

Clearing A Significant Emotional Event (S.E.E.)

In this 3-part article you will learn how to neutralise past events (negative life experiences or “Significant Emotional Experiences”) with tapping.

The walls of your social anxiety dungeon are the negative limiting beliefs you have. These walls are made up mostly of S.E.E.’s. Neutralising these painful past experiences therefore causes you to start breaking down the walls of your dungeon.

As with every exercise in the SCS, be sure you take your time and you thoroughly clear a S.E.E. Rushing this will only cause your results to suffer. Taking your time for this is well worth the effort.

ACTION STEPS:

1. Have the name you have given to your negative memory (S.E.E.) ready.

Examples:

The time when...

... Mom slapped me in the face

... Ramona rejected me

... The whole class laughed at me

2. Read through the below instructions called “**Clearing A S.E.E. Video Instructions**”.

3. Go through the video “**Clearing A S.E.E.**” which will likely reduce the emotional intensity of your negative memory significantly.

After having tapped along with the video, go to the second part of this 3-part article.

“Clearing A S.E.E. Video” Instructions

In the video I guide you through some general tapping to release some of the intensity of your S.E.E. During the video you simply say what I say and do what I do, following my guidance on screen.

At some points in the video I remain silent and in doing so allow you space to mention the title of your S.E.E. out loud (you can whisper, that works fine too).

When I am silent, subtitles instruct you to say the title of your S.E.E.

Example:

I say “Even though I have this...”

And then I remain silent for 5 seconds.

A subtitle on screen will appear: “Say the name of your S.E.E. out loud”

You repeat what I say and add the *the name of your negative memory* plus the word memory at the end of it.

Example:

If the title of your negative memory (S.E.E.) is “*mom slapped me in the face*” then the sentence you will say will become:

“Even though I have this *mom slapped me in the face* memory...”

NOTE: Don’t worry about having to do this perfect. Even if you say the wrong title, or you don’t say the exact same things I say, you will still get the results. This is a very forgiving technique. After you have done it once, it will be obvious to you.