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Usefulness of Specific Memories As a Focus for Tapping with EFT

by Jayne Morgan-Kidd

I've probably said this a thousand times. EFT works best when you aim it at something specific - a specific memory or experience. In fact, not having a specific focus when you're tapping is often the reason that you might feel you're not getting anywhere with EFT. It's the most common error that newcomers to EFT will make. If your focus is too general, the small results you *are* getting will not be noticeable to you.

Suppose your issue is low self-esteem. So you tap and say "even though I have low self-esteem, I accept myself." After several rounds of tapping, you don't feel any difference. Here's why:

An issue like low self-esteem will have come about because you have experienced many incidents in life leading you to those feelings of being "less than" other people. Those incidents may have come through interactions with parents, siblings, school experiences, church teachings, bullying and/or other

sources. The best way to tap on an issue such as low self-esteem is to identify experiences that make you feel "less than", give each a title that will remind you of the memory and begin clearing each memory systematically. Here's how:

Once you have a list, order them from earliest to most recent. Then go through your list, focus on each memory and assign an intensity from 0-10, where 0 = no reaction and 10 = the worst it could possibly be. You will then begin with the earliest memories with the highest intensities. Once you have cleared those memories to 0, go back through your list rechecking all of those that you didn't work on. If there are still remaining reactions to any of them, clear those. This should take you to a place where your issue is either much less intense or completely cleared.

I hope you can now see that issues such as low self-esteem contain many experiences. Tapping with the words "low self-esteem" focuses your thoughts and feelings on a very general problem, and if you tap with that phrasing, there will be no discernable result.

So follow the guidelines listed above and see how this will work for you. If you don't get the result you want, your issue may be more complicated and layered than you can see at this point. If that's the case, please contact me and we'll explore what else you can do.