

## The Polarity Process: Finding the Gift in Your Dark Parts

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The Polarity Process is a technique you can use to treat your negative self-beliefs and discover the gifts in your so-called dark parts.

Defining a belief as negative implies there is an opposite positive belief. By tapping on both sides of your beliefs, the Polarity Buster helps you to release emotional attachments to these beliefs and to see clearly how each of your beliefs (both positive and negative) has something to offer you.

After going through this process not only will you be able to accept more of yourself, you will also come to a place of greater personal peace.

Here are the steps to take (Jessica's examples from the call are provided in the table on the following page so you can use this as a model):

1. Begin by dividing a blank page into 4 equal parts by drawing a line down the middle vertically and another line across the middle of the page horizontally,
2. Now choose a negative belief you want to treat, such as Jess's role-played example "I'm not good enough". Write this belief on the left hand side of the page.
3. Now consider what would be the opposite of this belief, the positive belief you might want to believe (or believe more), such as (in Jess's example) "I am good enough, I have everything I need inside me to make my dreams come true."
4. In the lower left hand corner, list all the things that are bad about having the negative belief. What are the negative consequences of that belief in your life? What does having that negative belief cost you? For example, Jessica listed items such as "Sadness; Not providing for my family; Feeling bad about myself; Holding myself back". Give this quadrant the number 1.
5. In the upper right hand corner list all the things that having the positive belief would give you. What would be the positive consequences of having that belief in your life? What would be good about that belief? For example, Jessica's list included "I could overcome any hurdle; I could afford a bigger house; I could travel more; I would feel more joy." Give this quadrant the number 2.
6. In the upper left hand corner list all the things that having the negative belief might provide you that could be good. What could believing that do for you which might be good, or what could it help you to avoid which would be painful? For example, for this item, Jessica listed "It would not be such a burden to succeed;

Don't have to work so hard to meet everyone's expectations; Have an excuse for failing". Give this quadrant the number 3.

7. In the lower right hand corner list all the things that having the positive belief might cost you. What could be negative about having this belief, or having to constantly uphold this belief? For example for this item Jess listed "Pressure of expectations; People would expect and want more from me; I would put more pressure on myself; and I might lose connection with others."

8. Now we are going to tap through each of the quadrants beginning with quadrant 1: The "bad" things and consequences of the negative belief. You can either read aloud or simply focus in turn on each of the things you have written down that are negative consequences of this belief as you tap. If any feelings or emotional reactions or memories or other aspects arise, tap until these shift or settle down. Then take a nice deep breath.

9. Now move to quadrant 2 and tap on each of the statements you have there as reasons why believing the positive belief would be good. Again, as emotions or aspects arise, take the time to tap on these until you experience a shift and any emotional intensity reduces. Take another clearing breath.

10. Now move to quadrant 3 and do some tapping on the positive things which your negative belief might give you or the pains which it helps you to avoid. As before, notice any shifts and aspects which arise and continue tapping until any emotional intensity has reduced. And take a deep breath...

11. Now move to quadrant 4 and tap on the potentially negative consequences or bad points which might arise from having to adhere to the positive belief at all times. Again notice whatever comes up in your mind and body and follow the aspects through with tapping on any emotionally intense parts until the feelings shift and the intensity reduces. And take another deep breath.

12. Now tap interchangeably through the list. You can do this in any order, or simply follow the numbers, taking one item at a time from each quadrant's list in turn from lists 1, 2, 3, and 4. Persist with this process, going through all of the statements you have written down, and feel free to mix up the order if you wish, continuing to tap as you "tune into" each of the statements in turn. At some point you may find that you become a little confused or disoriented. Persist with tapping through this until you come to a state of greater emotional balance. At this point take another clearing deep breath. Now check in on how you feel about each of the beliefs by stating each of the beliefs in turn, both positive and negative, and seeing how this makes you feel.

Note that there is no right and wrong way to do this process, and many different reactions may be experienced. If strong feelings are evoked, make sure you continue with tapping on those feelings until you experience relief (and if feelings

and memories are provoked which are too strong for you, consider working with someone else). The time invested in this process can be some of the most rewarding personal development time you will spend. At the end is the promise of greater personal peace (and therefore greater planetary peace).

I would love to read your feedback on your experiences and use of this process.

**Jessica's Chart:**

<p><b>I'm not good enough</b></p>	<p><b>I am good enough</b> (I have everything I need inside me to make my dreams come true.)</p>
<p style="text-align: center;"><u>Good Side</u></p> <p>I wont feel the burden to succeed</p> <p>I don't need to fulfill others expectations</p> <p>I have an excuse for failing</p> <p><u>3</u></p>	<p style="text-align: center;"><u>Good Side</u></p> <p>I can overcome any hurdle</p> <p>I can afford a bigger house for my family</p> <p>I can travel more</p> <p>I feel more joy in the moment</p> <p><u>2</u></p>
<p style="text-align: center;"><u>Bad Side</u></p> <p>A feeling of sadness</p> <p>I cant give my family what they deserve</p> <p>I can't feel joy in the moment</p> <p>I always hold myself back</p> <p><u>1</u></p>	<p style="text-align: center;"><u>Bad Side</u></p> <p>I have to live up to other peoples expectations</p> <p>I feel more pressure to succeed.</p> <p>I cant connect with my friends if I'm always perfect.</p> <p><u>4</u></p>