

Clearing A S.E.E Instructions 2 of 3

If you are reading this you should already have taken your S.E.E. through the “**Clearing A S.E.E.**” video, and as a result the emotional intensity of your S.E.E. should be at a 3 out of 10 or less when you guess its intensity.

Exercises:

The story of what happened during your S.E.E. has negative emotions connected to it. When you tell the story of what happened, while simultaneously you are tapping over all your tapping points, the negative emotions get disconnected from the story.

1. Begin tapping at the beginning of your eyebrow, and start telling the story of what happened. Tell the story -in detail- of what happened during your S.E.E. while you continuously tap over all the tapping points.

Make sure you start your story a little bit before anything emotionally upsetting happened, before there was any emotional intensity. Start telling the story from the point where you have 0 emotional intensity.

As you tell the story, switch from one tapping point to the next, and the next.

Go from **Eye Brow** to **Side of the Eye**, to **Under the Eye**, to **Under the Nose**, to the **CH**in point, to the **Collar Bone**, etc. (from **EB** to **SE** to **UE** to **UN** to **CH** to **CB** to **UA** to **LP** to **WR** to **TH**).

Say roughly one phrase/sentence at each tapping point and then move on to the next and the next, etc.

Example:

This is the story of one of my S.E.E.'s (it was the event that triggered my social anxiety):

I was 11 or 12 years old and I was sitting in the back of the class and I was being difficult. I was throwing around pieces of paper, and the teacher called me to the front of the class to sit at her desk so she could watch me. Half an hour later we were going to watch some documentary and the TV rolled into the class. The teacher then went to the back of the class to observe everyone. As the documentary started, the teacher screamed from the back of the class: "Sebastian, can you move with your big ears away from the television cause the rest of the class can't see a thing".

As I heard this, my face became bright red. I felt incredibly embarrassed and humiliated as I was never teased like that before. Especially not by the teacher. As I got so tomato faced, the whole class burst out laughing and pointed their fingers at me.

And this is how I suggest you tap on it:

EB *I was 11 or 12 years old and I was sitting in the back of the class and I was being difficult*
SE *I was throwing around pieces of paper*
UE *and the teacher called me to the front of the class to sit at her desk so she could watch me*
UN *Half an hour later we were going to watch some documentary and the TV rolled into the class*
CH *The teacher then went to the back of the class to observe everyone*
CB *Etc.*

Once you get to a part in the story where you feel strong emotions - **repeat the same specific phrase that is evoking the emotions** and keep tapping over all the points until the emotion comes down. Keep tapping through the tapping points until the emotional intensity drops to a 0 out of 10.

Example:

EB "*Sebastiaan, can you move with your big ears away from the television cause the rest of the class can't see a thing*"

SE "*Sebastiaan, can you move with your big ears away from the television cause the rest of the class can't see a thing*"

UE "*Sebastiaan, can you move with your big ears away from the television cause the rest of the class can't see a thing*"

UN "*Sebastiaan, can you move with your big ears away from the television cause the rest of the class can't see a thing*"

CH "*Sebastiaan, can you move with your big ears away from the television cause the rest of the class can't see a thing*"

CB *Etc.*

If the emotion doesn't come down by repeating the same exact phrase, make sure you focus on the specific thing that is upsetting you (ex. the look on someone's face, the look you see on your own face, your own body language, the sound of something, the tone of a voice, the specific words that were being said, a certain facial expression and what that meant to you, a furrowed brow, the anger in someone's voice, the impact of a hand slapping you, etc.

You focus on what is causing the emotional upset, and as you tap while being focused on that which is upsetting, the emotional upset releases bit by bit and eventually completely disappears.)

Remember this formula:

“Focus + Tapping = Relief

You **focus** on the thing (something you see, hear, feel, smell, taste, touch or interpret) that causes the upset, you start **tapping**, and you experience **relief**.

When you can go through the whole memory and not one single sentence/frame/scene/ triggers any emotional reaction in you, you are almost done.

When you are at this stage where nothing triggers and emotional response in you anymore, close your eyes and run through the memory in detail.

Look from the eyes of your younger self in the memory. Imagine that you're back into you're your body back then, see what you saw, hear what you heard, and make the picture big and close to you and intensify the colours in the mental movie.

Try your best to get upset about it, to feel any negative emotion.

Look at your younger self, see your facial expression, the way you stand, and see if you can get emotionally triggered by anything. If you can, tap on it until you no longer can get upset about anything even when you try your hardest to get upset about it.

If you give it your best, if you really try as hard as you possibly can and you still can't feel any negative emotion whatsoever, then you are done with getting the emotional trauma out of the memory. If you can still feel emotions, go to the trouble shooting in the third of the 3 part article on clearing a S.E.E.