



unlock your future

The Need to Understand

Sometimes we can work through many layers of an issue and seem to clear any emotional attachment to it and yet the ongoing resulting beliefs and behaviours remain. One of things that I often see in my client work is people getting caught in needing to understand why something happened to them, or why someone treated them the way they did. They may have cleared any false beliefs about their role in the event, but it still seems important to have that understanding of others in order to let it go fully.

The search for meaning, or understanding, can be a fruitless task and often stands in the way of complete resolution. Some things just aren't understandable, and never will be, and needing 'to know' will keep you hooked in to the problem state no matter how much tapping you have done – you are still invested in the story.

Once you have worked through the main emotional crescendos of a specific memory, using the Movie Technique or Telling the Story, but it still has a hold on you, it can be valuable to spend a bit of time tapping on the need to make sense of something, the need to understand and below is a brief example of how you would get going with this, but it is important to use your own words, this is just a frame to help you start.

Even though I need to understand why x happened I deeply and completely accept myself

Eyebrow: I need to understand

Side of Eye: I have to understand

Under Eye: Why did x happen?

Under Nose: Why did he/she/they.....

Chin: It doesn't make sense

Collar Bone: I don't understand

Under Arm: I just don't get it

Top of Head: I need to get it

Even though I need to know why he/she/they did what they did I deeply and completely love and accept myself anyway

Eyebrow: I need to know

Side of Eye: I have to know

Under Eye: Why did x happen?

Under Nose: Why did he/she/they.....

Chin: It doesn't make sense

Collar Bone: I don't understand

Under Arm: I just don't get it

Top of Head: I need to get it

Even though I need to make sense of this to let it go I deeply and completely love and accept myself anyway

Eyebrow: I need to make sense of it

Side of Eye: I have to make sense of it

Under Eye: I just can't let it go otherwise

Under Nose: Maybe

Chin: This block to letting it go

Collar Bone: This block to letting this go

Under Arm: I can't let this go without understanding

Top of Head: Maybe I can, perhaps, possibly.....

Continue like this, using your own words for a few rounds, introducing a few maybes, possibly, perhaps' etc when they feel right in order to begin to shake the belief up a bit.

Then ask yourself what it would mean to you if you could understand, how would it change how you feel about what happened? What would it mean for you if you never made sense of it? What would making sense of it give you that is important to you? What does holding onto the story give you?

Tap with whatever comes to mind, without censorship or judgment, listen to your inner voice, your self-talk, give it your attention. If possible say the words aloud – it gives them more energy and often allows us to speak the unspeakable giving the tapping even more power. The most important thing is to really listen to yourself, voice your thoughts, allow a stream of consciousness, all the time tapping around the points.

When you feel you have made some shifts test your work by going back over all the different aspects that will have arisen, paying attention to your emotional response and your physiological response. Do you still need to make sense of what happened to release the negative response to it, or are you able to accept the not knowing, not understanding and move forward anyway. Finally, run your original movie again and notice what has changed. If there are any more aspects that arise tap through them too.

Remember, some things just do not make sense, accepting that will bring freedom to relegate what happened to history (having learned anything useful to you). As one of the TAT (Tapas Acupressure Technique) steps says: “It happened, it is over and I am OK” – if it feels right it can be good to tap with that phrase too.

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