

These notes are from the class on Psychological Reversals which you can listen to the audio at this link:

<http://www.blogtalkradio.com/EFTclass/2008/11/05/Feeling-Stuck-Psychological-Reversals-and-How-to-Correct-Them>

Psychological Reversals

Very Important - Please note: If you are feeling vulnerable or overwhelmed by emotions, please seek out a qualified practitioner or counselor to help you.

A very common type of reversal is Secondary Gains or Secondary Benefits. Secondary Gain is a psychological term that means that a person has a subconscious reason for holding on to a problem. This is any benefit that a person receives as an indirect result of having the problem, or the issue.

And if you can identify what those benefits might be, then you can go about giving those benefits, those gift, to yourself now. You can get those benefits in a healthier way without needing to have the problem.

Questions to ask yourself that will help you identify the benefits of having the problem:

Would people expect too much from me if I was over this problem?
Would it be good for me to be over this problem?
Who would I be without this problem?
What kind of person would I be?
How would I act if I no longer had this problem?
How would my life change if I no longer had this problem?
What would it mean if I no longer had this problem?
What does this problem excuse me from having to do?
What does having this problem excuse me from having to be?
What does having this problem excuse me from having to give?
What do I not feel ready for?
What do I not feel capable of that life is demanding of me?
What does this problem help me avoid?
Why do I need this problem?
What does this problem give me?
What are the gifts this problem brings?
What are the good things about having this problem?
Is it possible for me to keep the good things and let go of the problem?
What is stopping me from being free of this problem?

What has to happen first for me to be over this problem?
Who would I have to forgive to get over this problem?
What am I trying to get by having this problem?
Who is responsible for me having this problem?
Who's fault is it that I have this problem?
Would anyone be hurt or angry if I no longer had this problem.

Finish these sentences:

If I no longer have this problem _____
If I no longer have this problem then it will mean that _____
If I no longer have this problem I will have to _____
If I no longer have this problem I will never get _____
If I get over this problem it will mean that _____ is right about _____
I need this problem to _____
I need this problem to prove that _____
If I no longer have this problem then I will loose _____
If I no longer have this problem others will _____

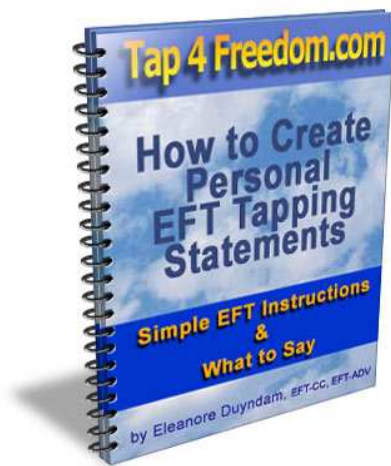
Tapping statements to help correct Secondary Gains Reversals:

"Even though... insert one of the statements below ..., I still deeply and completely accept myself!"

I will NEVER get over this problem...
I don't really want to get over this problem...
I refuse to get over this problem...
I'd rather die than get over this problem...
It may kill me if I let go of this problem...
It may not be safe to get over this problem...
I don't deserve to get over this problem...
I'm afraid I won't know how to be if I don't have this problem...
I won't have an excuse for my life being messed up...
I NEED this problem...
You can't make me let go of this problem...
I won't let go of this problem...
I want to keep this problem, it's mine!...
I need this problem to prove to that they ruined my life...
It's their fault I have this problem and I'm going to prove it...

I don't deserve to be free of this problem...
I don't know how to get over this problem...
I'm not good enough to get over this problem...
I am not capable of getting over this problem...
For whatever reason, I don't want to overcome this problem...

I also suggest that you make a list of the good things, the benefits, the gifts, this problem gives you. Find a way to allow & bring into your life these good things, these gifts, without needing the problem to get them.



Go to www.Tap4Freedom.com to get your free copy of the Meridian Tapping eGuide:

How to Create Personal Tapping Statements: Simple Instructions and What to Say

Important note: All information in this document is for educational purposes only. In no way is anything here intended to suggest that it is a substitute for proper medical care or good common sense. While EFT has produced remarkable clinical results, it must still be considered to be in the experimental stage and thus practitioners and the public must take complete responsibility for their use of it. Further, Eleanore Duyndam is not a licensed health professional and offers EFT as a personal performance coach. Eleanore Duyndam and her guests do not claim to diagnose or treat any illness. This EFT oriented document, website, radio show and products are provided as a public courtesy to help expand the use of EFT in the world. While Gary Craig and EFT encourage such efforts, they cannot evaluate or endorse the multitudes of them that exist. Thus this website & radio show represents the good faith ideas of its founders but not necessarily those of Gary Craig or EFT. The original version and complete training can be found at [World Center for EFT](http://WorldCenterforEFT.com)