

3 - A ctions

Actions are that which was done physically in the memory and your reaction to it

When working with Actions in a memory we are on the lookout for the following:

- **Feelings** - How do you feel about what happened?
- **Responses** - What did you do in response to what happened?
- **Tensing** - Which tense is the verb in?

When dealing with actions, being aware of verbiage (tensing) is of great importance!

Ideally, the actions are put in the past tense. This allows us to focus on how we *felt* and/or what we *did* as a result. It's also the acknowledgement that the event is over.

Very often, however, without even realizing it, we are not using past tense on ourselves. Instead, we say and think it in a way that is known as a "nominalization."

This is when a verb is turned into a noun. The problem with turning a verb into a noun is that it creates a stuck state.

Since turning verbs into nouns is very common and happens without us even realizing we are doing it, let's get very clear about it.

You don't have to have a PhD in grammar to work with actions, you just need to know some of the basic rules of thumb and what to have an ear out for.

Nominalizations can be recognized as:

- **"...ion"** verbs - verbs as a process
"rejected" becomes "rejection"
- **"-ing"** verbs - verbs that gets perpetuated, loop
"rejected" becomes "rejecting"
- **"I am..."** verbs - verbs as a state of being
"rejected" becomes "I am/was rejected"

The problem with **nominalizations** is they represent:

- A stuck state
- Being identified with the action
- Non-actionable, frozen states

We work on Actions in memories by putting them in the past tense because while you can't address an abstract process like "rejection" in tapping, you can address, "She didn't take my call" and the resulting "I felt powerless to do anything about it." When we put the action in the past tense we can use tapping to neutralize and update the experience.

Verbs that represent negative actions should be shifted into the past tense and then focus on how you felt as a result because that is what needs the resolution.

Let's use the example of the feeling of being rejected.

"I was rejected."

The verb is in the past tense, yes, but it is paired with "a state of being" verb, and the action and reaction are not clearly defined.

Better would be "I felt rejected *when she forgot to call me.*"

Why? Because it is easier to work with what was felt and what was done (by whom) than to work with something you've taken on as a negative identity.

Or

"There was so much rejection in my growing up years."

It seems like it's in the past tense because it is in the context of your growing up years, but "rejection" is "a process verb."

Better would be "I felt rejected a lot as a kid *and sad as result* when ___ or how ____."

Why? Because you are creating specificity and ultimately actionable steps to take.

Or

"My siblings are always rejecting me."

"...ing" is a verb that perpetuates a feeling, and is doubly reinforced with an absolute like "always". It is like it is still going on now. We want to put it in the past where it happened and neutralize it.

Chunking is a great way to work with actions and we will go into this in greater detail later.