible. Yet I've witnessed hundreds of people going from high to low SUD levels for pain in just a few minutes, despite my skepticism.

In the documentary film *The Tapping Solution*, producer Nick Ortner wanted to include a woman named Patricia who'd had severe and long-term physical pain. Patricia had been in a car crash that severely injured her back. Subsequent operations inserted rods and screws in her back, and she called the pain a "constant heavy presence." Nick's sister, Jessica Ortner, who was collaborating with him, did not want her included, arguing that her physical injuries were so severe, and of such long duration, that EFT was unlikely to have much effect. If I had been part of the debate, I would probably have sided with Jessica. To their credit, Jessica and Nick took the risk and included her in the group. Her pain completely vanished, the Ortners captured the transformation on video, and when they followed up a year later, Patricia had maintained all the progress she'd made in the earlier session. The movie is inspiring and a great way to introduce newcomers to EFT (TappingSolution.EFTUniverse.com). Clinical psychologist David Feinstein believes that one reason that mental health professionals have been so slow to adopt EFT is that nothing in their prior

experience suggests that such rapid healing is possible (Feinstein, 2010). Given my own difficulty in accepting these seemingly miraculous results, I can sympathize with these professionals.

Sometimes clients recognize that they've had a life-changing event, and they're awed and grateful. Other times they ascribe their changes to the view, the weather, the chair, the flowers, or something else. That's one reason why EFT places such emphasis on collecting SUD scores. They're a way of demonstrating progress to both client and practitioner, despite the Apex Effect.

Shifting the Setup Statement as the Client Rapidly Shifts Aspects

Given the speed with which client distress can vanish with EFT, the alert practitioner is attuned to the client, noticing changes in the client and shifting her approach to match. EFT practitioners, especially experienced therapists, can have a clear idea of the direction a treatment session should take at the outset. Clients often make mincemeat of our plans as soon as we start tapping. Clinical EFT is a "client-centered" approach and we place great emphasis on following the client's lead, not pulling the session in the direction we believe it ought to go.

A client may rapidly shift aspects. A client working on a car crash might identify the smell of blood as 10 on the SUD scale, with the sound of tearing metal as the next-most-triggering aspect with a SUD of 8. You'll then formulate the Setup Statement, "Even though I smelled the blood..." and start tapping. In less than 10 seconds, the client may drop to a 0 on the smell of blood, and shift aspects to the sound of tearing metal, the scream of a passenger, or some other aspect entirely. If you're the practitioner, trust the process, and shift your language to match the client. Do this even if you're thrown off balance by how rapidly the client shifts aspects. It's also very common for clients to remember additional aspects of an event that they did not mention at the start of the session. The client with the car crash might recover a memory fragment about being yelled at by the passenger in the other car, or being afraid of being arrested by the Highway Patrol

officers because they had drugs in the car, or one of a thousand other possibilities. Once the remembered aspects are tapped to a SUD score of 0, many unremembered aspects may present themselves for healing and release.

Our brains and bodies contain much innate wisdom on how to reprocess traumatic events, and when we tap and start the healing process, they may rush to heal, upsetting the neat conceptual frameworks a practitioner may have on how the session should unfold. If you as a practitioner follow the client's lead, listening intently and adjusting the Setup Statement as the aspects shift, you'll match the client's pace of healing.

Customized Setup Phrasing

When you're learning EFT, you begin with the Setup Statement, "Even though [problem], I deeply and completely accept myself." Embodying the effective techniques of exposure and cognitive framing, this Setup Statement works well. As you gain experience, however, you'll begin to experiment with a variety of Setup Statements. Ideally, they should all contain both exposure (the problem) and the cognitive frame of acceptance (I accept myself). But otherwise they may look nothing like the classic Setup Statement you first learned.

Here are some other setups that focus the client on exposure using different words:

"If only..."

"What if..."

"Suppose that..."

"I choose..."

"Even if..."

Though they don't use the classic "Even though I have this problem..." format, they activate that part of the client's neural network that is processing the traumatic memory. Activating those neural signaling pathways is the purpose of this part of the Setup Statement, not

the use of a particular set of words. Here's how these alternate setups might be used in practice:

"Suppose that my wife leaves me for another man, I deeply..."

"Even if I lose my job, I deeply..."

"I choose to accept myself even if the value of my retirement plan decreases."

"If only I'd kept my cat Molly in the house, she'd be alive today, but I still deeply..."

It's clear that all of these might evoke a strong emotional reaction in the client, which can then be addressed with EFT. As you apply EFT, you'll begin to find creative ways to modify the Setup Statement to work for you, as psychotherapist Timothy Hayes explains in this story.

Using "It's In Here" in the EFT Setup Phrase

By Timothy J. Hayes, PsyD

Each time I say to someone, "You make me so angry," I am choosing to focus on them and their behavior as the cause of my anger and discomfort. In doing this I prevent myself from seeing the true cause of my anger, which is always inside of me. It is my thoughts that cause my emotions, not the actions or reactions of anyone else. Each time I tell someone that they have offended me, I block myself from seeing the actual process of how I have chosen to take offense and then feel offended by what they have said or done.

I have discovered an added benefit of the EFT process. When you are tapping or rubbing on the acupressure points on your body, and repeating an affirmation that pairs the problem with acceptance, love, and forgiveness of self, you are physically pointing to the source of your discomfort! You are continually tapping on your body. You are not tapping on the body of the person who did something you chose to get angry about. You are tapping on your body, as if to say, "It's In Here! The source, and therefore the solution to my pain, Is In Here!"

I have found that adding "It's In Here!" to my affirmations has helped reinforce the knowledge that I am creating, and therefore can eliminate, most of my pain and discomfort, whether it is physical,

mental, or emotional. I alternate using this affirmation in addition to, and instead of, the standard affirmation format recommended in *The EFT Manual*. When I focus on the anger I am feeling, about something someone said or did, I begin tapping and say the Setup Phrase:

Even though I am angry about what they said, I deeply and completely love, accept, and forgive myself, and I know “It’s In Here!” Then my Reminder Phrase is something like “This anger, that’s In Here.” Remember that whenever you are using EFT, you are physically pointing to the source of your pain and discomfort. It may help to verbally remind yourself that “It’s In Here!”

* * *

EFT Master Carol Look, LCSW, suggests that sometimes adding “what if” to the Setup Statement opens up new possibilities. Examples of this type of setup are:

Even though I get nervous when I’m about to kick and so I always miss the goal, what if I didn’t get nervous this time?

Even though job interviews make me so anxious that I stutter and avoid eye contact with the interviewer, what if this next interview I felt confident?

EFT Master Patricia Carrington, PhD, developed a related variant of the setup, called the Choices Method (Carrington, 2000). She introduces the concept of choice into the language used. She recommends you formulate a choice that is the exact opposite of the problem. For instance, if your issue is “I’m afraid of public speaking,” then your Choices Method Setup Statement might be “Even though I’m afraid of public speaking, I choose to feel wonderfully at ease when presenting to large groups of people.” You can follow this with the Choice Trio: one round of EFT on the negative only, one round on the choice only, and a final round alternating negative and positive.

Dr. Carrington makes the following four recommendations for using the Choices Method. The first is to identify specific events,

just like in normal EFT. The second is to create “pulling choices” that entice and compel you toward them. Make your choices as attractive as possible. The third is to strive for the best possible outcome. Taking the time to develop pulling choices makes them effective against tail-enders. Don’t compromise or dilute what you want. Finally, like affirmations, choices need to state what you do want rather than what you don’t want. Rather than saying, “I want my boss to stop yelling at me” you say, “I choose an employer who always speaks to me with care and respect.” You can find out more about the Choices Method at Choices.EFTUniverse.com.

Flowing Setup Statements

Eventually, Setup Statements become second nature. You conduct a session not even thinking about them or analyzing what you’re doing. This leads to flowing Setup Statements that interact smoothly with the words the client is offering you. You tap and talk with the client in an uninterrupted flow, not using the structured Setup Statement but nonetheless keeping the client focused on the problem (exposure) and the acceptance (cognitive shift).

When you watch a session offered by a very experienced practitioner, it may look more like a conversation than a therapy session, with a dynamic ebb and flow in which practitioner and client are both participants.

In the following example, an EFT practitioner goes from one issue to another, allowing her mind to “free associate.” She finds some surprising associations, one of which leads to the quick remission of her bladder infection.

Experiments with the Setup and a Urinary Tract Infection

By Christine Cloutier

Recently, I received a phone call from my brother telling me that he was going to commit suicide. It is never a great phone conversation, but it is not the first time. He has his own problems.

What was different about this phone call is that recently one of my cousins did commit suicide and my mother was very distraught about this. I started thinking about my brother calling our mom every month or so with his suicidal ideas and I got very angry about it. How dare he do this to our mom...she is getting older and cannot take these phone calls anymore.

In order to calm myself down, I decided to take a long warm bath. In the bathtub, I started to feel the pressure to urinate and I knew the feeling. I was getting another infection. You don't forget the symptoms.

It was late at night and I did not want to go to the emergency room to get pills. I decided to tap on it. Every time I would go to the bathroom for my two drops of relief, I did some tapping. It amounted to about every 5 minutes.

Even though I have this urinary tract infection...

Even though I still have some of this urinary tract infection...

It was reducing the intensity level a bit but not by much. On a scale of 0 to 10, it went from a 10 to an 8 and would go back up quickly. I went back to what happened before it started to see if I could find an emotional counterpart to this. Of course, the phone call came up.

Even though I am angry at my brother for disturbing our mother's peace of mind...

It was still there. This was very annoying and I told myself that I would find the proper words to say because I knew it could work. What else could I do? I tried:

Even though I am pissed off at my brother...

Right away, I felt this warmth around my urethra and the symptoms of the infection disappeared like magic. That is what I call a miracle. Instant healing. I had a hard time believing it was for real, so for good measure I tapped on:

Even though I am afraid this might come back...

It did not come back. I hope this story can help some other person not to give up on themselves.

* * *

Techniques for Working on Your Own Issues

One of the questions people frequently ask is, “Do I ever get to the end of my emotional processing?” It’s like the question asked of a notorious French courtesan, “Does your sexual appetite wane as you age?” She replied, “How would I know? I’m only 85 years old!”

I learned EFT in 2002, though I’d learned energy medicine techniques much earlier. I was 15 years old when I took my first class in an energy healing technique called Attunement. Though I use EFT, I also still use Attunement occasionally, as well as techniques learned from many schools of psychotherapy, spirituality, and personal transformation.

I went to a gathering recently at which I met many members of my ex-wife’s extended family, most of whom I had not seen for 20 years. I was surprised at how triggered I got, and I did a lot of tapping on the way home. I couldn’t even remember many events, but the feelings were still there. Though you might make progress by leaps and bounds after you learn EFT, issues will keep on arising in your life for many years into the future. With some, you might not be successful at resolving them with EFT, and require other methods. A few years back I hired an Imago therapist to work on a particular issue that regular EFT could not budge. Imago therapy, developed by Harville Hendricks, is often very effective for childhood issues (Hendricks, 1993). The therapist did Imago therapy while I tapped, and she was amazed how fast I progressed. Tapping seemed to accelerate the Imago work. Many psychotherapists trained in other schools add tapping to their toolkit and report that, suddenly, everything else they do has more impact.

So the answer to the question is yes, you’re going to need to keep working on yourself for as long as you’re alive, with EFT and with other methods, since life seems to continually present us with fresh challenges.

Besides using the Clinical EFT techniques in this book, and getting help from an experienced practitioner when you feel stuck, how do you work on yourself? One challenge you'll have is that certain clients will trigger you. You might be overweight, and have a client who's struggling with weight issues. Tapping with her on her issues brings up all of your issues. Perhaps a client reminds you of your mother or another family member, and you have a flood of triggering memories as the client tells her story. A client may bring up an event such as assault or molestation that echoes a similar incident in your childhood. You might get an uncomfortable feeling in your body when working with a certain client and not be able to identify its origins. A skilled practitioner is aware of these body sensations while simultaneously remaining tuned to the client. It is imperative that you not allow the feelings you are experiencing as the practitioner to interfere with the session. If your feelings become the main focus of your attention, then you are no longer present for your client. While it's not appropriate to work on your issues during the client's sessions, it's essential to pay attention to your own triggers. Make a note in your journal whenever you're triggered, and work on the problem later.

This is a case in which it's useful to solicit the perspective of another person, such as an expert therapist or a trusted colleague. Getting advice from such a source, called supervision, is an essential part of keeping yourself on track. When difficult client issues, or ethical problems are involved, supervision can provide you with the perspective to avoid making mistakes.

The Personal Peace Procedure is an essential practice for working on your issues. The more you clear, the less emotional debris stands in the way of you being truly present for your clients, your loved ones, and your friends.

I recommend tapping on yourself every morning. I do this while clearing specific worries as well as general ones. Many meditators report better results if they tap before beginning their meditation. Tapping to clear your emotional body before the day begins helps remove impediments to expressing your full potential.

I also recommend tapping if you feel emotionally triggered during the day. I meditate every morning, as well as tapping and doing energy exercises like qigong. This practice establishes a mindset of joy and power at the outset of the day. Things happen during the workday, however, to upset the applecart. If I feel myself off balance, rather than pushing myself to continue working, I stop. I know from hard experience that the work I do while in an impaired emotional state will not be my best. I take a walk, or make some tea, tap, meditate briefly, or do something else to center myself before returning to work. Tapping is an essential part of self-care in this way.

Keeping a personal journal is invaluable in charting your emotional and spiritual growth. You will notice recurring patterns that are hard to change, as well as record your breakthroughs. Your journal is where you reflect on the events of your life, large and small, and it helps give you perspective. Record in your journal your before-and-after SUD scores for troubling events. This will encourage you to tap for new challenges that arise. Reading in your journal about your success with old challenges will inspire you when you're faced with new ones.

If you're a practitioner, it's vital to work on your own issues with another practitioner as backup. You might be successful with many problems applying Clinical EFT on your own. Yet you'll find that another pair of eyes on the problem often illuminates new solutions. I was working with my practitioner on a problem with my business during a phone session recently. I'd mapped all the ins and outs of the problem for her, and I frankly didn't see how she could help me. She responded, "Well, obviously what you need to do is..." and she told me a solution.

The effect of her words was approximately the same as if someone had stuck me with a pin. "What?" I exclaimed, "Can you say that again?" She was puzzled, and said, "Well obviously..." and presented the same solution.

"That might be obvious to you," I told her, "but it never occurred to me!" The solution that was immediately apparent to her had never crossed my mind, even though I'd spent weeks looking at the problem

from every angle. Even if you've had great success with EFT with clients, it's essential to keep working on your own issues, and do so in the context of the support that a community of practitioners offers.

Practitioners who enroll in the Skinny Genes weight loss program often say, "I've used EFT successfully with clients and for most of my own issues. But I can't seem to get it to work for weight loss." Others enroll in the Tapping Deep Intimacy relationship course with variations on the theme: "It works great with clients and for most of my issues, but my love life sucks." We all seem to have quick and easy personal growth in some domains of our lives, while other domains present lifelong challenges.

This is where persistence pays off. If you keep on working at your challenges, exploring every possible angle, you set yourself up for a breakthrough. It might not occur in the time frame you want, or be as dramatic as you'd hoped, but peeling off layer after layer of a problem eventually exposes the core. The breakthrough might take years or even decades, but if you don't take the first step, you will make no progress toward your goal. When using EFT with your own issues, make what progress you can, use the resources you have, and persist. My father, a priest and Bible scholar, has a favorite saying inspired by the example of Shamgar, the third judge of the ancient Israelites: "Start where you are, use what you have, and do what you can." That's the beginning of breaking the habit of being yourself.

Interrupting Your Tragic Story

The feature that the techniques covered in this chapter have in common is that they interrupt our stories. By the time we're adults, we have fixed stories and beliefs about our successes and failures, our personalities and our circumstances. We've learned roles, and we play them faithfully. In each of the five major areas of life—work, relationships, money, health, and spirituality—we act out the script we've written for ourselves. By the time we're 20 or 30 years of age, we have a habit of being ourselves, and it can be very hard to change.

EFT breaks our habit of being ourselves. It interrupts the continual reenactment of our old stories. Tapping disrupts our old realities, challenges our limiting beliefs, and opens us up to change. When we lose the habit of being ourselves, the possibility of a new self emerges. This new self can embody all the potential that was previously imprisoned within the old self. When we tap on our patterns, they start to change and, like a butterfly emerging from a chrysalis, a new being emerges. This often produces major shifts in our outer experience. I'll leave you with a final inspiring story of how inner change can lead to outer change.

From Abandonment to Engagement

By Alina Frank

A client named Susan contacted me from Switzerland after learning of EFT through one of my online articles. Susan said that she wanted desperately to get rid of her absolute terror that her boyfriend was going to leave her. The first half of her first EFT session was spent tapping on her fear, and the intensity level dropped from a 9 to a 2 on the SUD scale. Upon reflecting on the session midway through, I discovered that Susan had shifted aspects and was focusing instead on the divorce she had gone through a few years earlier, so we then tapped on the scenes related to her past relationship and how he had abandoned her. By the end of our first session, Susan was at a 0 when imagining her boyfriend leaving her. She was also completely neutral when I had her recount several events from the time her ex left her, which we'd also worked on.

During the subsequent session, I asked Susan if this pattern of men leaving her went back even further than her failed marriage. There were a few clues that this was indeed the case, including a statement she had said during one of her tapping rounds: "They always leave me." When statements from clients (or from yourself when working alone) include words such as "always" or "never," suspect that you are uncovering a core issue. Susan said that she had felt a sense of dread that people

would always leave her, and it showed up often and strongly for seemingly insignificant reasons—a coworker transferred to another department, her regular public bus driver being reassigned, amongst others. Because she didn't consciously know where this belief had originated, I had her tap on the global statement "Even though people always leave me..." (Sneaking Up Technique). Midway through that round, Susan burst out excitedly, "I know where this started!"

Susan recalled being born to a teenage mother. Her mother left her to be raised by her grandparents but drifted in and out of Susan's life throughout her childhood. Her mother would be out of work for a while, then she'd move in to connect with Susan and then leave a few months later. Susan's mother wanted to go back to school to get a degree and so she moved back home to save money, attempted to reconnect with Susan for a few months, and then left 6 months later. Live-in boyfriends would prompt her mom to move home and, well, you get the picture. This pattern of being attached to someone only to have them leave was set up in the first 7 years of Susan's life, a time we know is when you are most susceptible to forming the most important attachments and the foundation of your world view.

We spent the next two sessions working through some of the most painful scenes from Susan's childhood. By the end of the fourth session, she felt a tremendous sense of freedom from the fears and anxiety that had plagued her entire life. Two weeks after the end of her final session, I received a blank e-mail from Susan with picture of a bouquet of flowers attached. I wrote her back saying thank you for the photograph. She wrote back, asking me to zoom in on the bouquet. When I did, I was delighted to see that in the center of the bouquet was an engagement ring, proof positive that we had indeed collapsed the pattern!

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Resources

- Core Issues and How to Find Them: CoreIssues.EFTUniverse.com
- Daisy Chaining: DaisyChaining.EFTUniverse.com
- Choices Method by Patricia Carrington: Choices.EFTUniverse.com
- Skinny Genes: SkinnyGenesFit.com
- Tail-Enders: TailEnders.EFTUniverse.com
- Tapping Deep Intimacy: TappingDeepIntimacy.com
- Tapping Solution Movie: TappingSolution.EFTUniverse.com