

## Clearing A S.E.E. 3 of 3 (Troubleshooting)

When you can't get the emotional intensity of your S.E.E. to a 0 out of 10 there are seven possible causes for that.

1. You Did Not Pick a Single S.E.E. (will only happen once)
2. You Are Shifting Aspects (this is common)
3. You Are Not Specific Enough (this is common)
4. There Is An Earlier S.E.E. (this is common)
5. There Is *Still* Subconscious Resistance (very common)
6. You Can't Move Past The Subconscious Resistance Yourself (rare)
7. You Need To Get Super Specific On One Aspect (this is very rare)

Go through the troubleshooting steps one by one, starting at the first, then the second, the third, and so on.

Some of the troubleshooting tips you only have to go over once before you understand it and know what to do every next time it comes up.

Other steps require more study and understanding. This is a learning journey. Once you master this troubleshooting, you'll be very efficient at neutralising your S.E.E.'s.

## #1. You Did Not Pick a Single S.E.E.

In order to clear a S.E.E. you need to make sure it's a single negative experience, rather than a series of negative experiences.

In order to successfully neutralise a S.E.E. the S.E.E. needs to be *a single specific memory*.

“My mom’s disapproving look” is not a single memory. This is probably a repetitive S.E.E.; this has most likely happened *multiple times*. So you have multiple memories of it and you therefore have to treat it differently.

You should be able to give your memory a title by completing the sentence:

“The time when...”

This then refers to a *single* Significant Emotional Experience. It should be a singular event. Something that, back when it happened for real, did not last longer than anything between a second and a few hours.

If it's a memory that happened over days, weeks, months etc -an example would be “being bullied”- it is not one single S.E.E., but multiple S.E.E.'s. In this case, use the “Bundling Baggage Bundles” article and the “Bundling Baggage” video to get rid of all of them at once.

**NOTE:** If you have multiple memories of “mom’s disapproving look“, you pick the first time you can remember your mom looking at you in a disapproving way and you clear that first S.E.E..

If after clearing that S.E.E. you still have an emotional 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 second most emotionally intense S.E.E. that you have remaining and you clear it. Etc.

After clearing the first memory and a few of the most intense ones a generalisation effect will happen (the overall feeling that you felt when mom looked at you in a disapproving way will collapse), so luckily you won't have to treat all the times your mom gave you that disapproving look!

Or, you use the bundling baggage videos to create a bundle of the similar, related events and then clear them in that way.

## #2. You Are Shifting Aspects

When you are tapping to neutralise a memory and the intensity isn't coming down, you could be switching from one aspect to the other. A S.E.E. almost always consists of several aspects: the various different details of the memory. There are different sights, sounds, feelings in the body, emotions, thoughts, and sometimes tastes and smells.

Switching aspects could lead you to thinking you are not progressing, or only progressing really slowly, while what actually is happening is that you are progressing and on the right track because you are slowly but surely getting rid of all the various aspects connected to the memory.

### Aspects can be:

- a new scene in the memory
- a different negative emotion than the one you worked on
- something you saw (i.e. a specific look on someone's face)
- something you heard (i.e. the tonality of a voice, sound of laughter)
- how something felt to you physically (i.e. pain from a spank) or
- a smell or taste that you remember (i.e. the musty smell of a home, the taste of that horrible meal)

What might happen while tapping on one aspect of a memory, is that the negative emotion associated to that aspect will reduce a little. This then leads you to tuning into *a different aspect of the memory* which will trigger you again emotionally, and makes your overall emotional intensity increase.

It is very common that you experience several different negative emotions during a S.E.E.

### Example:

In the S.E.E. that I shared above from my own life, there was...

- embarrassment about looking foolish
- shame about my ears being "abnormal"
- anger at my teacher for mocking me
- humiliation for being laughed at by everyone
- sadness for everyone being against me
- frustration for not knowing how to handle myself
- a sense of powerlessness because it was all of them against me

And all these emotions showed up at the two emotional peaks in the memory. I started to feel negative emotion when the teacher screamed from the back of the class: "*Sebastiaan, can you move with your big ears away from the television cause the rest of the class can't see a thing*"

When that moment happened I felt a combination of many different negative emotions at the same time. I felt embarrassed about looking foolish, ashamed about my ears being "abnormal" and angry at my teacher for mocking me.

By tapping and telling my story (one phrase of the story at each tapping point) I eventually get to one of the emotional peaks: "*Sebastiaan, can you move with your big ears away from the television cause the rest of the class can't see a thing*".

Since there is a lot of emotion connected to this aspect, I continue to repeat that specific phrase at every tapping point.

The emotion comes down a bit, but for some reason (because I'm switching aspects) my emotion only goes down a little bit.

So what I do is I use the tapping sequences suggested and I get very specific and start to tap on *exactly what was happening and exactly how I felt*.

So I tap on the embarrassment as that is the emotion that I feel most strongly. I experience the embarrassment at a 6 out of 10 emotional intensity. I tap and tap and it drops to a 3.

Once the embarrassment has dropped to 3 out of 10, I all of a sudden tune into a *different aspect*: the shame for having "abnormal" ears. And immediately my emotional intensity jumps up again to an 7 out of 10. Here I might think that I'll never clear it, or that EFT didn't work, while in reality I simply tuned into a different aspect of the memory.

The solution for me is to pay careful attention to what emotion I am feeling and what aspect of the memory I am tuning into. And then to be very specific and continue tapping.

So I tap on the **shame** and it drops to a 2 out of 10. And then as that **shame** is down, I tune into yet *another aspect*; the **anger at my teacher**. It's at a 6 out of 10 intensity. I tap and tap and it drops to a 0. Once that's at a 0, I might tune into *another aspect*; the next scene in the memory where everyone laughs at me.

Here I have a whole bunch of emotions once again.

I felt **humiliation for being laughed at by everyone**, sadness for everyone being against me, **frustration for not knowing how to handle myself** and **a sense of powerlessness because it was all of them against me**.

So knowing that I simply tuned into a different aspect of the memory (the second scene and the emotions attached to that), I get very specific as to what negative emotion I feel *most strongly*, and I get to tap again. I tap the **humiliation** to a 2. Then the **aspect of frustration** comes up. I tap it down and the **aspect of feeling powerless** comes in. I tap and tap and get it to a 0.

Then it's time to start at the beginning of the memory again and see if there's any negative emotion left connected to the memory by going through it again from beginning to end in vivid detail.

And here I might tune into (aside from remaining intensities of emotions that I did not clear completely yet) *other aspects* that I didn't experience before.

I might tune into the *aspect* of the sound of laughing which triggers a feeling of **shame** again. Or I might re-trigger **anger** when I tune into the *aspect* of Bob's mocking facial expression. Or I might remember something upsetting that I forgot about before...

A key is to be persistent. Really take apart the S.E.E./negative memory frame by frame (or sentence by sentence). Be specific and continue to tap until it's not possible any longer to feel any negative emotion whatsoever for any of the frames/sentences.

Once you think you are totally free of negative emotion around this memory, test yourself to see if you can get yourself upset.

Some S.E.E.'s have only a couple aspects and are cleared quickly. Others may have many aspects and can take a while to completely clear.

It's most common that a S.E.E. clears in under an hour. Exceptions are there where it may take up to 2 hours. But usually, this will be because resistance to letting go of the experience completely has come up, or because there's an earlier experience (if it takes very long, refer to the subsequent steps in this troubleshooting guide).

Keep tapping and follow the advice to eliminate the stuck negative emotions and you will eventually clear the S.E.E. completely.

### #3. Not Specific Enough

Sometimes there can be something really specific that is causing your emotions to spike up. It could be a furrowed eyebrow indicating disapproval. It could be the anger in someone's voice. It could be sound of someone getting beat up. It could be the sadness in someone's face. It could be many very specific things.

And when you are too general with your tapping, and you don't address the specific thing that is causing the emotional upset, it can happen that the emotion won't reduce completely. You then need to be very specific to the thing that is causing the upset.

Describe exactly what happened, be elaborate about exactly how you felt, what emotion you experienced, what you saw, heard, felt, tasted, smelled to the latest detail.

Examples:

- *I felt ashamed and hot in my face when Jenny laughed at me and pointed her finger in my face and looked at me with that mean look on her 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 and I felt this intense guilt in my throat*
- *Gary whispered in John's ear something about me being a weirdo and I felt this powerful black rage in the pit of my stomach, my jaws and fists*
- *That look of sadness on my mom's face, like I disappointed her, I felt that deep guilt in the pit of my stomach*

To be very specific, you could use the below tapping sequences instead of the telling the story.

## Tapping sequences:

Tap continuously on your karate chop (**KC**) point and repeat 3 times:

*Even though -X happened (be super specific: what did you see, hear, feel, smell, taste, or interpret?) - and I felt -Y- (be super specific: where exactly do you feel it in your body, what color does it have, what texture, what temperature, what shape?), 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:*

Start tapping on the Karate Chop point (**KC**) and repeat 3 times:

*Even though -Jenny laughed at me, I can still see that evil smile of hers, she pointed her finger in my face- and I felt -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 some emotion about the specific part of the memory that you were focused on 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 (again, be specific and detailed!):

*E.T. I still feel some -X emotion- because -Y happened- I accept myself and how I feel about it.  
E.T. I still feel some -X emotion- because -Y happened- I accept myself and how I feel about it.  
E.T. I still feel some -X emotion- 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*

*Example:*

Tap continuously on your karate chop (**KC**) point and repeat OUT LOUD 3 times:

*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** *because -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** *because -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 tapping sequence, the one that starts with “Even though I still feel some...”) until you are at a 0 out of 10 for that specific part of the memory.

Once that specific part of the memory is at a 0 out of 10, continue with the next sentence/phrase of telling your S.E.E. story or the next frame of your mental movie if the memory consists of more frames. And see if any other phrase/sentence or frame still triggers emotion in you. Take it step by step by step.



*Example:*

I tap on the whole story and there is this specific part of the memory that I can't get to a 0 out of 10. It's the part in the story where my teacher yells: "*Sebastiaan, can you move with your big ears away from the television cause the rest of the class can't see a thing*".

I then get super specific on that specific phrase/sentence/frame of my memory and tap on it using the above suggested tapping sequences:

I tap on the Karate Chop (**KC**) and repeat OUT LOUD 3 times:

*Even though Miss Godyla screamed from the back of the class, she screamed really loud with her mocking voice, and everyone could hear it, and that made me feel incredibly ashamed and embarrassed, I felt shocked, felt heat in my neck and face, and panic and anxiety in my chest and throat, I can still feel it now, this purple panic and anxiety in my throat and the red heat in my neck and face, I deeply and completely accept myself and all my feelings.*

Then I tap over the points:

**EB** *Miss Godyla screamed from the back of the class*

**SE** *she screamed really loud*

**UE** *with her mocking voice*

**UN** *I can still hear it*

**CH** *everyone could hear it*

**CB** *I felt so incredibly ashamed and embarrassed*

**UA** *How could she do that?*

**LP** *I felt shocked*

**WR** *I felt this panic and anxiety in my chest and throat*

**TH** *I can still feel it now, this purple panic and anxiety*

Following the suggested tapping sequences from above, *I get very specific* and I keep tapping in this way -being very detailed- until *this specific part of my memory* is completely free of any negative emotion.

Once this specific phrase/sentence/frame of my memory ("*Sebastiaan, can you move with your big ears away from the television cause the rest of the class can't see a thing*") is down to a 0 out of 10, I check the memory to see if there is any other specific phrase/sentence/frame of my memory that triggers some negative emotion.

If so, I use the same approach of getting really specific and using the tapping sequences from above to clear that specific phrase/sentence/frame of my memory too. I do this until every phrase/sentence/frame of my memory is free of any emotion.

#### **#4. There Is An Earlier S.E.E.**

Often an *earlier* S.E.E. might be preventing successful neutralising of the negative emotions of the current S.E.E. you are working with. The root of the negative emotion that you can't get down in the current S.E.E. quite often comes from an earlier experience.

This earlier experience needs to be cleared first.

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 first. Clean that one up now please!"

And it is great when this happens because we need to clear the earliest S.E.E.'s for the best results as this is where the original trauma got locked in. The earliest S.E.E. is where we learned the trauma. That one is the splinter in the finger that needs to be dealt with in order for the wound to heal permanently.

When you have a S.E.E. that you can't seem to clear and you are not shifting aspects, and you have been super specific...

A. Focus on the most negative emotion and feeling of the current S.E.E. that you are working on that doesn't want to go down in intensity.

B. Determine what kind of feeling/emotion you experience. Really tune into it, notice where you feel it in your body...

C. Ask yourself:

*"What does this feeling remind me of? "What is an earlier time I can remember feeling this way?"*

And then go with the first thing that comes to mind. Don't judge whatever your subconscious gives you when you ask this question, go with whatever comes to mind first.

This will most likely give you an earlier (or possibly more intense S.E.E.) which you can then work on.

**NOTE:** If that question does not bring up an earlier S.E.E. (make sure you go with the first thing that comes to mind, don't judge what comes up as unimportant or unrelated, simply go with the first memory that comes up as this is what your subconscious gives you to address) simply try to think of any earlier time that you have felt that same negative emotion.

Any time earlier than the current S.E.E. you are working on is good. If this is not the earliest S.E.E., clearing the S.E.E. that comes up will bring you closer to the earliest one.

D. After you have cleared that earlier/more intense S.E.E., come back to the S.E.E. you were working on and try again.

*Example:*

I work with a client on a S.E.E. she has called “Jim embarrassed me”. This was a memory from when she was 15 years old.

We tap, we’re being super specific and detailed, we’re making sure she’s not shifting aspects, we know it’s only a single S.E.E. that happened once, and we persist in tapping and tapping, but we can’t get the emotion to a 0 out of 10.

So 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 9 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.

## **#5. There Is *Still* Subconscious Resistance**

In the “**Clearing A S.E.E. video**” I take you through a tapping routine to clear any subconscious resistance to letting go of the S.E.E.

It’s not always necessary to do this (as there isn’t always resistance) but it only takes one minute to do and if there happens to be resistance it will be really hard (or impossible) to clear the memory completely.

It can happen that the tapping to eliminate the possible subconscious resistance does not clear the subconscious resistance.

When this happens, we have not successfully moved beyond the subconscious resistance. And that means that your **subconscious mind** still doesn’t want to let go of the S.E.E. for a variety of possible reasons.

Or, if you are able to release some of the negative emotions from your memory, but then you get stuck, it might be that the tapping in the beginning of the video was effective and we did move past the subconscious resistance to letting go of the S.E.E., but the subconscious resistance has come back.

So you made a little progress, but then your subconscious was like “wait a minute, we’re not going to let go of *all of it!*”

This is quite common, and so there is a simple solution for moving past this subconscious resistance. By following along with the “**Clearing a S.E.E. Unique Resistance Video**” that you find under the video “**Clearing a S.E.E.**” this subconscious resistance will most likely be released.

Once you have followed along with the “**Clearing a S.E.E. Unique Resistance Video**”, go back to the S.E.E. that you were working on and notice how the emotion now starts to release.

## **#6. You Can't Move Past Subconscious Resistance Yourself**

Sometimes it may be the case that you're doing your best to clear a S.E.E. but you can't seem to succeed no matter what you do.

You use the troubleshooting tip 1 to 5, but you still can't get it to 0.

In that case, you might have subconscious blind spots to moving forward. Ideally you find an experienced practitioner who can help you uncover the blocks to letting go of that memory.

However, this is somewhat rare, and there is a powerful exercise that I want to share with you here which you can use on this memory and see if it helps you.

The exercise is called the "Trauma Buster Technique" and is developed by Rehana Webster (EFT Master). It's a combination of basic EFT and NLP. It's simple, gentle, even slight fun, and very powerful.

What I suspect happens with the trauma buster technique is that the event gets neurologically scrambled and the meaning of the event changes. You'll still remember what happened, but it won't be able to hurt you any longer, or not in the same way.

I'll first describe the steps to you in detail, and then I refer you to a video called Trauma Busting where I demonstrate it to you and explain it in detail again.

## Trauma Buster Technique:

1. Tap over all your points as you tell the story of what happened to you from beginning to end.

**NOTE:** Make sure your story has a beginning and an end. In other words, make sure that it is a single S.E.E. and not a series of experiences, or something that happened to you repetitively over a longer period of time.

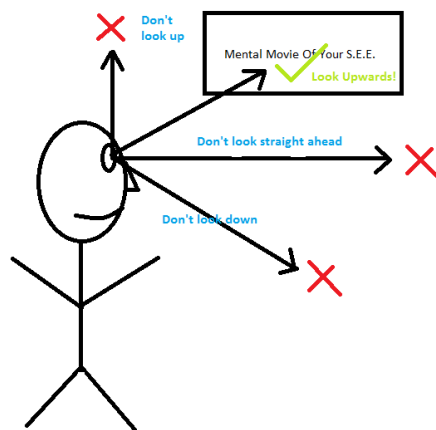
2. Then tap over all your points as you tell your story backwards from end to beginning (you do not have to do this perfect). You start at the end of your story, and you tell it going from the end of the story back to the beginning of the story when nothing was going on.

3. Imagine a movie screen in front of you, a bit above you.

You are looking slightly upwards (say your eyes are looking upwards 45 degrees) at the screen that is slightly above you just like when you're in a cinema and you're sitting in the front of the cinema, close to the big screen.

Don't worry about the exact angle, it doesn't matter, just look slightly up. This is just to disassociate yourself from the experience and make sure you're creating images rather than being in your emotions (because when you look up you more easily access visuals and when you look down you more easily access feelings).

Like this:



While continuously tapping over your points, see black and white (seeing it in black and white instead of in colour is important because it helps to distance you from the movie and make it less emotionally intense) movie of the S.E.E. happening while you describe out loud what is happening to the characters in the movie (so you are describing what is happening to the you in the movie, what's happening to the other characters in the movie –if there are any- and so on.

So you're looking at that screen, and while you're tapping, you're describing it:

*“Sebastiaan is sitting in the back of the class, Sebastiaan is being told to sit next to the teacher, the teacher looks at Sebastiaan with a look of frustration, the TV rolls in, the teacher walks to the back of the class, The teacher says to Sebastiaan that he has big ears, Sebastiaan is turning red, the kids all laugh at Sebastiaan, Sebastiaan looks awkward.”*

You play the movie and you describe what happens from beginning to end.

3B. Once you are the end, you stop, take a breath, and then play it backwards to the beginning.

So you start at the end of the movie and you rewind it to the beginning while you tap and describe what happened.

It's just like when you are watching a movie with these ancient VHS movie tapes and you use the rewind button and you see everything going backwards. That's what you do here too, but you not only see it happening, you also tap and describe what happens

So you'd be looking at the screen, tapping, and describing how you see the movie going backwards:

*“Sebastiaan looks awkward, the kids all laugh at Sebastiaan, Sebastiaan is turning red, the teacher says to Sebastiaan that he has big ears, the teacher walks to the back of the class, the TV rolls in, the teacher looks at Sebastiaan with a look of frustration, Sebastiaan is being told to sit next to the teacher, Sebastiaan is sitting in the back of the class”*

Again, no need to do this perfect. You might only see brief flashes. Fine.

You do this three times. From the beginning of the movie until the end and then back is one time. Do that three times.

4. Now you're looking at that movie screen again, but this time you're going to make the movie into a cartoon.

**NOTE:** This exercise doesn't disregard the seriousness of what might have happened to you. What happened though is in the past, and no longer real. It just feels real to you because of the emotions attached to it. This exercise helps you to release the emotional pain from it. After it you will still be able to remember what happened, but it likely won't hurt any longer.

To get started, pick your favourite cartoon character(s) who will be starring in the cartoon version of your mental movie.

You could see the movie playing out with yourself as Popeye, the other person as Olive, and the third person as Brutus (or whatever. It could be the smurfs. Or Tom and Jerry. Or Sylvester and Tweety bird. Or Micky and Mini Mouse and Goofy. Or Donald Duck. Or.. Whatever. It doesn't matter what you pick. )

And then simply tap while you describe your directed cartoon movie of what happen to you. See it in full colour, vivid, loud, light, bright, and all in a comical way.

Try to make it as stupid and ridiculous as you can. Again, this you do not have to do perfect.

*Example:*

“Tweety bird is sitting in the back of the class, Tweety bird is being told to sit next to the Sylvester, Sylvester looks at Tweety bird with a look of frustration, the dog rolls in, Sylvester jumps up and down to the back of the class, sylvester says to Tweety bird that he has big yellow feathers, Tweety bird tweets “tweettweettweet”, the dogs all bark an applause for Tweety bird, Tweety bird lifts up in the air from excitement.”

Once you are at the end, play it backwards from the end.

*Example:*

“Tweety bird lifts up in the air from excitement, the dogs all bark an applause for Tweety bird, Tweety bird tweets “tweettweettweet”, sylvester says to Tweety bird that he has big yellow feathers, Sylvester jumps up and down to the back of the class, the dog rolls in, Sylvester looks at Tweety bird with a look of frustration, Tweety bird is being told to sit next to the Sylvester, Tweety bird is sitting in the back of the class”

Once you have done this, you could do it two more times from beginning to end and back, but one time is often enough.

5. Make up a new movie of what you wish that happened. And then see on that movie screen what you wish that had happened back then. Your ideal scenario.

So do what you wish you had done. Or see yourself not doing what you did back then, but see yourself doing something else instead. See yourself not doing what you regret you did do. See it play out differently. Get an apology. Or get a hug.

Or see yourself be rescued by someone (can be superman, can be someone you trust, can be santa, whatever). Or give that clever comeback. Or make friends in the scene.



Or have the people be nice to you. Or have it all be a big joke after all. Or get that compliment that you wanted. Or that quality time that you craved. Or find your way back. Change the surrounding. Change the time of day. It doesn't matter. Do what you wish happened, make it up!

There are no rules for this, other than that you end up feeling safe or good about your new movie.

Just create a new story that is like what happened, but replace what happened for real with something that you wish happened and you *end up feeling either safe or some positive emotion* (love, happiness, laughter, joy, excitement, freedom, relief, etc.).

**NOTE:** If it doesn't feel good to do this, you can go to the “**Change Into Positive Memory Audio #2**” and follow along with the audio there.

**NOTE:** In the “**Trauma Busting Video**” that you find on the Social Confidence System page I will give you an elaborate example.

## #7. Getting Super Specific On One Aspect

You may not have been able to clear all the emotions because during the S.E.E. a negative limiting belief was formed. You had a realisation, you interpreted something in a certain way, you made meaning out of what happened, you drew a conclusion or you make a decision.

And this lesson, realisation, interpretation, meaning, conclusion or decision became a negative limiting belief and still has emotion connected to it.

And the belief is quite possibly a lot more real or true to you nowadays because it's highly likely that you have collected more evidence (you experienced more S.E.E. where this was true for you) to support the validity of the belief.

With the below exercise you can uncover this negative limiting belief and *attempt to* clear it with the steps in the article "***Attempting To Change A Negative Limiting Belief***".

I say "attempt to clear it" because often it is the case that you can't clear the uncovered negative limiting belief immediately simply by tapping while stating the belief out loud.

This is because there are most often more S.E.E.'s (which are supporting evidence, or building blocks of the negative limiting belief) that need to be cleared of all emotion first before the belief no longer feels true.

**NOTE:** I recommend you read the PDF "**The Structure Of Beliefs**" which you find on the SCS page. This explains in detail why you will be "*attempting to*" clear the negative limiting belief, instead of getting rid of it one go. I suggest you read that now and go to the exercises below once you're done.

## Exercise:

With the following exercise we will uncover the negative limiting belief learned, after which you will *attempt to get rid of it*.

To illustrate how this might work, let's imagine that I have social anxiety and that I've just invested in the Social Confidence System. And let's say that I had a S.E.E. where my teacher made fun of my ears and everyone laughed at me.

...

Sebastian: I uncovered this S.E.E. which I named "my teacher mocked my ears". The emotion is 9 out of 10 if I were to vividly run it through my mind in detail.

Following the advice to neutralise my S.E.E. as well as the troubleshooting steps in this article, I take the memory through the video "Clearing a S.E.E." and I end up with a 3 out of 10 in emotional intensity.

From here I start out telling the story of what happened out loud while tapping over all my points.

I manage to get most of the emotion out of the memory, but for some reason I can't release all of it completely. I try the first 6 trouble shooting tips above, I make sure I do it correctly by tripple-checking the instructions, but none of them allow me to fully release all the negative emotions.

By following the instructions at step #7, I clarify what specific emotion I was feeling that I can't seem to release, and I also locate specifically what happened during the moment I started to feel that emotion.

I have to find out what my interpretation was in that moment (or sometimes after what occurred) that led directly to my emotional response.

So I determine that the negative emotion I still feel is rejection, and the specific moment that evoked the emotion of rejection in me was when everyone started laughing at me.

I ask myself:

- What was my interpretation of them laughing at me?
- What did this mean to me?
- What was the first thought or idea that came into my head when they started laughing at me?
- What realisation did I have?
- What conclusion did I draw?

The above specific questions help me to uncover the lesson, realisation, interpretation, meaning, conclusion or decision I had during that specific moment. And this lesson, realisation, interpretation, meaning, conclusion or decision has negative emotion "attached" to it.

The conclusion I drew during that experience was "nobody likes me".

I tap while verbalising the belief as I tap over the tapping points until it no longer feels true. I tap and I tap and I am able to get the conclusion to a 0 out of 10.

**NOTE:** Again, it is not always possible to neutralise the negative limiting belief simply by verbalising it while tapping over the points until it no longer feels true. It worked in my example above, but this often does not work.

It's common that the negative limiting belief feels *less true* after tapping in this way, but if I were to have more evidence of the belief being true (more S.E.E.'s) I have to eliminate that evidence (neutralise those S.E.E.'s) before the belief will collapse completely.

See the article "**Structure Of Beliefs**" for a detailed understanding

I check back in with my memory. I find that it is less emotionally intense, but that there still is some little remaining negative emotion there. Knowing that it can be cleared completely, I tune into what the emotion is, and I find out that it is fear.

I realise that it's fear that occurred *after the experience was over*, rather than in the moment.

When this is the case, you ask yourself slightly different questions.

So I focus on the fear and I ask myself:

- What did this experience mean to me?
- What lesson did I learn here?
- What did I come to believe as a result of this experience?

I find out it is the belief that "people are mean and out to get me". As I say it out loud it turns out to feel really true. It's very strong. 9 out of 10.

I tap in the same way by verbalising the belief and continuous tapping, but I can only get it to reduce to a 6 out of 10.

**NOTE:** This is because this belief is a more deeply rooted belief.

I have had more experiences in life where "people were mean and out to get me". So I have more evidence to deal with (other S.E.E.'s to clear) in order to eliminate the belief completely. See the article "**Structure Of Beliefs**" for a detailed understanding

Since I am still working through the SCS and *I haven't completed all the steps* yet, I realise that I have done what I needed to do.

I followed the instructions and I got my belief *as low as possible* according to the instructions.

I judge what I've done as a success, even though my belief is not at a 0 out of 10.

I take comfort in knowing that the reasons for my belief not being at a 0 is because there are more supporting S.E.E.'s that need to be treated in order for the belief to collapse completely.

I congratulate myself and I move forward in whatever way I have been instructed in the SCS workbook (so I move on to the next step!) because I know that I will be clearing more S.E.E.'s as I go through the system.

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Use the example I have given you above, along with the questions asked, to uncover and attempt to clear the negative limiting belief by using the instructions from the PDF "***Attempting To Change A Negative Limiting Belief***"