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Secondary Gain – Worksheet

Secondary Gain refers to the benefits of keeping a mental or physical problem in place. EFT tapping uncovers a wide variety of subtle reasons that stand in the way of healing. EG: You may find yourself wanting to lose weight and being unable to do so, despite various diets and exercise programs. The real reason could be that you want freedom from unwanted male attention.

1. What has being stuck cost you? How does that make you feel?

Write this down

2. What else has it cost you? How does that make you feel?

Write this down

3. What has it really cost you? How does that make you feel?

Write this down

4. What will change for the better when you are free from the old stuckness?
How does that make you feel?

Write this down

5. What else will change for the better, when you are free from the old
stuckness? How does that make you feel?

Write this down

6. How will your life be different, when you are free from the stuckness? How does that make you feel?

Write this down

7. What has been the benefit of being stuck? How does that make you feel?

Write this down ...

8. What else has been the benefit of being stuck? How does that make you feel?

Write this down

9. How can you still get the benefit, and be free from the old stuckness? How does that make you feel?

Write this down ...