


Progressive EFT™
Tapping into Joy, Prosperity & Emotional Freedom

**The New Reversals Protocol
Part 2: "SBS"**

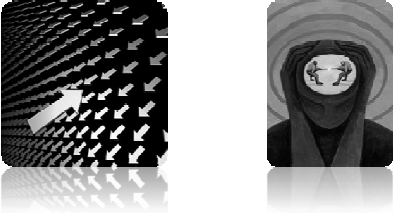


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Recognizing the two types of

↔ **Reversals** ↔



↔ **Reversals** ↔

2) Secondary Benefit Syndrome (SBS)



Subconscious Resistance to Change

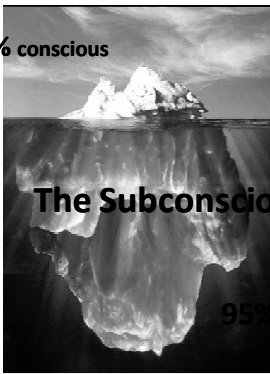
The stubborn 4-year old inside of you: "I don't want to change And YOU can't MAKE me!"



What if I let go of this _____ and...

- I won't know who I am anymore
- I won't feel safe
- My life still doesn't work
- I won't have an excuse anymore

5% conscious



The Mind

The Subconscious Rules

95% subconscious

The subconscious has two jobs:

1. Unburden your conscious mind from redundant tasks; walking, driving, eating etc.



2. Protect you; keep you safe from danger, rejection, failure, criticism, hurt, embarrassment, etc.

SBS
Reversals

To Neutralize an SBS Reversal Tap on the KC Point while saying:

“Even though this _____ (issue) causes me _____ (how it affects you,) there’s a part of me that doesn’t want to let it go. And I love and accept myself anyway.”





Example of a
Reversal - Setup Statement

“Even though...

- ... *this (fear of flying) keeps me from (traveling,) there’s a part of me that doesn’t want to get go of the fear...*

... and I want to love and accept myself anyway.”





More Reversal - Setup
Statements

“Even though...

- ... *these limiting beliefs and fears keep me from getting what I want, there’s a part of me that doesn’t want to let go of them...*

... and I want to love and accept myself anyway.”





Ways to frame a Reversal - Setup Statement

“Even though...

■ ... *I'm this angry at my husband, is hurting our relationship, a part of me doesn't want to get over it...*

■ ... *This debilitating _____, keeps me from being active, part of me doesn't want to be well...*

... and I know my dog/cat/fish loves me .”



Important to Remember:

Neutralizing a Reversal does not fix the *problem*



It fixes the *impediment* to fixing the problem

After neutralizing a Reversal you still need to tap on the **ISSUE**

Assume there is an SBS Reversal with virtually all issues



A Reversal Statement should be the way you begin every tapping session!



For more information on Reversals
visit us at www.Pro EFT Products.com
