

EFT Advanced Practitioner Training – Day 3



Shadow work - Simplified

- Who is it that you hate/dislike? Or what are the qualities of someone that you hate/dislike?
- Someone who behaves like that, how do they really feel on the inside? Check if they relate to this feeling..
- Someone who behaves like that, how do they **really** feel on the inside? Check if they relate to this feeling..
- **TEST** - How do you feel about the quality that the person has?
- When they are able to recognize the shadow (the part which is not being accepted or denied then.. Ask) What is the opposite of it?
- Check for acceptance of the quality that is being disliked and the opposite of it

Shadow work – Judging Others

- Who is it that you hate? Or what are the qualities of someone that you hate?
- Someone who behaves like that, how do they really feel on the inside?
 - What do you not like about them or the quality?
 - What kind of a person behaves in such a way?
 - What is really going on for them?
 - What do you feel causes them to behave in such a way?
 - How do they really feel inside when they behave in such a way?
- **What is being avoided?**
- What are they feeling inside?
- How is it related to your life?
- What is the benefit of the shadow?
- What is the benefit of the shadow to you?
- What is the opposite of it?
- Test – by being able to claim THE SHADOW side
- Acceptance of shadow and opposite
- Integration and wholeness

Shadow work – Being Judged

- What is it that someone calls you that you do not like?
- What's the reason you do not like being called that?
- Someone who has this quality, how do they really feel on the inside?
 - What kind of a person behaves in such a way?
 - What is really going on for them?
 - What do you feel causes them to behave in such a way?
 - How do they really feel on the inside when they behave in such a way?
- **What is being avoided?**
- What are they feeling inside?
- How is it related to your life?
- What is the benefit of the shadow?
- What is the benefit of the shadow to you?
- What is the opposite of it?
- Test – by being able to claim THE SHADOW side
- Acceptance of shadow and opposite
- Integration and wholeness

Discover and empty out the shadow

- Who is it that you hate? Or what are the qualities of someone that you hate?
- What do you not like about them or the quality?
- What kind of a person behaves in such a way?
- What is really going on for them?
- What do you feel causes them to behave in such a way?
- How do they really feel inside when they behave in such a way?

Clearing and accepting the shadow

- What are the benefits of the shadow qualities?
- In which situations might the shadow be useful?
- What is the opposite of the shadow?
- Test – by being able to accept the shadow side

Integrating the shadow

- Allow both parts to come together in balance
 - Even though I hated... that was then this is now
- When the shadow and light are working together what is possible?
- What is the wholeness created?

Archetypes

- **Child** - an adult who displays childlike qualities
- **Wise Old Man** - kind and wise older father type figure
- **Trickster** - breaks the rules of the gods or nature, sometimes maliciously, usually with ultimately positive effects
- **Critic** - criticises every step, every move, every word
- **Judge** - looks down and in judgement of right and wrong
- **Prostitute** - will do anything for money, or anything to please, and is not able to be true to him/herself and may even be a people pleaser
- **Victim** - feels sorry for her/himself and may feel abandoned or left alone, or feels that other people are responsible for her/his pain

Archetypes

- Clown
- Magician
- Warrior
- King
- Princess
- Goddess
- Helper
- Healer
- Servant
- Superman/Superwoman”
- Cinderella

The Inner committee

- Gender-based traits
 - Mrs Ridiculous
 - Mr Heartache
 - Miss Goody Two-Shoes
 - Mr Inspiration
- Personalities
 - Name, clothes, expressions, sounds, tastes

Inner committee exercise



Sub-personality tapping

- Uncovering the sub-personalities in conflict
- Giving them a personality, sex, colour, texture
- Gaining a deeper understanding of their role
- Uncovering the benefit of the conflict part
- Explore the origin of the personality
 - Who did you learn it from?
 - When was the sub-personality born?
- What is the highest purpose of the conflict?
- What was it here to teach you?
- What is the opposite of it?
- What is the highest purpose of that?
- Integrating the conflicting personalities or parts

Concretizing the change

- What can you do now that you could do before?
- What can you do that you could not do before?
- What can't you do that you could do before?
- What can't you do that you could not do before?

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