

# Six Rare Reasons Why You Might Feel Worse after Tapping



By Lindsay Kenny, EFT Master and Founder of  
**The EFT Institute**

This article is based on the assumption that you already know the basics of Meridian Tapping. If you do not, please read about it at [ProEFT.com](http://ProEFT.com)

# Six Rare Reasons Why You Might Feel Worse After Tapping

By Lindsay Kenny, EFT Master

People usually leave tapping sessions feeling invigorated, alive and much lighter than when they started. Occasionally, however, someone will go in the opposite direction and experience a negative reaction during or after a session. This is far more likely if you are tapping for yourself. Feelings such as anger, anxiety, uneasiness, sadness or even temporary worsening of the issue/s might emerge. These are not side effects of tapping and neither is there anything wrong with you. Rather, they indicate that issues have arisen that require more attention. And reassuringly, this can be a good sign.

Firstly, though, there are several possible causes for these odd-feeling emotions you may experience during or after tapping. Here are some of them:

## Regrets from the Past

**You may be regretting previous choices you've made in life or things that have happened to you.**



You may be saddened when reminded that due to your issue/s there were “opportunities wasted” in your life. These regrets or feelings are often suppressed until tapping is introduced and things get stirred up. It could be natural, then to feel that tapping has **caused** these “new” feelings. But in fact, tapping may have brought to the surface issues you have previously suppressed that now need to be dealt with.

Remember, negative emotions are caused by a disruption in the body’s energy system. We may “manage” our emotions or suppress them temporarily, but the blockages are still there. So, when you start tapping the emotions (or issues) surface again, leaving you to believe that EFT caused them. The good news is they are more easily dealt with at the surface.

## **Anxiety about a “New” Identity or Future**

**As we start releasing or confronting trapped emotions we may begin to fear the likelihood of change. Living with a different set of rules or identity can be threatening to our psyche.**

While tapping on major traumas or old issues, the above realization may cause some people to become anxious or fearful. Being free from past baggage might mean risking rejection rather than living inside a “bubble of protection” provided by previous challenges. It’s like having a new identity and that can be very scary for some people.

For instance, those who have been victimized may have often blamed others for their crummy life or bad choices. Once tapping starts lifting the curtain of pain, blame, shame and resentment they realize that they don’t really know how to live a life of accountability. They might feel like a fish-out-of-water as they begin to see life from a completely different perspective.

We often have two parts to us that battle for dominance. A part of you may be sad or even sick with fear when you imagine leaving the old identity behind. Sometimes there's a reluctance to say goodbye for various reasons. Just as people stay in bad marriages or keep a clunky car because it's familiar, we sometimes want to stay with the perceived safe place, habit or persona. To change what is habitual can be disconcerting or overwhelming to some while exhilarating and uplifting to others.

The old, familiar part feels out-of-sorts or fearful because it doesn’t know how to conduct itself in a different paradigm -- with a new identity. Being accountable, responsible and optimistic can be frightening if you’ve seldom or never experienced these sensations. Yet the “other” part of you may yearn for that freedom and peace of mind. It could be this dichotomy that causes the discomfort during or after tapping.

## Letting Go of the Secret Payoff

**Another cause for anxiety or fear when tapping is that there may be a payoff for holding on to your issues.**

Some people are financially compensated for a disability, while others may get emotional support with attention, sympathy or special favors as a result of their issues. When these payoffs are threatened by a return to health, a part of that person may be reluctant to change or to give them up. Similarly, the grief over losing a loved one, the pain from being traumatized or feeling victimized or the memory of a horrific incident can grow into a compelling justification for why your life is not working. The realization that you may no longer have this “excuse” might be overwhelming and have you running for cover.

Please don't misunderstand me. I'm not saying that you would *consciously* choose to be incapacitated, stay ill, live in pain or remain traumatized. However, a part of you may be very protective of these secondary benefits and therefore be reluctant to let them go which could then trigger anger, sadness, anxiety or fear after a tapping session.

## Missing the Core Issue

**A likely reason for feeling unsettled after tapping is that you simply haven't reached the core issue.**

Sometimes getting too close to a painful memory causes us to back off. Perhaps you've peeled away the first layer of the onion and the layer underneath is “stinging your eyes.” You may be only partially into your issues and things are stirring up.

If you don't know what the actual cause of your problem is when you start a session you are only able to tap on the various aspects you do know about and consequently you may end a session without finding the **Core Issue**. For example, you may be tapping on an uncomfortable emotion or body sensation that is happening at the moment, such



as anger or tightness in the throat. If you do that, however, you would only be addressing the *symptom* of anger, not the main *cause* of it. Underneath the anger lies a deeper Core Issue, such as “he never really loved me” or “I’ve always felt abandoned.” Those core issues still need to be addressed for full resolution.

When the Core Issue is not dealt with it is like chopping off the top of weeds instead of pulling them out by their roots. Confusion, foggy-headedness, anxiety, headaches, anger, or sadness can mean that you’re simply not done with the problem or haven’t yet found the Core Issue.

It is often hard to discover Core Issues on your own because it’s hard for us to see our own problems clearly. Just as a surgeon couldn’t give himself (or herself) an appendectomy, many people have a difficult time gaining perspective on their own issues. Under these circumstances it is recommended that you consider working with a practitioner.

## **Reversals**



**A very common reason for fear or an uncomfortable feeling while tapping can be a Psychological “Reversal”.**

There are two types of reversals that can prohibit tapping from working efficiently. **The most common reversal, and the one that can affect your mood while tapping, is the Secondary Benefit Syndrome or SBS.** It can stop tapping in its tracks!

It is really just a **sub-conscious resistance to change** and we all experience this phenomenon during our lives. The conscious part of your mind wants relief but the more dominant subconscious is so powerful that change can be quite threatening. The good news is that Reversals are easy to recognize and eliminate and knowing how can substantially increase one's effectiveness.

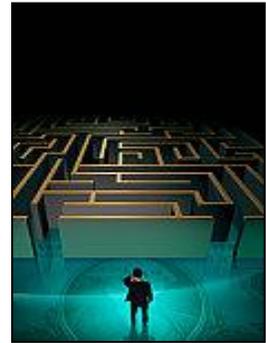
Watch my free video tutorial on Reversals at <http://tinyurl.com/ProEFTReversals> Or, purchase my [Reversals Package](#) to learn how to understand and correct this important and annoying impediment to Tapping.

## Too Much Complexity

**You could be working on issues far too complex for you to handle alone.**

This is another possibility for post-tapping problems. You might open a suppressed memory or enter a maze of issues that you just can't deal with yourself.

Meridian tapping of any kind is magical and extremely effective in the right hands. Beginners, however, should generally stay with simple rather than complex issues. Serious trauma, abuse, depression, addictions, psychological problems and other complex topics usually need the perspective of an accomplished practitioner. Sometimes people get frustrated that tapping isn't working for them, when in fact it's just that they're not experienced enough to deal with their own issues.



Look at it this way – as we mentioned at the beginning, if you experience negative stirrings during or after a session it's actually a good sign that meridian tapping is starting to work. Your body or emotions are reacting because you've scratched the surface of something that needs to be dealt with.

If you get stuck or feel worse, don't stop! Find someone to help you work through your problems. Check practitioner listings at [www.EFTInternational.com](http://www.EFTInternational.com) for a competent practitioner to assist you. Or find one of my apprentices or certified practitioners on my website.

Just don't give up on yourself or on tapping!

Good luck and good tapping!

Lindsay Kenny