

ARTICLE

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Dealing with your "Why Bother?" doubts

Do you or your clients suffer from a “Why Bother Syndrome”? Why bother doing EFT when years of traditional therapy haven’t made a dent in your issues? “Why Bother?” is a form of self sabotage that prevents us from successfully releasing old issues, cravings and negative beliefs and it shows up in relation to many issues.

You are in “Why Bother” mode when you hear yourself saying:

- I can cope ... I am doing all right. Why Bother?
- I don't believe my problem can be resolved ... I give up. It is not going to make a difference. Nothing has made a difference ... so why bother with EFT?
- Why would I want to try that again? Look what happened the other times! It was a disaster!
- If I drop weight, I'll just gain it back and hate myself all over again – why bother?
- Risk loving again? I'd rather stay safe and just cope with my own little life. I refuse to open myself up again just to be hurt.
- Other people have said they could help me and none of them have. I'm not putting myself through that again. It's just too disappointing.
- Look, I already sent out all those flyers and newsletters and everyone KNOWS I'm in business. I'm not going through all that expense and heartache again when people don't call. I'm probably just not good enough anyway.

‘Why Bother’ statements create a negative impact on your self-esteem and drains you of the motivation to do EFT release work.

Make a list your own “Why Bother” statements. Start tapping on the one with the most intensity for you. Pay attention! It is likely that other “Why Bother” statements will come to mind. Releasing the “Why Bother” syndrome, gives you a chance to use EFT on issues or traumas that you have been reluctant or resistant to address. Tapping on your Why Bother statements decreases resistance and increases motivation. Stop settling for just ‘coping’ and start resolving those issues with EFT.

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Maggie can be seen in Australia at the EFT Extravaganza November 2008

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