

Reactive Self Images

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In our other paper, *Roles under Stress*, we refer to the fact that time or energy spent in one role may be at the detriment of another role. It is often the case that the person wants to spend more time in another role, but seems to sabotage all attempts to "find time" for the second role. I'm going to spend time learning ballroom dancing, but I never get around to it. Frequently there is a reactivity problem involved. For example, it may be that my image as "Church Elder" is switching off my image of myself as a "social type" That is, "social type" is reactive to "church elder".

Finding and dealing with this reactivity can be life changing at the least or result in total liberation at the best.

Testing:

1. Make a list of self images/roles. See *Roles under Stress* for ideas.
2. Put reactive mode in person's circuit retaining mode. (As a WEAK indicator muscle, IM.)
3. Find the strong reactor self image, and put that in your circuit retaining mode. (This is the one that makes the IM come STRONG.)
4. Find the reactive self images. (These will make the strong IM weak.)
5. Find the emotion involved with the reactivity. You may use the Five Element

emotions or the Behavioral Barometer of Stokes/Whiteside (see the 1989 International TFH Journal.)

Correction:

1. Find which meridian the strong reactor is locked into (by IM change when you CL the alarm points).
2. Take the strong reactor self image out of your circuit.
3. Tap the beginning of the involved meridian while the person does eye rotations and says.. "I let go of putting too much (little) energy into ...(e.g. chiropractic)..."
4. Test IM and say the reactor self image ...(e.g. chiropractic)... and put this back into your circuit as a WEAK IM.
5. Temporal Tap and say, "I allow myself to see myself/function more (or less) as a ...(e.g. song writer)...."
6. Close Circuits.
7. Retest.

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