

# EFT Advanced Practitioner Training – Day 4



# 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

# Breaking the cycle of pain, illness and addiction



# Addiction intake questions

1. How long have you been overeating/drinking/using drugs/smoking?
2. Who else in your family smokes? Is alcoholic? Is overweight?
3. What happened the last time you tried to quit? Reached your goal weight?
4. What loss/emptiness are you trying to fill with cocaine, alcohol, food?
5. What emotions are you trying to avoid by getting drunk/overeating?
6. What would you focus on if you didn't obsess about drinking/eating compulsively?
7. What is the **downside** of losing weight? Getting sober? Quitting smoking?
8. What is the **upside** of remaining overweight? Staying addicted?

# Emotional themes

**Deprivation:** “Even though I feel deeply deprived...and I'm insatiable...”

**Abandonment:** “Even though I feel hurt about being abandoned...”

**Loss:** “Even though I feel so many losses inside...”

**Loneliness/Emptiness:** “Even though I feel completely empty inside...”

**Guilt:** “Even though I always feel guilty...”

**Anxiety:** “Even though I can't stop feeling anxious/can't control my anxiety...”

**Fear:** “Even though I feel profoundly afraid of being exposed...”

**Anger:** “Even though I feel angry all the time...”

# Present

1. Ask client to identify food cravings that trigger compulsive overeating
2. Identify problem times of the day that trigger abusing alcohol/food
3. How does client feel when she/he sees or smells food or alcohol?
4. How often does the client obsess about drinking? Eating?
5. How does your client feel in body and mind when overeating or drinking?
6. How does your client feel about being overweight? Being an alcoholic?

## **BODY IMAGE**

1. How do you feel about your body?
2. What body parts do you hate/are you ashamed of?
3. What beliefs do you hold about your body?

# Past

## **1. What events from the past make you feel anxious/guilty/ashamed?**

“Even though I feel guilty about what I did in High School...”

“Even though I can't forgive my third grade teacher...”

“Even though I blame my father for my low self-esteem...”

## **2. What traumas are you numbing with alcohol, food or drugs?**

“Even though I still overeat when I remember the car accident...”

“Even though the childhood abuse makes me want to stuff myself...”

## **3. What losses are you trying to fill with food, pills or cigarettes?**

“Even though I've been drinking/overeating ever since my mother died...”

“Even though I learned to eat and smoke to feel better...”

## **4. When did you first overeat? When did you first use food as a mood-altering substance?**

“Even though I associate cookies with been associated well...”

“Even though I have been using food since 2<sup>nd</sup> grade...”



# Future

1. Picture yourself in the future at your goal weight. How do you feel?
2. Imagine yourself at a family gathering, not drinking. How do you feel?
3. What did your family/friends say the last time you quit smoking?
4. Imagine yourself in a stressful work situation without food/alcohol
5. What other future situations might trigger a relapse of weight gain for you?
6. What is the UPSIDE to staying overweight? Remaining a smoker?
7. What is the DOWNSIDE to losing the weight? Getting sober?
8. Who will be angry at you/jealous of you if you are successful?

# Pain and illness

- Do you ever have the feeling that you're carrying pain and illness from your parents, or from another generation?
- Do you ever suspect you've been “taught” to get sick?
- What illness did family members manifest regularly?
- What illness was given attention regularly in your family?
- What where your parents/grandparents “afraid” of in their bodies/ environment?

# Our pain and illness store messages

- If your pain were a message from your unconscious, what would it be trying to tell you?
- If your illness is from another generation, where did it come from?
- If your ailment doesn't belong to you, are you willing to give it back?
- If your pain is a “memory” from a past life, can you resolve it now?
- If your diagnosis is a solution to a problem, are you willing to resolve the problem in another way?

# Downside of pain

- What is the DOWNSIDE of recovering from your illness?
- Who would be upset or unsettled if you got better?
- What would you lose if you got better?
- What might you lose if your health improved?
- What changes are too frightening to imagine?
- What's the downside of staying where you are?

# Upside of pain

- What's the UPSIDE of staying where you are?
- What is the upside of recovering from your illness?
- Which of your relationships would change if you got better?
- What would you gain if you got better?
- What might you gain if your health improved?
- What changes are too unbelievable to imagine?

# Identifying sabotage patterns

- Work at the level of ego or identity
  - Secondary gain
  - Sabotage
  - Limiting beliefs
  - Tail enders
  - Promises/ vows
  - Archetypes
  - Conflicts

# Conflicts in the body

## **What conflicts are you acutely aware of in your life?**

1. Consider stories you were told when aged 0-4
2. Reflect upon your earliest memories
3. Consider your high school days
4. Consider late teens
5. Review your twenties etc.

## **What conflicts are you afraid of leaving behind?**

1. If you let go of a conflict, who would you be?
2. If you released the worst conflict, what else might change?
3. What conflict do you hold on to to “justify” your anger?

# Parts Integration

- Presenting problem in the form of a conflict
- Identify what the conflict is and the opposite
- Couple of rounds of tapping
- Notice the conflict, e.g. lost, fear, open versus closed, trapped
- What is the benefit of one part? What else? What else? What else?
- What is the benefit of the other part? What else? What else? What else?
- Allow the benefits of both parts come together to create an integrated whole? What is possible now?



# Embracing Ourselves

"Embracing our vulnerabilities is risky but not nearly as dangerous as giving up on love and belonging and joy—the experiences that make us the most vulnerable. Only when we are brave enough to explore the darkness will we discover the infinite power of our light."

— Brené Brown

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