

'You're a slow learner' – hello?

By Annie O'Grady

A client, Marilyn, said to me, 'I'm a slow learner.' 'Oh?' I said, 'How do you know?'

She said, 'Because a teacher told me years ago. She said that although I was a slow learner, finally I would really "get it".'

This woman had years of university study behind her, but had just told me how much she hated to study. *(You can read more of her story on the article on this page on Clutter, Procrastination.)*

Now her new boss had told her to review some reports – and she kept putting the task off because it reminded her of her five years of slogging for her science degree.

As a scientist, dealing with reports would be a routine part of this job, but the idea made Marilyn's heart sink.

I asked if she had ever checked out the teacher's opinion with other people who had shared her study years, for their opinions. 'No,' she said, looking surprised.

'How do you know you aren't actually an average or normal learner? Or even a fast learner?' She blinked and said she didn't.

We discussed this perception of herself, which obviously added big stress to new writing or reading tasks. We looked at the possibility that she'd accepted one person's assessment as truth, and perhaps this had become her own belief, which seemed to be proving itself.

We began to tap on the topic.

'Even though I think I'm a slow learner, I accept myself.'

'Even though I think it has to take me so long to understand anything new, I love myself, and I acknowledge that I did succeed in getting my Masters degree.'

'Even though perhaps that teacher was wrong, I still think I'm a slow learner, and I accept myself without judgment anyway.'

Reminder: 'I'm a slow learner.'

Tapping along these lines for a few rounds shook her certainty that of course she was a slow learner.

We ended with a Choices tapping process. She was excited as she chose the words.

'Even though I've loathed study for many years, I choose instead to find study exciting, a delight, effective, and I'm proud of my work.'

After we'd finished tapping one round on the negative thought, one round on the positive, and one round alternating the two, she amazed herself by saying, 'I almost can't wait to get into those reports!'

My sessions last an hour. She was so impressed that she asked if she could have another session right away, for another problem.

We both knew there was a good chance that now her work performance wouldn't be hampered any more by her reluctance to do anything that looked like study.

Annie O'Grady is a certified EFT practitioner (EFTU, AAMET) and trainer (AAMET), author of the DIY book ['Tapping Your Troubles Away with EFT'](#).

She works with individuals and groups on Skype around the world, and in person in Adelaide, South Australia.

Telephone:

Within Australia 0448 338 289

Outside Australia +61 448 338 289

annie@EFTemotionalhealing.com

www.EFTemotionalhealing.com