

The Wellspring Method Resource Manual

"My goal is to help people achieve personal success and well-being by using the untapped potential of the mind."

— Mark Lauderdale MD FRCPC

Disclaimer

This program is designed to assist the average person to more effectively handle the common stresses and problems that arise in the course of living, and to support individuals in the achievement of their goals. It is not intended to take the place of therapy for serious mental disorders such as Major Depressive Disorder, Bipolar Disorder, or Post-Traumatic Stress Disorder. The program should be used under the supervision of a trained therapist when an individual is suffering from a major mental disorder, when the Level of Stress is 10/10 or "off the scale", or if there is a risk of harm to self or others. A person who uses this program assumes full responsibility for their decisions and actions.

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Published by
WELLSPRING PERSONAL EFFECTIVENESS INC.
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How The Program Works

CD 1 (one hour)

This CD provides information about the stress emotions and how they interfere with our ability to problem-solve. You will hear about the “Wellspring Phenomenon”, the mind’s remarkable ability to tap into hidden power and creativity, and learn about the development of the Wellspring Method as an effective obstacle-busting tool.

CD 2 (one to three hours)¹

On CD 2, I’ll interact with you to clear up your stress². I’ll help you identify a problem (on Track 1), and then re-define it (Track 2) as a specific stressful situation in your life that triggers your negative emotions. After reviewing the Tapping Guidelines (Track 3), we’ll clear out your stress (Track 4 – “Clearing Out the Junky Closet”).

Track 4 will be an interactive process in which you alternately listen, visualize future scenarios, and make notes. We’ll be clearing up the problem one piece at a time. As you resolve part of the problem, you’ll most likely notice a positive shift in your feelings before the end of Track 4 – perhaps a feeling of strength, or calmness. *At this point you should leave Track 4 and skip ahead to Track 5* in order to re-measure your Level of Stress (0-10), and identify the next piece of the problem to work on. As long as your Level of Stress is 2/10 or higher, you’ll return to Track 4 to clear out more emotions, and so on, *repeating this cycle between Tracks 4 and 5 until the problem is resolved* (see the “Diagram of the Wellspring Method”

on the next page). Once your Level of Stress drops to 0-1/10, you can then proceed to Track 6, and tap into additional strength and confidence.

CD 3 (one to three hours)

CD 3, also interactive, helps you become clear about your “future vision” to replace the current problem situation (Track 2). These tracks help you envision and brainstorm ways of making your goal a reality from an empowered state of mind. You can repeat Track 4 as many times as necessary, until you are absolutely clear about your plan of action in the coming weeks.

1. Depending on the issue this may take more than one sitting.
2. The word “stress” is used throughout to refer to **any** negative emotion.

“There is a wellspring of untapped wisdom, power, and ability that exists within you...”

When you face the difficult things in life, and call upon your inner wisdom, strength, and power, the Wellspring Phenomenon will occur, and you will discover that you are capable of handling far more than you ever thought possible.”

— Dr Mark Lauderdale

Overview of the Method

CD 2: Clearing the Way to Well-being & Success

Use CD2 to clear up a stressful situation in your life.

Track 1: Introduction

- Choose a stressful situation in your life.



Track 2 or 7: Setup for Tapping / Express Setup

- Develop a Problem Situation Statement.
- Develop your Wellspring Phrase.
- Begin tapping and visualizing a future stressful scenario (Scenario A).





Track 3: Tapping Guidelines

- This track can be skipped once it's familiar to you.



Track 4: Clearing Out the Junky Closet


- Continue tapping and visualizing Scenario A (B,C,etc.). Repeat this track until the scenario is resolved. 
- Once you feel good about handling Scenario A, skip ahead to Track 5 
- If Stress Level=2-10/10, visualize the next stressful scene (Scenario B,C, etc.)

Track 5: Re-Measuring Your Progress (Level of Stress)

- If Stress Level=0-1/10, skip ahead to Track 6



Track 6: Tapping Into Strength and Confidence

- Repeat Track 6 until your Confidence Level=9-10/10 



Proceed to CD3

To create the future you want.

Overview of the Method

(cont.)

CD 3: Stepping into Well-being and Success

⇒ Use CD 3 to envision and brainstorm ways of achieving a goal from a state of strength and confidence.

Track 1: Review



Track 2: Setup for Creating the Outcome You Desire

- Develop your Success Statement.



Track 3: Future Visioning

- Envision the outcome you desire to the problem situation.
- This guided imagery experience can also be used by itself for relaxation and well-being.



Track 4: Creating the Outcome You Desire



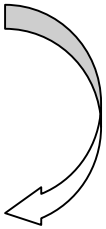
- Repeat Track 4 until your Confidence Level=9-10/10
- Continue tapping to identify the most effective things you can do to achieve your goal.



Track 5: Conclusion

The Express Setup

CD 2: Track 7

1. What situation in your life are you finding stressful or upsetting? or,
What are you finding hard to handle or accomplish?
(Record in your notes)
2. Rate your Level of Stress (the intensity of your emotions in the stressful situation):
Stress (0-10) = ____/10. (Record in your notes)
(0=no stress, 10=maximum emotional intensity)
3. The Desired Outcome: Now complete the following statement to describe the **observable** result you would like to achieve:
"I want to feel confident so that I can..." *(insert 2-5 words stating the desirable tangible outcome you'd like to create) ."*
e.g., "I want to feel confident so that I can give a great presentation."

4. Write your Wellspring Phrase and memorize it:
"To (insert the same 2-5 words from Step 3 above), I tap into power within me."
e.g., "To give a great presentation I tap into power within me."
5. Visualize your problem situation as a scenario taking place in the near future (this is Scenario A).
6. Refer to the pages that follow:
"The Tapping Guidelines", and
"Re-measuring Your Progress (Level of Stress)".

The Tapping Guidelines

CD 2: Track 3

1. **Stay on topic.** Stay with the current problem and don't stray onto another unrelated problem (variations on the current problem situation are okay). It must be a problem situation that a fly on the wall could see happening.
2. **Explore future-oriented scenarios.** Do not just replay events from the past. Instead, always imagine scenarios in the *future*, and follow where your mind leads as it explores various options by picturing one scene after another moving forward in time. If you're dealing with a traumatic experience from the past, refer to the Help Section.
3. **Stay in the presence of the stressor** (the difficult situation) until you can see yourself handling it and you feel better. Because these are only mental images, if you are feeling afraid of something and want to avoid it, purposely imagine confronting it so that you can move beyond it. Purposely seek out and face the situations that seem hard to handle and persist with one event after another, or one day after another until you **can** handle it. The ideas and the strength will come from within.
4. **Follow your desires.** Observe your own feelings, behavior, reactions, and attitudes as the scenes unfold (i.e., don't just watch the events like a passive bystander). Also, don't try to control your thoughts. Just put yourself **in** the scene and go with what you feel like doing whether it seems right or wrong, good or bad. Go wherever your mind wants to go. You will learn a lot about yourself.

5. ***Write down your observations in the form of statements, not questions.*** Statements will lead you towards resolution, questions will not.
6. ***Whenever something seems resolved and you are feeling more positive,*** or if you get lost or off track, skip to Track 5 and re-measure your Level of Stress. You can also use the printed page entitled "Re-measuring Your Progress (Level of Stress)". The goal is to continue tapping until your Level of Stress comes down to 0-1/10.
7. ***Be guided by your higher principles and values.*** This will enhance your personal effectiveness.

Re-measuring Your Progress (Level of Stress)

CD 2: Track 5

You should re-measure your Level of Stress when you feel better and you can see yourself handling a particular scenario, or if you get lost or off track.

Focus on the larger problem again... How much is it bothering you now?

Stress (0-10) = ____/10. (*Record in your notes*)
(0 = no stress; 10 = maximum emotional intensity)

If your Level of Stress is 2 or more, what is still bothering you? What do you still find hard to handle? The part that still bothers me is: (*Record in your notes*)

Visualize this as a stressful scenario occurring in the future (Scenario B, C, etc.). What scene comes to mind? (*Record in your notes*)

Continue on Track 4, now, to clear out the remaining stress. Your goal is to continue clearing out the junk until your Level of Stress comes all the way down to a 0 or 1...

If your Level of Stress is the same as before, just be persistent. If you are stuck in a pattern and nothing is changing, go forward in time and picture yourself in one episode of the Problem Situation after another for weeks, months, or even years into the future, and see if that changes your perspective on things. Now, continue clearing out the junk on Track 4...

If your Level of Stress is a 0 or 1, congratulations! You have successfully cleared out that junky closet! Now skip ahead to Track 6: "Tapping Into Strength, Confidence and Freedom"...

Tapping Into Strength, Confidence and Freedom

CD 2: Track 6

1. Write your Confidence Statement (and memorize it):
"I am strong and confident as I (insert the same 2-5 words from your Wellspring Phrase)."
e.g., "I am strong and confident as I give a great presentation."

2. List the challenging scenarios you dealt with in
"Clearing Out the Junky Closet": *(Record in your notes)*

Scenario A: _____

Scenario B: _____

Scenario C: _____

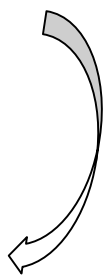
Scenario D: _____

Scenario E: _____

3. Actively tap into strength and confidence in each scenario....
4. Then rate your Level of Confidence in handling the Problem Situation:
Conf (0-10) = ____/10. *(Record in your notes)*
(0=no confidence, 10=highest level of confidence)
5. Continue until your Level of Confidence is 9 or 10/10

Setup for Creating Your Desired Outcome

CD 3: Track 2

1. Identify the Desired Outcome you would like to create (the result you want in the future):
2. State your Desired Outcome in the following sentence:
"I want to (2-6 words describing your Desired Outcome) "
e.g., "I want to do an excellent presentation."; "I want to teach Sam to be more respectful."
But NOT: "I want to **be**..."; or "I want to **have**...."
3. Write your Success Statement (and memorize it):
"I can feel good and enjoy life as I (insert the same 2-6 words from Step 2) ."

4. Actively tap into effective strategies and plans....
5. Then rate your Level of Confidence in your ability to create the Desired Outcome:
Conf (0-10) = ____/10. (Record in your notes)
(0=no confidence, 10=highest level of confidence)
6. Continue until your Level of Confidence is 9 or 10/10.

Help Section Contents

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 - a. Stay on topic
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 - c. Think of real-life events rather than metaphorical images
 - d. Stay future oriented

- e. Face the hard parts
 - f. Don't try to control the process
 - g. Don't overanalyse
 - h. Follow the instructions
 - i. Don't expect it to work on you, you have to work on it
20. Is my Confidence Statement correct?

1. How will this program help me solve my problem?

In the face of a problem, if a person tries to do or say anything when they are feeling stressed or upset (a negative emotional state), things will invariably turn out badly. Therefore, it is important to shift to a positive emotional state first, become clear about what you want, and then address the problem. Is it better to focus on the wall - your emotional stress, or the seaside resort - the way you want things to be? There's an important Life Principle here: Let your vision of the future, not your emotion, determine your actions.

There are four basic steps involved in successfully addressing any problem, large or small. They are, in order:

1. Recognize the emotional distress as a signal from within saying there's a problem to be addressed,
2. Make a genuine shift out of the negative emotional state to a positive one,
3. Envision the way you'd like things to be, instead of the way things are, and finally,
4. Take creative action.

2. How long will this take?

It really depends on the size of the problem, and how firmly you hold onto ineffective attitudes and feelings. Most often one session of tapping (of up to 1.5 hours) will be sufficient to clear up a problem. However, for bigger issues or feelings of hopelessness, it could take

longer. I suggest doing up to four sessions (1.5 hours each) on the issue. Each session should result in further resolution (see the Section, "What if the tapping doesn't seem to be getting anywhere?"). If you are still stuck, a session or two with a coach or counsellor would help you get over the hurdle.

3. High Level of Stress - Using a buddy

If your Level of Stress about a problem is high, such as a 9 or 10, you would likely benefit from using a buddy to assist you. Your buddy can simply make sure that you are sticking within the guidelines, i.e. making sure you stay on topic with future-oriented scenarios as you stay in the presence of the stressor, and re-measure when appropriate. Your buddy should not be an "advice-giver" because getting into discussions about what you "should do" will only slow down the process and will soon become frustrating.

As tempting as it may be, your buddy should keep their thoughts to themselves because they will most likely discover that you will come up with a similar or better idea yourself within a few sets of tapping. It is far more empowering for a person to find solutions from within themselves. I recommend that your buddy familiarize themselves fully with the Help Topics before you start.

If your Level of Stress rating is extreme, i.e. "off the scale", or if anyone is at risk of harm, use this program only with the help of a therapist or another competent professional. When your distress is that high you will find additional strength in the added support of a professional.

4. What if negative feelings about this problem come back?

Typically, you will find that if distress about the problem returns it is because some aspect of the problem has arisen that was not fully addressed the first time around. Also, it may be that some new distressing event related to the problem has occurred. In any event, there is no need to worry. It does not mean that all your hard work has accomplished nothing. If you recall where you started, you will likely recognize that you have made progress since then. Your emotions are simply telling you that the problem was not fully dealt with the first time, and you now have the opportunity to take care of the remaining junk.

One suggestion is to mentally rehearse as many different problem-related scenarios as possible when you are in the "Strength and Confidence" section. This will more adequately prepare you to handle whatever may come along. Of course, it is impossible to anticipate absolutely everything, but you can use the Wellspring Method as a tool to help you succeed in life whenever the need arises.

5. How do I target my Problem Situation?

It's important to recognize that there are always two parts to every problem – the stress emotion you are feeling and the real-life situation that is triggering it. For the Wellspring Method to be successful, you should **target the life situation**, and not your stress reaction. In order to clarify this further, describe your problem situation using the following sentence:

"I feel (insert your stress emotion) **when**
 (insert the difficult life situation that triggers your emotion) .

E.g.: "I feel frustrated when the kids won't cooperate".

For the purposes of this method, The Problem Situation is **the difficult life situation that you are facing**, and **not** your stress reaction to the situation (i.e., not your stress emotions such as anxiety, frustration or sadness, not your maladaptive behaviors, not your physical symptoms, not your negative beliefs, etc). Basically, you are targeting the specific things (events, people, circumstances) that "push your buttons" or that "trigger your sensitive spots".

6. What if my problem is about a bad experience in the past?

This program is not designed to be a therapy for upsetting experiences in the past, but rather, it is a method to help you deal with difficult present day and future situations. If you are distressed about something that happened in the past, ask yourself if there is a current stressful situation resulting from the past.

For example, let's say you were in a car accident and now you don't like to drive because you are afraid of being in another accident. Rather than focusing on the past accident, you could think about the problem of driving a car in the future, and all of the anxiety that situation would bring up for you. In all likelihood the problem would be resolved once you were able to picture yourself confidently driving and feeling relaxed.

Your Wellspring Phrase, then, could be "To drive comfortably I tap into power within me".

Similarly, if you were experiencing the stress of having a loved one die or leave you, you would focus on the future scenario of living life without that person, rather than focusing on the past experiences you had shared with them. Your Wellspring Phrase, in this case, could be, for example, "To move forward on my own, I tap into power within me".

If you are bothered by extremely upsetting memories of a past traumatic experience, I recommend that you consult a therapist.

7. Is my Desired Outcome Statement correct?

The Desired Outcome should be a specific **positive** external event, circumstance or result that would be observable by another person. It is also essential to target only one desired outcome or goal at a time.

For example,

Incorrect:

"I want to feel confident so that I can be less stressed about Sam". – This is a feeling, not a specific external event or life situation.

"I want to feel confident so that I can stop doing poor presentations". – This sounds more negative than positive.

"I want to feel confident so that I can make things right at work". – This is too general, not a specific observable outcome.

Describe a specific real-life scenario that you can actually picture in your mind in which you are actively doing something, not just being something or having something. In other words, make your phrase active, not passive.

For example,

Could be better:

"I want to feel confident so that I can get more respect from Sam".

"I want to feel confident so that I can become an excellent presenter".

"I want to feel confident so that I can receive a higher income".

Best:

"I want to feel confident so that I can teach Sam to be more respectful".

"I want to feel confident so that I can give excellent presentations".

"I want to feel confident so that I can increase my income by \$1000/month".

There is an old Sufi saying that says, "The way we do one thing is the way we do everything". In this case, if you formulate a goal using passive or vague language, you will also be passive and vague in your attempts to achieve it. You will have a tendency to either wait for someone or something else to change first or you will merely wish that things were different. However, if you use active language in which you are actively doing something, you become an active creator of your goal and your future.

8. How do I construct my Wellspring Phrase?

Simply copy the 2 to 5 words you used to complete your Desired Outcome Statement and paste them into your Wellspring Phrase. For example,

Desired Outcome Statement: "I want to feel confident so that I can teach Sam to be more respectful".

Wellspring Phrase: "To teach Sam to be more respectful, I tap into power within me".

Desired Outcome Statement: "I want to feel confident so that I can give excellent presentations".

Wellspring Phrase: "To give excellent presentations, I tap into power within me".

Desired Outcome Statement: "I want to feel confident so that I can increase my income by \$1000/month".

Wellspring Phrase: "To increase my income by \$1000/month, I tap into power within me".

If, for some reason, your Wellspring Phrase doesn't sound right, take a closer look at your Desired Outcome Statement. It probably could be clearer, more specific, tangible or observable.

9. Is it important to say the Wellspring Phrase word for word?

Yes! After experimenting with many versions of the Wellspring Phrase, I have found that repeating these exact words is the most empowering: "**To (insert your 2-5 words), I tap into power within me.**"

"Note that the phrase is not, "I **can** tap into power within me", or "I tap into **the** power within me", or "I tap into **my** power within". It is simply, "I tap into power within me".

10. Am I tapping correctly?

There is no magic in the exact way you tap. The procedure of tapping with your eyes closed alternating with opening your eyes and writing down your thoughts simply serves to structure the whole process so that you move forward from one idea to the next like a bus moving from one stop to another. I have tried the method without any tapping at all and found that people tended to become confused and unfocused, lost in their thoughts.

I find that tapping the side of your legs with your fingers, alternating left and right, seems to be the most comfortable, but you can also tap your knees, or tap with your toes instead. Experiment with the speed of tapping to discover what feels right to you. If you think of tapping into the greater wisdom, power, and creativity within you as you actually tap your legs, it will enhance the effect. Tapping the legs or tapping the toes also has a certain forward movement feel to it, as though you are walking towards a brighter tomorrow.

11. How do I mentally rehearse my “Scenarios” correctly?

The idea behind this tapping method is really very simple. It's a mental rehearsal, one scene at a time, of handling a difficult situation. All you need to do is imagine that you are in a difficult situation in the

future, one that would make you feel stressed. Then, picture what you feel like doing next in that situation, even if you don't handle it very well. Just follow your natural tendencies, and discover what happens as a result of your actions. Since this is only happening in your mind, you are free to imagine doing whatever you like, but don't just fantasize, wish for, or analyze. It works best when you picture actually doing something in the real situation.

Give yourself full permission to play out any desire or urge that comes to your mind, whether it seems right or wrong. There is a beneficial emotional release in this. For example, if a person feels the desire to blow up at their criticizing mother, they should not try to force themselves to come up with a constructive approach, but rather, they should picture themselves actually blowing up, play it forward, and discover what happens as a result. With that urge cleared out of the way, like a piece of junk released from the closet, a person is free to go beyond it. Then, as they visualize their mother criticizing the next time, chances are they will feel like handling it differently. So, do not resist an urge or a thought. Try it out as an imaginary experiment to see where it leads.

This mental rehearsal method is a tool for you to use to solve a problem. You should take charge and use it as a means of playing out scenarios in your mind, so you can get unstuck from your usual patterns and experiment with new approaches. Even if you repeatedly find yourself unable to cope with the situation, you can still play it forward into the future, one episode of the Problem Situation after another, until you become really tired of that same old pattern.

Eventually, if you stick with it, you will have had enough and something inside of you will shift. This may seem repetitious, but in the end it will save a lot of time, energy and unnecessary real-life stress.

12. Should I purposely try to visualize myself succeeding?

NO! In fact, you shouldn't try to make things go in any particular direction. Instead, just follow your natural tendencies and desires, whether they seem right or wrong, good or bad. The best learning occurs when you look at both sides. It's like giving your inner mind permission to play things out however it wants. However, engaging in total fantasy probably won't help. Just remember that there is a real life situation to deal with.

13. What if I have difficulty with visualization?

A few people have difficulty visualizing things in their mind. If you are one of these people, just substitute the word "imagine" in the place of "visualize" or "picture" throughout this program. You can still imagine or think about future events, which is the most important part.

14. Do I have to write things down?

While writing things down may seem a little tedious, it is very helpful for a number of reasons. Every time you express yourself through a physical action like writing it has the effect of dumping the thought out of the brain like taking out the garbage. The trip to the curb will actually get rid of the garbage, but just thinking

about it will not! You do not have to write much, just a few words to capture the main idea. Be brief! Spend most of your time visualizing, not writing. When you are done you will have a journal of your thoughts for review at a later date or for future reference if the issue ever presents itself again. Very often when the same issue arises again, it's because some aspect of the problem was not cleared out the first time around. Something was missed, and your journal will reflect that.

Once you are very familiar with the method and you are using it regularly to deal with problem situations of all kinds, you can shorten the process by simply speaking out loud (not just saying it to yourself). Speak about the thoughts and images you observe with each set of tapping, and write down the highlights. That is, write down the really significant ideas and insights as they come up.

15. What if it becomes apparent that this problem is linked to another significant problem?

Usually it's best to finish working on the first problem until you feel strong, calm and confident, and then work through the second problem. However, if, in your best judgment, the second problem is more fundamental and both issues could be addressed by dealing with the second problem first, then it would make sense to reconfigure. Revise your Wellspring Phrase to describe the second problem, rate your new Level of Stress (it would likely be higher), and continue the tapping process on the new issue.

16. What if my mind goes blank?

At times, during the tapping process, your mind may go blank and you cannot come up with any further scenarios, thoughts, or feelings. Most often this occurs because you simply lost your place, or perhaps some unrelated idea distracted you. Sometimes, though, a person's mind may feel too uncomfortable thinking about that particular thing, and shuts off in an attempt to avoid it. If this happens, it's useful to remember that, in reality, time will never stand still. There will always be something that happens next, even if it means that the problem will continue when we would prefer that it did not. It's better to start dealing with the problem than trying to put it off. If the blanking continues, just re-measure your Level of Stress and continue from there.

17. What if it seems like there's nothing I can do about the situation?

This is only an illusion, and it's occurring either because your Level of Stress about the situation is very high, or you are in a habit of being a victim in the situation. My advice is to continue processing and don't stop (even if it becomes frustrating) until your thinking pattern starts to shift. If you are clear that you want to be strong and confident in the problem situation, then obviously, the victim habit has got to go. It may be daunting to look at handling the situation better, but go ahead and experiment with ideas... ANY ideas. Try everything. You have nothing to lose.

Furthermore, every time you do a set of tapping, notice what you are feeling about the scenes as they unfold, and, in addition, **observe what you are doing**

in each of the scenes, especially if what you are doing is nothing.

18. An example of tapping through a difficult problem.

Simply go on to the next episode of the Problem Situation and try again. For example, let's say that your mother has an annoying habit of criticizing you and your usual reaction is to shut down, say nothing, and avoid her for a while. Probably, as you start tapping on the issue, the sequence you visualize would be the same as usual - her criticizing and you shutting down.

However, the avoidance of her does not feel like a satisfactory outcome causing bad feelings linger. So, you would just go on to the next "criticism scenario". Perhaps this time you see yourself exploding in anger at her, she is hurt and offended, and you feel terribly guilty. Since this is not a desirable outcome either, you would go on to the next "criticism scenario". Maybe this time you develop a headache so you don't have to face her - again, not very satisfactory.

Let's say you have convinced yourself that she's simply impossible to deal with, so after pursuing more of these scenarios into the future, you go blank and you cannot think of another thing to do. Well, you must realize that time will never stop for anyone no matter how difficult the circumstance, and so, you would visualize your mother continuing to criticize you for months or even years into the future, and there is no one to rescue you. I imagine you would be feeling

much worse by this point, but another word for emotional distress is "motivation".

Eventually, as you start to see the bigger picture (your whole life affected by this person's criticizing), something inside of you would probably shift. You would likely become very serious about changing things. In other words, if your approach is not working now, it never will, so you might as well keep thinking forward into the future for weeks, months, or even years, if necessary, until you start to see a new way.

Perhaps, in the next scenario, you muster up enough courage to tell her quietly, but firmly, that you don't like it when she says things like that, and you will end the conversation if it continues. Perhaps, instead, you simply stop reacting to the situation, as though it is "no big deal" anymore. Since this is occurring entirely in your imagination, you can feel free to let your mind play with a variety of responses until you discover one that seems to work for you. In this way, you can shorten many years of hardship and stress into just a few minutes, and probably arrive at a better solution.

19. What can I do if the tapping doesn't seem to be working? (Tapping Guidelines)

There are several reasons why things may appear not to be working. You can usually prevent the difficulties by following these Tapping Guidelines:

- a) ***Stay on topic.*** If you find yourself straying onto other related topics, gently return your focus to the Problem Situation. These problems are best resolved when you focus on a particular problem

scenario and stick with it to the conclusion, like following scenes in a TV show. Jumping from one problem to another (like flipping channels), or from one situation to another (like skipping to different episodes) usually slows down the process.

- b) ***Engage in scenarios, not ideas.*** Sometimes the process can get confusing when a person becomes over involved in thinking about the situation rather than entering into the scenario. While a certain amount of insightful thinking may be useful, a person should imagine him or herself experiencing the stressful events and observe his or her behavior as the scenes unfold.

Let's take the problem scenario of a spouse who has a blaming style. I have noticed that some people can go into abstract ideas and judgments, such as "She has no right to talk to me like that", or, "His upbringing made him that way", or, "My inner child is feeling hurt by him/her invalidating me".

A scenario-focused observation would be something like, "When she blames me, I see myself getting angry and saying things I regret later", or, "When he is blaming, I shut down and don't say anything because saying something only makes things worse", or, "After shutting down, I could discuss the issue with him later from a positive perspective".

Notice that the abstract statements are all judgments about the situation, whereas the

scenario-focused statements describe what is actually happening in the situation. The latter is much more likely to result in progress because it will lead somewhere, whereas abstract thinking and judgments can go on forever without any real change. It's like talking about practicing your golf swing versus actually practicing your golf swing. Only entering into the reality of practicing will bring results.

- c) ***Think of real-life events rather than metaphorical images.*** On occasion, a person may, during their tapping, start thinking of metaphorical images rather than real-life scenarios. For example, one woman, who identified her financial situation as the Problem Situation, started to imagine a wall in front of her that was holding her back. Even though she imagined moving through the wall, and felt better, I do not think that metaphors such as this one truly resolve an issue.

In a sense, she was avoiding the hard aspects of her very real financial problems by thinking of an imaginary wall, and a magical solution. When I suggested she go back and examine the problem of how to increase her income, she was able to face her feelings of helplessness about her real-life situation, and then arrive at some sensible decisions about her career.

- d) ***Stay future-oriented.*** If you find yourself simply rehashing events that occurred in the recent past, even yesterday, you may find that you become bogged down going nowhere. If, instead, you

imagine that those same or similar events occur in the future, even tomorrow, you will gain a new perspective because **you can do something different in the future**. So, whenever you find yourself slipping into past scenarios, just imagine that the same thing happens again in the near future, and go from there.

- e) ***Face the hard parts.*** In a sense, the centerpiece of this program is to face the "hard parts", the life situations that are difficult to handle. It is the idea that you, within your imagination, place yourself in the difficult or seemingly impossible situation and stay with it until your mind finds a way of dealing with it.

Although it takes a certain degree of faith that your mind will generate answers and strength, I have found that a person's mind always, without fail, finds something useful when it is seriously looking for solutions!

When nothing seems to be happening, it is usually just a matter of sticking with it, even past the point of not knowing what to do next. For example, let's say that a person has distress about going to the dentist. Perhaps the first imaginary visit to the dentist does not go so well, even though they spent a lot of time thinking about it. A very useful way I have found to stick with a problem until it is resolved, is to move forward in time to the next dental visit, and then the next, and the next, and so on. After all, if one scenario ends in failure, it still would not make sense to just give up and be content being a

victim of the situation for the rest of one's life would it?

If you have a lifetime of dental visits ahead of you, proceed through them one at a time until you get tired of the old way you have been handling it, and you will naturally start looking for better alternatives. Not thinking far enough into the future may be one way of avoiding the hard parts, but there is another reason for poor results - not facing your fear.

The only way to stretch your mind to its greatest potential is to give it a challenge. If your processing does not seem to be working, you may not be presenting a big enough challenge to yourself. For example, let's say that you are working on your distress about your spouse or partner engaging in some behavior that you find highly annoying or worrisome.

Perhaps, as you become calmer through your processing you also become aware that to take a stand with your partner on this issue may mean that they decide to leave the relationship. By facing your fear, you would imagine that they, in fact, do leave the relationship and, with further tapping, you discover that you would survive and be fine.

Your fear of losing them dissipates, and even though this may never actually take place, you are stronger just knowing you could handle it. Now, you will address the original problem with your partner from a place of confidence rather

than fear, and you will be much more likely to resolve the issue with your partner in a constructive and creative way.

In short, any time you find yourself feeling worried or afraid of some event, purposely imagine that it really happens, so you can face the fear and go beyond it. Because this process is purely a mental exercise, nothing can actually hurt you. There is no harm in examining the things you are afraid of, but you will gain invaluable information and insight to empower yourself.

- f) ***Don't try to control the process.*** If you purposely try to visualize a positive outcome to your problem situation without first allowing your mind to go where it naturally wants to go, you will actually slow down the process. You may think you know the way you want things to work out, but your subconscious mind may have entirely different plans. Your mind may need to unload itself first by playing out certain unpleasant negative scenarios before it can consider anything more positive. You see, the primary purpose of the tapping process is not to make things fit our notion of what should happen, but rather, it is a process of discovering what already exists within our subconscious minds about the issue. Only after this is expressed is your mind free to produce a real solution.

Let's talk about your conscious and subconscious minds for a minute. Your conscious mind is like the image on your computer screen, a little bit of

information that occupies your attention at a given moment in time. Your subconscious, however, is all of the information and programming that is stored within your computer.

You may think you know something about a subject based on what is on your screen at the moment, but a computer wide search may uncover a great deal of significant additional information within other programs and files on the subject that could change your whole way of thinking. The tapping process allows you to receive the important information about your particular problem.

And so, rather than trying to control the process, just go with what you feel like doing in each scenario, and allow your subconscious mind to come up with the next image or idea. If it is an unpleasant picture, that's okay. That's just a piece of junk that was kicking around inside your subconscious mind and it's good that it was expressed. After the junk has been cleared out, your deeper values, desires, and creative ideas will start to percolate to the surface.

- g) ***Don't overanalyze.*** I want you to realize that this process is very straightforward. You are simply playing out different scenarios in your mind until your inner mind finds a solution. It may be emotionally challenging to picture yourself in a difficult situation when you don't know how to deal with it, but it's not complicated. It's like standing in front of a wall until you think of a way over it. It may be hard, especially when

some walls are bigger than others, but it's not complicated.

Some people, I have found, have a tendency to second guess themselves too much, and overanalyze the situation. They try, for example, to understand why the wall came into their life, try to discover the true meaning of the wall, spend too much time in self-doubt, and perhaps focus on reasons why, because of their upbringing, they cannot handle the wall. Sometimes a person can spend too much time doubting whether this program will help, or whether they are doing it correctly, rather than just doing their best while recognizing there is no exact or correct way to resolve an issue. In other words, **don't think about it, just do it!**

All of these concerns will automatically be solved as you face and deal with the wall (the difficult situation) in your life. Most often, real insight into the nature of problems comes after the problem has been solved. Then, you will look back from a place beyond the wall with genuine understanding.

- h) ***Follow the instructions.*** You will experience little, if any, benefit if you just listen to the program instead of actually doing the things I suggest as you go along. Many people, myself included, like to skip through the preliminaries and get right to the results. It may be very tempting to skip the tapping, or to forget about the Wellspring Phrase, or to skip to the "Strength

and Confidence" section when your Level of Stress is still a "2" or higher.

You may think that "Clearing Out the Junk" is all you need to do, and that the other sections are unnecessary. In fact, you may even be tempted to skip using the program altogether, and think that you can just resolve an issue by tapping in the car on the way to work! Believe me when I say that I have tried all of these, and I have found that every time a piece is skipped, the overall positive effect is weakened. There is a very good reason for this...

The Wellspring Method is a combination of several therapeutic techniques, each one having it's own positive impact. The tapping and re-measuring are features of EMDR (Eye Movement Desensitization and Reprocessing), in which I have replaced alternating eye movements with knee tapping. This provides a structure in the thinking process for forward movement rather than thinking in circles.

The Wellspring Phrase is a self-suggestion or affirmation, which is very specifically worded to bring out the best from your subconscious mind. The technique of staying in the presence of an emotionally uncomfortable situation is the technique of "desensitization", a widely accepted psychological method for eliminating fears (and it works for other emotions as well).

The idea of "going with what you **feel** like doing in the situation" (i.e., following your natural

tendencies) is a crucial part of this method's success. It originated from the "Utilization Technique", first developed by Milton Erickson, MD, a remarkable psychiatrist who was a founder the American Society of Clinical Hypnosis. The concept of "scenario progression", in which a person moves from one scene to the next into the future, is my own creation, and a useful way to change your perceptions about a difficulty. The "Strength and Confidence" section is essential for cementing positive changes into place through the technique of "mental rehearsal", a method used with Olympic athletes to improve their performance.

Becoming clear about the outcome you want in the situation is extremely valuable, especially if you are working on a major issue. Identifying the Desired Outcome enhances your personal effectiveness to achieve your goal - concepts which have been used most in the world of business and success psychology. So, the bottom line is... **Don't skip anything, follow the instructions, and maximize your experience!**

- i) ***Don't expect it to work on you - you have to work on it!*** Sometimes a person can get the notion that a program will somehow "change them", that simply by going through the motions they will be transformed by it. I really wish it were that easy, and, to be completely honest, some people have believed in the power of this method so absolutely that extraordinary changes have occurred very rapidly.

However, rather than relying on the power of suggestion, which tends to place the source of power outside of oneself, I would prefer that you recognize that the true source of power and change originates within you. Your mind is capable of far more than you realize. Just reflect for a moment on the ability of the average child today compared to a thousand years ago.

What skills, intellectual or emotional, will the average child a thousand years from now possess that we would find astonishing to us today? And yet, our brains, over a span of two thousand years will not physically change in any significant way. **The human brain is the most powerful, and the most underutilized, phenomenon on the face of the earth.**

A person can absolutely believe something to be true, but when they see the larger picture they can realize how mistaken they were. They may think that they could not possibly feel any different about a certain situation, but discover it was not as bad as they thought (if you know children, you will have seen this for yourself).

Handling certain situations may seem impossible, and yet I have heard many people remark with amusement afterwards, "I didn't think that was possible!" Your mind has an amazing ability to come up with profound strength, creativity, and higher wisdom, and when you place yourself squarely in front of the stressor, your mind will rise to the challenge. Unlike a mysterious potion to magically transform you, The Wellspring

Method is more like a power tool enabling you to create the outcome you want.

20. Is my Confidence Statement correct?

You should be able to do a direct copy and paste from your Wellspring Phrase into your Confidence Statement, as follows:

Wellspring Phrase:

"To cope with my in-laws' visit, I tap into power within me".

Confidence Statement:

"I am strong and confident as I cope with my in-laws' visit".

If, however, you inserted an undesired behavior or a bad habit you wanted to eliminate into your phrase, you might want to improve on your wording to make it sound more positive and appealing.

For example,

Not so good:

"I am strong and confident as I control my overeating",
or,

"I am strong and confident as I attempt to quit smoking".

Better:

"I am strong and confident as I enjoy eating the right amount".

"I am strong and confident as I break free of smoking".

References and Resources

Erickson, M.H. In E.L. Rossi (Ed.), The Collected Papers of Milton H. Erickson: 4 Volumes, New York: Irvington (1980). Dr. Erickson was an innovative psychiatrist and founder of the American Society of Clinical Hypnosis.

Seligman, M.E.P. Learned Helplessness. *Ann. Rev. Med.*, 23:407, 1972. Note: The original experiments were done with dogs, not mice, but the concept of Learned Helplessness is accurately portrayed nevertheless. This description was provided as a more entertaining and palatable version for the listener.

www.asch.net This is the website of The American Society of Clinical Hypnosis. It provides a description of hypnosis and its uses plus a search option for qualified hypnotherapists in your area.

www.emdria.org This is the website of the Eye Movement Desensitization and Reprocessing (EMDR) International Association. It contains an explanation of EMDR and a search option to find a certified EMDR therapist by geographical location.

www.sugomusic.com The Wellspring Method audio program features music from the album "Rhythms" © 1997 Sugo Music, a division of Tambourine, Inc. If you enjoyed the music on the CDs and video, you can order "Rhythms", directly from the Sugo Music website.

Acknowledgments

I am deeply grateful to the many individuals who have offered their support, both material and personal, to the development of this project. I am indebted to Bob Lord for permitting me to tell his incredible story, to Kathleen Leblanc for her beautiful contribution to the Future Visioning imagery, to Cheryl Chapeskie and Marilyn Murdock MA for their assistance with editing, to Kerry Campbell for her professional voice introductions, to Emmanuelle Ronse for his videography expertise and to Jacqueline, Lynn, Anne and Dre for their invaluable video interviews. My thanks also go to Jane Bradley PhD, Anne McFaul MSc and to my sons, Evan, Kyle, Dean and Glen, for their genuine support and encouragement. Finally, I wish to express my gratitude to the many patients who have taught me so much, especially "Shirley", as well as the many others who have offered their feedback and suggestions to maximize the healing power of this program.

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Dr. Lauderdale has been in the practice of psychiatry for over 25 years. He received his medical degree at the University of Calgary and trained as a child and family psychiatrist at the Hospital for Sick Children in Toronto. He was an Associate Professor of Psychiatry with the University of Calgary and the President of the Canadian Society of Clinical Hypnosis – Alberta Division. He is an Approved Consultant with the American Society of Clinical Hypnosis and holds an Advanced Certificate in Eye Movement Desensitization and Reprocessing (EMDR) therapy. He has conducted numerous training workshops on clinical hypnosis and psychotherapy and is currently in private practice in Victoria, BC, Canada. He has been an innovator in success-oriented therapy methods for many years and conducts seminars in personal effectiveness.