

When to Bring in Positive Tapping

Self-Care Mastery Circle with Liesel Teversham



Common Question

“When I’ve done some tapping for a limiting belief or feeling, and I feel relieved, how do I bring in some positive tapping to reinforce the good feelings?”

Great Question!

- ▶ Three Phases
- ▶ 8-10: vent, talk to yourself
- ▶ 4-8: explore possibilities
- ▶ 1-3: bring in choices
- ▶ When to bring in Affirmations?

Why can't I bring in Positive Earlier?

- ▶ Remember: What are we doing with EFT?
- ▶ **Clearing energy disruption** in our system while tapping
- ▶ Focus on the problem brings up the disruption, tapping clears it
- ▶ Bring in positive too early – you haven't cleared the problem and it will return

Venting: 8-10

► Example:

- “I’m angry with my father”
- Sometimes don’t even need to tap KC
- Just tap, talk to yourself, vent, rant and rave, as if you’re telling a good friend how bad it is
- Say exactly how you’re feeling and use swear words if you need
- This is about being completely honest!

Explore Open Possibilities: 4–7

▶ Example:

- “I’m angry with my father”
 - Even though I’m still angry, maybe....
 - Even though I’m still angry, I wonder if...
 - Even though I’m still angry, I am open to...
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- Often these start arising spontaneously without you needing to try
 - It’s called a “Cognitive Shift”

Specific Choices: 1–3

- ▶ Example:
 - “I’m angry with my father”
 - Even though I may still have a tiny bit of anger left, I choose to feel....
 - Make it a yummiie choice
 - If you are not ready for a “choice” yet, your body or mind will tell you with “Yeah RIGHT!”
 - Then, bring down your number more, with more tapping

Affirmations

- ▶ Only use them when we're calm/neutral about a situation, or at least a 2 or below
- ▶ Otherwise they won't stick, and bring up resistance
- ▶ If you DO use an affirmation, notice every single "YES BUT" or "Yeah RIGHT!" that comes up after you say it
- ▶ Celebrate the "YES BUT", instead of judging them
- ▶ Those are great tapping ideas for your next tapping session!

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