

EFT SERVE



What is Fear?

- Fear is the primary emotion evoked by concrete threats in persons environment.
- Things that have not yet happened, but might



Types of threats that evoke fear

- Hurt
- Financial or material loss
- Making a faux-pas
- Losing a friendship
- Hurting others
- Embarrassed
- Feeling lonely



Physical Symptoms & Fear

- Chest pain
- Chills
- Dry mouth
- Nausea
- Rapid heartbeat
- Shortness of breath
- Sweating
- Trembling
- Upset stomach
- Sweaty palms

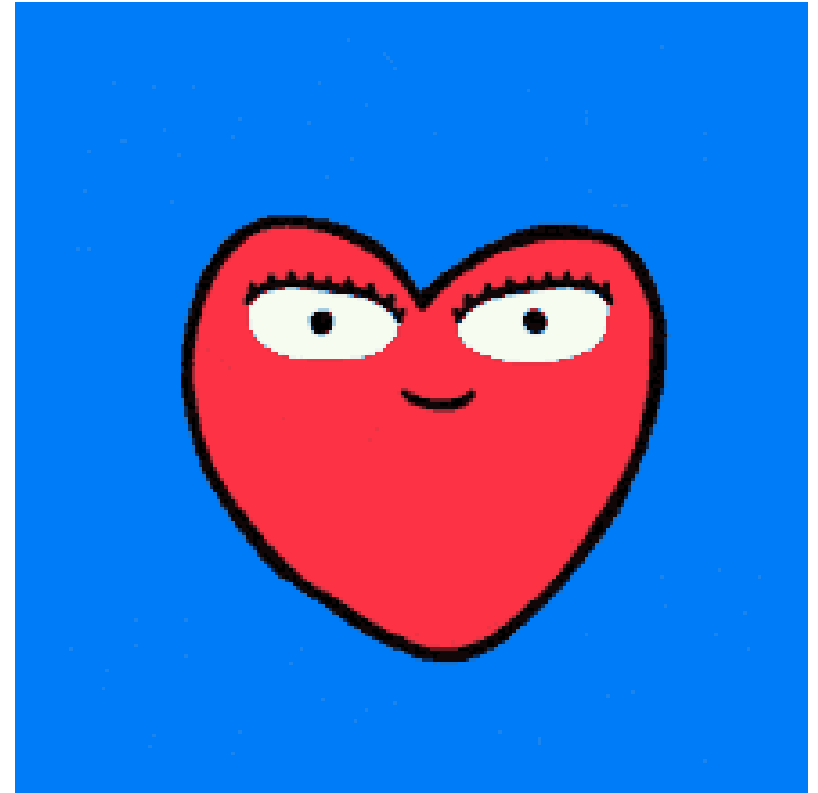
Emotional Symptoms & Fear

- Overwhelmed
- Upset
- Out of control
- Sense of impending death
- Avoid situations



Symptom of a Mental Health Issue

- Post traumatic stress disorder
- Panic disorder
- Social anxiety
- Phobias



Working with fear

1. What do you want to explore?
2. What is the outcome you want?
3. How will you know that you are free from this fear?
4. Where do you feel the fear in the body? What number is it at?
5. Start tapping on the surface fear
6. *Even though I feel this fear in my _____ and it makes my _____ and it makes me feel _____, I deeply and completely love and accept myself*
7. Once the symptoms has come down ask, when have you felt like this before (not to prematurely jump to the memory)

Working with fear

8. How old were you? What happened?
9. Start tapping on the memory using either continuous tapping, movie technique or tearless trauma, depending on the severity of the memory
10. Test by telling the story or asking how they feel about the memory – calibrate and notice verbal and non verbal signals
11. Test how do they feel about the fear and get them to imagine
12. Close with either finger holds or positive affirmations
13. Optional questions:
 - What is the worst that might to happen?
 - What is the best that can happen?

Practice Sessions

Keep the client safe
Surface symptoms
Deeper Emotions
Root Cause
Test

EFT SERVE

- 23rd January 2021 – Freedom from Limits
- 20th February 2021 – Working with Physical Pain
- 20 March 2021 – Emotional Eating & Cravings
- 17th April 2021 – Freedom from Fear & Phobias
- 15th May 2021 – Low self esteem & confidence
- 19th June 2021
- 17th July 2021
- 21st August 2021
- 18th September 2021
- 16th October 2021
- 20th November 2021
- 18th December 2021

Mark Your Calendar

- INNER CHILD MATRIX: 10-13th & 17-20th May 2021, 10-1pm & 4-7pm IST
- EFT ADVANCED PRACTITIONER (Level 3): 5-7th July & 12-14th July 2021, 10-1pm & 4-7pm IST
- EFT PRACTITIONER (Level 1&2): 23rd - 25th July & 30th July - 1st August, 6th - 8th August & 13th - 15th August 2021, 2:30pm - 6:30 pm IST Daily
- Assist/Resit: <https://bit.ly/AssistTeamInvitation>

Your EFT Serve Portal

<https://vitalitylivingcollege.info/eft-serve-community-portal/>

EFT Practitioner Training

