

Tapping into Love... Again

by Brad Yates

Perhaps you are feeling the urge... or being urged... to start dating again.

Perhaps you are excited by the prospect... and perhaps not so much.

While your FaceBook status may list you as “Single,” it may be that at an emotional level you are still very much involved with one or more exes. They are there as reminders of what you have had, or think you had, or think you should have. They may also provide very real reminders of how painful relationships can be.

As opportunities to meet someone come up, a voice inside may be saying, “Warning! Danger! Remember what happened the last time?!” Sometimes it’s a voice... and sometimes it’s a knot in your stomach, a pounding heart, or some other uncomfortable warning. This may even happen below your level of awareness. Opportunities might be coming up all the time, but part of you keeps you looking the other way to keep you safe from anticipated pain.

In other words, you are experiencing stress in response to the idea of dating. And in an effort to protect yourself, part of you wants to avoid the subject all together.

But another part of you really wants someone special in your life. What to do...?! If only it weren’t so darned difficult to overcome the fear.

Fortunately, it doesn’t have to be. While it is unlikely that you will be able to erase the memories, ala “Eternal Sunshine of the Spotless Mind,” it is possible to change your internal response. And as you let go of the fear, you bring up the old memories less frequently, and make room to create new ones.

The truth is, when you have this fear response to dating, your mind is simply trying to protect you – exactly what it is designed to do. It identifies a threat, and starts pumping stress hormones into your system to get you out of there. You either run away, or fight through the discomfort and go on the date... which makes it less fun than it could be.

The good news is that there are simple ways to reduce or even remove the uncomfortable fear response. Ways that can reduce the stress in the moment, as well as the negative associations to past relationships.

One of the easiest is a method called Emotional Freedom Techniques (EFT), also known simply as “tapping.” Based on acupuncture, this process involves tapping with your fingers on key points on the face and torso – no needles necessary. While there is a multitude of anecdotal evidence of EFT’s effectiveness in relieving stress – and love pain, in particular – there are also studies showing that tapping lowers cortisol – a stress hormone.

As you think about dating, notice what thoughts come up, as well as what you feel physically. You can even rate the discomfort on a scale of 0-10. Then you tap. You can even try this now –

simply tapping with your middle and index finger just below the middle of your eye (a point associated with fear). As you do so, your stress response will come down – often very quickly.

The prospect of dating naturally becomes much less threatening... and much more enjoyable.

Admittedly, tapping is new to most people, and may even feel a little silly. But you don't need to do it in public. And let's be honest... isn't the emotional freedom to experience love again worth a little silliness? It's a small price to pay for the joy it can bring. You can find love again, and you deserve that. (And if you have doubts about that, those can also be eliminated with tapping.)

To learn more about EFT, and see videos demonstrating the process, please visit www.TapToFeelGood.com (or www.BradYatesTapping.com)