

Tapping Tip - The "I am" Statement

I recently worked with a woman who was anxious about travelling to London to take an exam. She had been training for several years and this exam would give her the qualification to take her skills public. She was confident of her skills and what she could do with this qualification but horribly anxious about travelling away from home, staying in London, performing for the examiners, being judged, deciding what to wear, getting home again, everything.

She was anxious about every conceivable aspect. So I introduced her to EFT and we tapped for them all one by one and tested each. With each test she was able to imagine being on the train, finding the tube station, getting to the hotel etc. etc. etc. We went through the many aspects and they each cleared with tapping until she could imagine the whole journey and the exam and everything that could possibly happen. But she was still anxious.

So I asked her how she knew that she was anxious and her answer "because I am an anxious person" led me to tapping with

"Even though I am an anxious person and an anxious person must get anxious...."

"Even though I've always been anxious so there must be something for me to be anxious about..."

"Even though I would not know what to think about if I wasn't thinking anxious thoughts...."

We tapped for a couple of rounds and at that point her whole anxiety dissipated.

Later I heard that she had sailed through the exam and enjoyed a night out in London too.

The learning here is that sometimes the triggers of anxiety are no longer a problem but the anxiety is held in place by a truth about the self. "I am" statements define our self concept and our deeper mind always seeks to keep us safely within our self concept.

So look out for the "I am" and tap for that too.