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## Working on Your Own Issue with EFT

by Jayne Morgan-Kidd

Sometimes it's difficult to know where to begin with an issue when you are working on your own issues. So below I have listed some questions I might ask a client in an opening session. I suggest that you answer all the questions that you can and then read through your answers, looking for emotional blocks that can contribute to your resistance to making the change or moving forward in your goal. These blocks, once you identify them, are what you will use for the tapping.

With this guide, you can gather your own information and clarify what it is you want to change and also, even more importantly to identify what is going on with you that might be in the way of making that change.

1. What is it that you want to change or stop feeling or start doing (etc)?
2. Write down your uncomfortable feelings and negative thoughts about it.
3. What are the negative things you tell yourself about this issue? Or - what are the positive things - notice any feelings that come up as you say the positives. You may be surprised to find that the feelings don't support the words!
4. When did you notice this issue? When did it begin?

5. When was another time in your life that you felt the same kind of feelings you listed (in question 2)?
6. Who, in your family (especially in your primary relationships) modeled similar attitudes or feelings about this issue while you were growing up?
7. Who might you secretly blame for this problem?
8. Where and how do you feel this issue in your body? Close your eyes and think about the issue and see if there is a particular place in the body where you feel something. Make a note of that. Physical responses are also good tapping material.
9. What are your hidden gains to having this issue? In other words what is the "pay off" for having this issue? For example, "I get extra attention for it" or "No one expects me to ..."
10. Who would you be without this issue?

Give this a try and see where it takes you! And let me know how it goes.

Best wishes,

Jayne