

## Pro EFT™ New Reversals Protocol

by Lindsay Kenny, EFT Master

*This article assumes you know the basics of EFT and even a little bit about Reversals. If not, you can find out more about EFT and Pro EFT™ at [www.ProEFT.com](http://www.ProEFT.com) Click on the Pro EFT™ icon in the middle section of the page.*



**For some time now I've wanted to provide my clients, students and subscribers with a quicker, easier way to neutralize Reversals (the Secondary Benefit Syndrome kind). This is the most common type of Reversal and reflects our *natural* subconscious resistance to change.**

There is a part of us (the subconscious mind) that resists change of any kind and particularly letting go of our issues. It's completely normal and it's simply your subconscious trying to protect you. The problem is a Reversal can stop the effectiveness of EFT in its tracks.

**Here are some of the reasons the subconscious might be reluctant to let go of an issue:**

- *It's not safe (this issue protects me somehow)*
- *Self punishment (I need to keep reminding myself of this mistake or problem)*
- *Punishment of others (I don't want him/her to think they're getting away with this!)*
- *A worthiness issue (I don't deserve to feel OK)*
- *A convenient excuse not to get started (It's not going to work anyway so why bother)*
- *An identity issue (Who would I be without this problem?)*
- *It's familiar (I hate feeling this way, but it feels normal so I don't want to change)*
- *An honor or loyalty issue (Who am I to be free from this when \_\_\_\_\_ struggles?)*
- *An acceptance issue (What if others look down on me for letting this go?)*

Actually, it doesn't matter what the reason is, although it's often comforting to know. What's important is that you neutralize the subconscious *pull* that can keep you stuck with an issue. *Consciously* we may want to let go of an issue. But in order to do that effectively we need to silence that part of us that wants to block our change or healing. Without taking the step, of Reversal Neutralization, tapping can be tedious and non-productive.

## By using this 1-2 minute New Reversals Protocol you can remove the biggest impediment to successful tapping.

Until now this has been a bit confusing for those who already knew a little about EFT, because a Reversal Neutralization was similar to the normal set-up statement. Yet it was different enough to be unclear. With this New Protocol we simply put the set-up statement together with a Reversals phrase and it makes everything simple yet effective. So here's how to do it. (see my [Tapping Points Chart](#) at the end of this article)

**Once you are clear on what you are working on and give it an intensity rating, then perform these steps:**

Tap on the Karate Chop Point using a version of this Reversals Setup Statement:

*“Even though this \_\_\_\_\_ (haunting memory, issue, belief or emotion)... causes me to (fill in how it affects your life) there’s a part of me that doesn’t want to let it go. And I want to love and accept myself anyway.”*

### Examples for adding the New Reversals Protocol:

*“Even though this anger at my sister is causing tension in the family, **there’s a part of me that doesn’t want to let go of it.** And I love and accept myself anyway.”*

The part **emboldened** is the Reversal protocol specifically for the subconscious. This is the key part of the statement. In the Reversal phrase you are speaking for the “part of you” (subconscious) that doesn’t want to get over, release or eliminate the issue or emotion.

Say the entire statement three times while tapping on the KC point. Then move onto the meridian points and tap as usual for two rounds ([see reminder statement examples below.](#)) As always it's good to vent on the points covering all of the aspects of your issue. Let me demonstrate that now (*refer to the teleclass audio for this demonstration.*)

**NOTE: I promise this is really easy. I'm going into detail with this explanation to help you understand it, so it may seem complicated. But it's not. Really. When you do it once or twice you'll see how simple it is. So please hang in there.**

### Here are the steps for the whole procedure:

1. Pick an issue, memory, emotion or belief
2. Give it an intensity from 1 -10
3. Do a Reversal Setup Statement while tapping on the KC point; *Even though this \_\_\_\_\_ (problem or issue) causes (strife, keeps me stuck, makes me sad, etc.) there’s a part of me that doesn’t want to let go of it. But I accept myself anyway.*
4. Repeat the Set-up / Reversal Statement again three times while tapping on the KC point (see my [Tapping Points Chart](#) at the end of this article)
5. Do two or three rounds while venting about the issue

6. Stop and reassess your intensity.
7. Do the Set-up / Reversal Statement again three times while tapping on the KC point. You can keep it exactly the same or change it a little:

*“Even though I’m starting to let go of this \_\_\_\_\_, there’s still a part of me that is resistant to letting it go. And I know my dog and cat love me regardless. (Or I want love and accept both parts of myself.”)*

## Examples for shame or disappointment in yourself:

*“Even though this shame and disappointed in myself about this weight, **there’s a part of me that doesn’t want to let go of the disappointment.** But I still accept myself (or want to accept myself) completely.*

*“Even though my clutter problem causes me embarrassment to having guests over, **there’s a part of me that wants to hold onto the shame,** but I think I’m a pretty good person anyway.”*

**Note:** With complex issues such as clutter, procrastination, insomnia, weight addictions, being stuck etc., you should be tapping on how you *feel* about having the issue, rather than tapping on the clutter or procrastination or issue itself. The reason is it’s difficult, if not impossible to measure clutter. How would you do that? And what intensity number is weight? How do you measure or get an intensity on insomnia? See what I mean?

However, you can easily measure how these problems or issues make you *feel*. And it’s those emotions that often keep us stuck. So it’s shame, guilt or other negative emotions about your issue that we need to eliminate first.

For more information on complex and simple issues see my article about Complex vs. Simple issues on [my ebooks page](http://www.ProEFT.com/eBooks/ebooks_order.html);  
[www.ProEFT.com/eBooks/ebooks\\_order.html](http://www.ProEFT.com/eBooks/ebooks_order.html)

## An additional phrase for clarity:

Next we’re going to optionally include the phrase, “*for whatever reason*” after the Reversal statement. It’s optional, but very powerful. However, I want to keep this simple for you, so you don’t *have* to use it.

For the remaining examples I’ll put it in parentheses, so you’ll know where it belongs. It’s pretty simple and it covers all of the possible reasons your subconscious might be fighting you...including ones you won’t consciously think of.

But remember it's not mandatory, just highly recommended. ☺

### Examples for adding the “for whatever reason” phrase:

*Even though my inability to say “NO” when people ask me to take on another assignment causes me to overload myself, **there’s a part of me that wants to hold on to that habit** (for whatever reason...maybe fear that people won’t like me if I say not or ..... ) and I accept who I am anyway.*

*Even though this need to be perfect cause me a LOT of stress and damages my self esteem, **there’s a part of me that doesn’t want to change that** (for whatever reason,) but I still know that I’m a pretty smart girl.*

*Even though the shame over my stuttering problem keeps me from speaking up (or holds me back...) **there’s a part of me that doesn’t want to let go of the shame** (for whatever reason,) and I love myself anyway.*

### Examples for alleviation of pain or illness:

*Even though this pain in my \_\_\_\_\_ keeps me from participating in activities, **there’s a part of me that doesn’t want to release it** (for whatever reason) and I really want love and accept myself.*

*Even though this illness is really holding me back **there’s a part of me that doesn’t want to let go of it** (for whatever reason,) but I still accept who I am.*

*Even though this chronic \_\_\_\_\_ is keeping me from enjoying my life, **there’s a part of me that doesn’t want to get well** (for whatever reason) but I want to love myself unconditionally.*

### Examples for frustration, resentment or anger about someone or anything:

*Even though this anger and frustration about not being able to get a job is making things worse, **there’s a part of me that wants to hang on to it** (for whatever reason) and I love myself completely.*

*Even though this jealousy toward my \_\_\_\_\_ (friend, spouse, boss, etc.) for \_\_\_\_\_, is putting a wedge in our relationship, **there is a part of me that resists getting over it** (for whatever reason) and my parakeet like me unconditionally and respects me for working on this.*

*Even though this anger and resentment at my brother-in-law is getting in the way of enjoying family outings, **there’s a big part of me that doesn’t want to let him off the hook** (for whatever reason) but I know I’m a good sister and friend.*

(See my [Tapping Points Chart](#) at the end of this article)

## Examples for eliminating limiting beliefs and fears (a very common issue)

*Even though these fears and beliefs keep me from getting what I want, **there's a part of me that doesn't want to let go of them** (for whatever reason<sub>2</sub>) but I still love and accept myself.*

*Even those these limiting beliefs keep me stuck, **there's a part of me that's very resistant to releasing them** (for whatever reason<sub>2</sub>) and I love and accept both parts of myself.*

*Even though these fears and beliefs about leaving this marriage keep me in this dysfunctional relationship, **there's a big part of me that doesn't want to let go of these beliefs** (for whatever reason<sub>2</sub>) and I accept that.*

**\*Note:** The optional “for whatever reason” phrase helps quiet that inner resistance. You can quiet that subconscious resistance even more quickly by simply substituting a statement that voices why you think your subconscious might want to hold onto the issue or emotion. Just put it in the place you would put the “for whatever reason” statement.

## Examples for why your subconscious might want to hang onto an emotion or belief:

*Even though a part of me that doesn't want to let go of this anger at my sister, because (pick one or more of the examples below or choose some of your own):*

- *I want to punish her with my anger*
- *I want her to know how much she hurt me*
- *I want her to apologize to me*
- *I want others to know my side of the story*
- *I want her to see how wrong she was*

...finish with a positive statement such as, “*I still accept myself*”

You can add some of these phrases in on the [meridian tapping points](#) as well. Venting is good and encourages. Let 'er rip!

*“Even though these limiting beliefs hold me back, there's a part of me that doesn't want to change them because:*

- *These beliefs keep me safe*
- *They give me an excuse for not trying*
- *These beliefs keep me from failing*
- *The beliefs keep me from being rejected or hurt...*

*“Even though I'm disappointed in my own weakness for alcohol, there's a part of me that doesn't want to let go of it, because:*

- *It's how I punish myself*
- *I don't want to let myself off the hook*
- *It's how I reward myself*

- *It's not OK to feel good about myself while I have this problem*

Feel free to use several different phrases, or use them in addition to “for whatever reason.” You can’t do this wrong. Really. Feel free to improvise.

### **Remember these important elements about the New Reversals Protocol:**

- ◆ Your INTENTION to neutralize any subconscious resistance to change is as important as the words you say.
- ◆ What you say on each meridian point is a way to give a voice to either your resistance or your desire for what you want. So there’s no right or wrong way to do it. Just say what feels true for *you*.
- ◆ Adding resistance phrases into your *rounds* of tapping is encouraged. When you say “*I want to let this go,*” feel free to say this in the next statement at the next tapping point, “*NO I don’t!*” Because until you’re intensity is at a zero, there’s still a part of you holding on to your issue. Give it a voice and the resistance will subside easier.
- ◆ Eliminating the Reversal or resistance to change does NOT remedy the issue. It simply gets rid of a huge impediment to fixing the issue.

### **Sample tapping sequence phrases:**

*EB these beliefs that this isn't going to work*

*SE this is too hard*

*UE it's too confusing*

*UN why can't we keep it simple?*

*CH I want to let go of these beliefs*

*CB they keep me from getting results*

*UA so I want to release them*

#### ***Additional Pro EFT™ recommended points:***

*WR (inner side of your wrists) no, I don't!*

*LV (Liver point, under your breasts) yes I do!*

*CRH (Crown of the head) I want to let this work*

Rinse and repeat ☺ using your own words. Add in some desire statements to make it more interesting: “*I want to get over this*” and some resistant statements: “*No I don't*”...“*Yes I do*”! You might surprise yourself with what you say.

After a couple of rounds of stating the problem and how you want to get over it, stop and reassess your intensity or charge on the original issue. Remember to add a phrase about a part of you that’s resisting letting go. Continue the pattern until you’re at a zero with the emotions!

Practice this on every issue until you are proficient at it and watch your results improve. Again, eliminating the Reversal or neutralizing negative feelings won’t fix complex issues like weight, clutter, addictions and so forth. But these are important steps toward remedying the larger problem.



Good Luck and Good Tapping,  
Lindsay Kenny

### Pro EFT™ Tapping Points Chart

**ENERGY POINTS**

1. Eyebrow (EB)
2. Side of Eye (SE)
3. Under Eye (UE)
4. Under Nose (UN)
5. Chin (Ch)
6. Collarbone (CB)
7. Under Arm (UA)
8. Liver (LV)
9. Wrists (WR)
10. Crown of Head (CrH)

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