

## **Flooding and Stuck**

## Overview

When we feel overwhelmed, ineffective, sad, and frustrated on a regular basis, we're stuck in a cycle. A cycle we wish we knew how to resolve and turned to a modality like tapping as a last resort.

To (re)cycle means to **flood** the images, sounds, sensations, that make up memory or memories that affirm a story. When people flood and decide to stop working on change, it's often because they don't know how to resolve aspects that relate to their:

- Process
- Identity
- Outcome

The root cause of flooding often includes:

- Confusion between **Process** and **Identity**
- Maintaining an unmotivating **Identity**
- Expectation that past **Outcomes** will equal future **Outcomes**

Recognizing these issues helps us better resolve larger or long term issues.

We make flooding recovery more manageable when we know where to look and why.