

## **BUBBLE-PARTS TECHNIQUE – Rehana Webster**

We often have double bubbles! What, you ask, is a double bubble? One part of the bubble is the desire and in the other part is the resistance - to the SAME thought. There is a **conflict in the person**: both desire and resistance for the same thing

Chronic issues can often be created by double bubbles. **The key component of the chronic state is the secret tug of war happening between desire and resistance on the same issue.** That tug of war equals a Sabotaging belief.

Sabotaging beliefs often begin with “**I want to’ or I don’t want to...**” and are **charged with resistance or desire.** These can often be difficult to eliminate. The problem may come back, sneak back on you, nothing seems to clear them forever. You can spend all the time you want tapping, a few days/minutes later they are back.

Sabotaging beliefs have two opposite heads, pulling them in both directions at the same time. To go back to the bubble metaphor, the secret is that there is and has always been another connected bubble that is working behind the scenes to nourish the one you want to eliminate. Destroying the first bubble (the desire to smoke, for example) will not be enough.

**This whole conflict is a special type of bubble: a double bubble!!!** (Imagine a balloon squeezed in the middle, creating two smaller balloons connected together)

In other words, **if you don’t uncover the hidden side, you will not succeed.**

If only one half of the bubble is cut it still has enough energy to grow back again.

So when you see no progress, and problems are coming back, it means that you have **not addressed the issue fully.** You have left enough energy for it to grow back (**sabotage**).

**Focus on the entire bubble: the desire, the conflict and the resistance, NOT one bubble. The key is to dissolve the two sides of the double bubble at the same time.** Resolve the conflicting feeling; the tension between the two bubbles simultaneously.

### **DESTROY BOTH THE DESIRE AND RESISTANCE SIMULTANEOUSLY!**

What does the client feel torn about? Internally conflicted about?

Ask the client to fill in the blanks:

I really want to..... (what they say they want) ..**because...**

And I also am very afraid to (same thing)....**because...**

**It is in the ‘because’ that we are going to discover all the hidden conflicts.**

You are looking for the most charged core tension. Often you find a sense of surprise about what comes out; a good sign that you have found a core issue!

**Setup:**

*Even though I really want to **(be successful)** because... (**pros, upsides, benefits**)...  
I also do not want to **(be successful)** because...(fears, cons, downsides, etc)*

THE KEY is to use the conflict to release the tension!

For the Reminder phrase use:

**” I WANT TO BE ..... AND I AM AFRAID TO BE.....”**

Be persistent. It is powerful moment to witness the dissolution of the tension.

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