



## Troubleshooting S.E.E.'s & Limiting Beliefs

If you are trying to get the intensity of a S.E.E. or a limiting belief to a 0 out of 10, or you try to get a positive belief to a 10 out of 10 but you just can't get it to work, this article will help you out.

I have made a list of the solutions to the most common problems for you below.

### If you can't get a S.E.E. to a 0 out of 10...

**#1.** You might be psychologically reversed to letting go of the emotion you experience that won't go down. To make sure this isn't the case, ask yourself what emotion it is you are feeling. Once you have the emotion you are feeling, do video #10 (Psychological Reversal Emotion) to clear the possible psychological reversal to letting go of the emotion. Once you have gone over the video, try again.

**#2.** You might be switching aspects. By this I mean that new emotions keep coming up. Your emotional intensity about the S.E.E. decreases a little and then it increases again. You might get your S.E.E. to a low number, say a 3 out of 10. But then when you try to get the 3 out of 10 to a 0 out of 10 it jumps up again to a higher number, say a 7 out of 10.

And you might think you'll never get the whole S.E.E. to a 0 out of 10 because your number keeps going up again.

This is not true. What is happening is you are tuning in to a different aspect of the S.E.E.

*Example:*

*I might be working on a memory about how the teacher mocked my ears. I start out with a 9 out of 10 emotion. I tap and tap and get to a 7, a 4 and then 2 out of 10. Then when I test it by telling it again while tapping over the points I tune into the fact that Bob was laughing at me outrageously loud.*

*That makes my emotional intensity go to a 6 again. I could think here that the tapping isn't working and that the emotion will never go down completely. But the fact is that I simply tuned into a different aspect of the S.E.E. that I didn't think of the first time or didn't tap on long enough the first time.*

*Often when we get into a S.E.E. we start to remember more things of the memory that we didn't think of the first time we thought of it. This is normal and perfectly fine.*

*The solution is to **keep tapping until all aspects are cleared.***

If it takes you 2 hours to clear one single S.E.E. then so be it. Some S.E.E.'s have many aspects and can take a while. But if you keep tapping and follow the advice to solve getting stuck the emotion will eventually get cleared completely.

**#3.** You are not being specific enough. When you are tapping over all your points and you are narrating

out loud what happened, be very, very specific. We're talking about super detailed here.

*Examples:*

- *I felt ashamed and hot in my face when Jenny laughed at me and pointed her finger in my face*
- *I felt a shock in my solar plexus when Ben lifted up one eyebrow questioning what I was doing*
- *The teacher shook his head in disappointment about me not knowing the answer*
- *Gary whispered in John's ear something about me being a weirdo and I felt this black anger in the pit of my stomach*

Try the below tapping sequences instead of the telling the story to be very specific.

Tap continuously on your karate chop (KC) point and say:

Even though -X happened (be super specific: what did you see, hear, smell, taste?) - and that made me feel -Y- (be super specific: where exactly do you feel it in your body, what color does it have, what texture?), I deeply and completely accept myself and all my feelings.

Even though -X happened (be super specific: what did you see, hear, smell, taste?) - and that made me feel -Y- (be super specific: where exactly do you feel it in your body, what color does it have, what texture?), I deeply and completely accept myself and all my feelings.

Even though -X happened (be super specific: what did you see, hear, smell, taste?) - and that made me feel -Y- (be super specific: where exactly do you feel it in your body, what color does it have, what texture?), I deeply and completely accept myself and all my feelings.

Now tap on all the points:

EB X happened  
SE I felt Y  
UE X happened  
UN I felt Y  
CH X happened  
CB I felt Y  
UA X happened  
LP I felt Y  
WR X happened  
TH I felt Y

Example:

*Even though -Jenny laughed at me, I can still see that evil smile of hers, and she pointed her finger in my face- and that made me feel -ashamed and hot in my face-, I deeply and completely accept myself and all my feelings.*

*Even though -Jenny laughed at me, I can still see that evil smile of hers, and she pointed her finger in my face- and that made me feel -ashamed and hot in my face-, I deeply and completely accept myself and all my feelings.*

*Even though -Jenny laughed at me, I can still see that evil smile of hers, and she pointed her finger in my face- and that made me feel -ashamed and hot in my face-, I deeply and completely accept myself and all my feelings.*

Now tap over all the points saying:

*EB Jenny laughed at me and pointed her finger in my face*  
*SE I felt ashamed and hot in my face*  
*UE I can still see that evil smile of hers*  
*UN I felt so ashamed and hot in my face*  
*CH Jenny laughed at me and pointed her finger in my face*  
*CB I felt ashamed and hot in my face*  
*UA I can still see that evil smile of hers*  
*LP I felt ashamed and hot in my face*  
*WR Jenny laughed at me and pointed her finger in my face*  
*TH I felt ashamed and hot in my face*

If after you have done the above tapping sequence you still feel emotion about ***that specific part of the memory***, continue with the below tapping sequence to get the emotion out of that part completely.

Tap continuously on your karate chop (KC) point and say:

Even though I still feel some -X- because -Y happened- I accept myself and how I feel about it.

Even though I still feel some -X- because -Y happened- I accept myself and how I feel about it.

Even though I still feel some -X- because -Y happened- I accept myself and how I feel about it.

Now tap over all the points saying:

EB this remaining X  
SE I can still feel it -say where you feel it in your body-  
UE this remaining X  
UN because Y happened  
CH this remaining X  
CB I can still feel it -say where you feel it in your body-  
UA this remaining X  
LP because Y happened  
WR Y happened  
TH this remaining X

Tap continuously on your karate chop (KC) point and say:

Even though I still feel some *-shame and heat in my face-* because *-Jenny laughed at me and pointed her finger in my face-* I accept myself and how I feel about it.

Even though I still feel some *-shame and heat in my face-* because *-Jenny laughed at me and pointed her finger in my face-* I accept myself and how I feel about it.

Even though I still feel some *-shame and heat in my face-* because *-Jenny laughed at me and pointed her finger in my face-* I accept myself and how I feel about it.

Now tap over all the points saying:

EB this remaining shame and heat in my face  
SE I can still feel it -in my face-  
UE this remaining shame and heat in my face  
UN *Jenny laughed at me and pointed her finger in my face*  
CH this remaining shame and heat in my face  
CB I can still feel it -in my face-  
UA this remaining shame and heat in my face

LP *Jenny laughed at me and pointed her finger in my face*  
WR *Jenny laughed at me and pointed her finger in my face*  
TH *this remaining shame and heat in my face*

Repeat the above tapping sequence (the second one that starts with “Even though I still feel some...”) until you are at a 0 out of 10.

**#4.** You did not choose 1 specific S.E.E.. Getting the emotion out of a S.E.E. will only work when the S.E.E. is a specific memory. I have already mentioned this in the instructions, but to make sure you have understood it I have put it in the troubleshooting here. We all make mistakes ☺

**It should be a single memory.** So not “my mom’s disapproving look” as this is probably a repetitive S.E.E.; this has most likely have happened multiple times. So you have multiple memories of it.

If this is the case, you pick the first time you can remember your mom looking at you in a disapproving way and you clear the S.E.E.. If after clearing that S.E.E. you still have a charge on your mom’s disapproving look, you find the most emotionally intense S.E.E. you have of your mom looking at you in a disapproving way.

If that one is cleared and you still have intensity around your mom’s disapproving look you find the most emotionally intense S.E.E. that you have remaining and you clear it. Etc.

A generalization effect will happen (read: “The Generalization Effect”), so luckily you won’t have to treat all the times your mom gave you that disapproving look!

**#5.** An ***earlier*** S.E.E. might be in the way of clearing this one. Or sometimes a more intense S.E.E. might be in the way. And without clearing the earlier/more intense S.E.E., the one you are working on currently won’t go to a 0 out of 10.

It’s basically your mind telling you “Hey, there’s a more important S.E.E. than the one you are working on now. That other one requires your attention. Clean that one up first please!”

If this is the case, focus on the feeling of the current S.E.E. you are working on that doesn’t want to go down in intensity. Figure out what kind of feeling/emotion you experience. Really tune into it, notice where you feel it in your body... And then ask yourself:

***“What does this feeling remind me of?”***

This will most likely give you an earlier or more intense S.E.E.

If not, try to think of an earlier time you have felt that way. The best is to find the earliest S.E.E. you can find as this is where you ‘learned’ the feeling/emotional response. So in case you haven’t found the earlier S.E.E. yet, ask yourself:

***“What is the earliest time I can remember feeling this emotion?”***

*Example:*

*I work with a client on a S.E.E. she has called “Jim embarrassed me” from when she was 15 years old. We tap and tap and tap but we can’t get the emotion to a 0 out of 10. I ask her what feeling she is experiencing that doesn’t want to go down to a 0. She responds that it’s embarrassment.*

*I ask her what that feeling reminds her of.*

*She comes up with a S.E.E. from when she was 10 years old where she had to read in front of the class. She calls the S.E.E. "I became embarrassed in front of the class". We treat this S.E.E. and get it to a 0 out of 10.*

*Now we go back to the S.E.E. "Jim embarrassed me" and we find that the emotion easily clears and we get the S.E.E. down to a 0 out of 10.*

**If you can't get a limiting/negative belief to a 0 out of 10...**

#1. You might be psychologically reversed to letting go of the limiting belief. To make sure this isn't the case, do video #9 (Psychological Reversal Limiting Beliefs) to clear the possible psychological

reversal to letting go of the limiting/negative belief. Once you have gone over video #9, try again.

#2. There is most likely an earlier S.E.E. where you have learned this limiting belief. If you have a feeling attached to the belief, ask yourself:

***“What does this feeling remind me of?”***

The earlier S.E.E. you come up with you now work on and clear in the usual way. Then try again.

In case there’s no feeling attached to the limiting belief, ask yourself:

***“Where did I learn this limiting belief?”***

It is a fact that we have learned the belief somewhere. We are born without the belief so we have to dig around in our past a little bit to find where we learned it. Once you have found the earlier S.E.E. where you have found the limiting belief, clear the S.E.E. and then try again to clear the belief.

#3. There are multiple events that cause you to believe this limiting belief. If it is an overarching limiting belief such as the common one “I’m not good enough” then you have to treat several S.E.E.’s before the limiting belief will go down to a 0 out of 10 (another way of doing this is to use the “Bundling Baggage videos (See #10 of the SCS)000).

So you might have to treat a bunch of S.E.E.’s where you learned your limiting belief (that you weren’t good enough). So ask yourself:

Where did I learn this?

And then write down a few S.E.E.’s where you learned this.

*Example:*

*The time that....*

- *The time that my father was disappointed when he saw my rapport card*
- *The time that my coach said that I wasn’t good enough*
- *The time that my cousin won the race when everyone came to cheer for me*
- *The time that I overheard my mom saying I wasn’t that clever*

As always, go for the earliest S.E.E.’s with the strongest negative emotion attached to them.

By getting those S.E.E.’s cleared you remove the reasons as to why you believe the limiting belief so strongly. Once you clear a couple, the generalization effect takes place again.

Some limiting beliefs are easy to clear, others are deeply ingrained in us and require some more work. That’s just the way it is.

Good luck!