

Dr. Phil Good's *Fu**able at Fifty* Resources

The Sedona Method

Just as some people refer to EFT as “tapping”, the Sedona Method is sometimes referred to as “letting go”. There are various procedures that can be included in the Sedona Method (for information, visit <https://www.sedona.com>), but the basic procedure is simply to think about the thing that is bothering you and then ask yourself 3 questions:

- 1) “Should I let this go?”
- 2) “Could I let this go?”
- 3) “When?”

It probably doesn't take a genius to figure out that the “correct” answers to those questions are, “Yes.”, “Yes.”, and, “Now.”, but to use the technique effectively, it's actually recommended that you answer the questions honestly. Once you've gone through the questions and your honest answers once, simply repeat the process over and over again. Ultimately, you may or may not get to “Yes.”, “Yes.”, and, “Now.” But many people find simply going through the questioning process repeatedly will reduce the intensity of stress and negative emotions, regardless of whether they ever get to the “right” answers (I think maybe the brain just gets tired of answering the questions over and over and gives up holding on to the negativity!). Once you are satisfied with how you're feeling about the issue, you can stop

asking the questions. Usually the reduction in emotional intensity about the issue will be maintained, but if not, simply repeat the process.