

BORROWING BENEFITS INSTRUCTIONS by Lindsay Kenny

Use Borrowing Benefits while listening or watching others tap. You can benefit by saying the same words they are saying, but yet working on your own issues. It's amazing.

1. **Choose a specific bothersome memory, event or issue.** Typically such memories are like short **mental movies** - 2 or 3 minutes long.

Each must be short enough to have only *1 emotional crescendo* (event, spike or memory) within it. If you are unable to remember specific events or do not have any initial 0-10 intensities on your crescendos, give it a title of "Mystery traumatic event" (or issue.) If you can't pick up on any specific events, start with whatever emotion you may have or a physical pain or discomfort.

2. **Give each short mental movie** or memory a brief title, such as, "the golf trauma," "Uncle Eric's boat," "the blackboard incident."

3. **If it's not a specific event or memory**, choose an emotion from an issue. For instance, if you have a weight issue, choose an emotion about that such as, "The shame about my weight" or "The frustration at not being able to reach my goals."

4. **Estimate intensity** or charge of the movie's crescendo (or the portion of an event or emotion you want to focus on) on a 10-0 scale. 10 will represent as much intensity as it has ever been with 0 representing no intensity at all. If you don't know what it was then, or you can't get in touch with it now, just guess what it would be if you got yourself worked up to the max about it.

5. **Write down the "movie title"** event or issue. Assign it an intensity level from 10 - 1 (with 10 being very strong.)

6. **Set it aside** and tap along with each demonstration, saying whatever the facilitator instructs the subject pupil to say.

7. **Check in with you own intensity level** when the leader checks the level of intensity with the participant in the demonstration. **Jot it down your number on paper** as it changes. Continue with that issue as the demonstration continues until it no longer has any intensity. Always assess the **SAME** issue or emotion you began with.

8. **When the intensity is a zero, choose** another specific event and resume tapping along and "borrowing benefits" with the participant.

9. **If you intensity goes up, don't worry about it.** That only means you're more focused on the issue and that the process is working. It's very common, and the intensity over the issue should soon come down

10. **If you aren't getting noticeable relief or intensity changes**, you may be:

- a. shifting from one crescendo to another without realizing it
- b. shifting from one emotion or issue to another within the same crescendo.
- c. reducing or collapsing the original crescendo/emotion/aspect and are now on another one. When assessing your intensity, make sure you are still on the same crescendo, emotion or pain.

For example, if you started with anger and then shifted to sadness, then you have a new aspect to be dealt with.

Note: it may be that your issue(s) is too complex for you to work with on your own, i.e., addictions, clutter, procrastination, weight, low self-esteem, etc. You may need to seek the help of a professional EFT Practitioner (www.EFTPractitionerListings.com) That's what we're here for.

Other useful concepts about Borrowing Benefits

- **Start with simple issues;** easy to measure, current, single-pronged. Fear, stress, anger at someone, frustration, disappointment, resentment, bodily aches and pains are *generally* simple issues. You'll get the best results borrowing benefits with those.

- **Once you have established the specific event for which you are Borrowing Benefits, forget about it** until it is time to pause and assess the intensity of your crescendo.

- **As you tap you may recognize that you have moved to another issue** within the movie or switched emotions. Realize this is a different issue than you started with and write down the new issue or aspect and intensity to work on later.

- **Each demonstration is capable of addressing thousands of therapeutic issues.** Do not assume that *only* demonstrations with issues like yours will be useful to you. Your subconscious system will draw many parallels to your own circumstances.

- **Approach each demonstration with a relaxed attitude.**

Let go of "doing it right." The tapping procedure is very forgiving. If you miss a point or two in one round of tapping, or even go much slower than the demonstration don't worry, you will just pick up again as the session progresses

- **Do NOT try to focus on your specific event during demonstrations.** Relax. Focus on what the facilitator is saying and say the same thing. Just "get yourself out of your way."

- **Your current specific event may be reflecting off of another *more foundational event even further in the past.*** If so, use Borrow Benefits on the most distant event. If you cannot locate the foundational past event go on to other issues on your list. Chances are the original issue will collapse as a result of other issues collapsing.

- **As you Borrow Benefits, you are likely to uncover other bothersome memories.** The Borrowing Benefits process is much more powerful than you might think. If you have problems check with one of the session leaders.