

EFT Advanced Practitioner - Day 6 July 14, 2021 Questions and Answers

1. Inner Child work with EFT 3

With Trauma

Note: If you're working with Trauma, please seek mentoring and supervision sessions.

You can get a help session, your swap session or a professional session. Inner child way of working is very supportive for trauma cases.

Some of steps involved in Inner Child:

- Emptying out/expressing the stored pain: with upset, discomfort
- What was really going on at that time?
- What was unforgivable?
- With a belief: whose voice, is it? Male or Female?
- How old were you? What was going on?
- Who needed to be there?
- What must be said?
- What did you need to hear, see, and feel?

Clearing the stored pain

Tap: Using techniques, e.g.: Movie technique

Were there any images, voices, sensations: What were you feeling? Tap. What were you feeling? Tap.

Moving on from the stored pain

- What role did you play?
- What is the link with the current life?
- What's the learning or insight?
- What's the reason for the situation?
- Exploring forgiveness.
- How did your mother and father feel about you?
- What was the cognitive shift?

Future

- Forgive
- New Belief
- Test

Demo questions

- Do you have an inner child that's coming up for you to work on? Any past memory that you'd like to work on?
- What is the unresolved past you?
- What does the past "you" want from you?
- Encourage them *"Beautiful", "Thank you for sharing."*
- How old are you being when this thought comes up?
- Does this part make you feel comfortable sitting next you?
- Ask her: What is she feeling now? (Tap on the younger you)
- Use language, techniques and assurances. (I'm here now, I'm here for you, It's okay)
- What does she have to say to you now?
- What does she (past you) want and how is it connected to a current issue in your life?
- What does she (past you) need to be able to _____(connect)?
- Facilitate communication with the past you and acknowledge. *"Thank you for sharing, what else?"*
- Use Ho'oponopono if required. And communicate the truth of how the present you feel.
- Note to present: If she were your client how would you be with her? And, with this energy be with her?
- What's her learning and insight? What's your insight and learning?
- Bring the awareness and insight in you NOW!
- What's the reason your preference was to avoid _____(past emotion)?
- What's left?

- What if it never ends?
- What's the reason it needs to end?
- How old were you when you decided: _____(your survival depended on understanding and not connecting with yourself)?
- It's okay not to have memories: Bring the past you here now and ask them/him/her, ASK them: *"What happened, how are you feeling?"* (Tap on emotions and feelings)
- What do your emotions want to say to you?
- What do you have to say to your emotions?
- Resolve the conflict: Use technique
Example: ***Flow and not Flow.***
- Get the client to share the benefits of both... Tap when required.
- What is it protecting you from?
- What does ____ (emotion/feeling) want from you?
- Give the feeling or emotion the _____(attention) NOW. Let the client BE with it, check how does that feel?
- Check: the conflict? Is it okay? Even if you are going to be _____(hurt)?
- What do you ***experience*** when you are _____(flowing)?
- Introducing CHOICE in the conflict?
- What is the insight?
- Knowing the truth or this awareness? What would like to do with it?
- When you do that, what's possible? Receive that.
- What's the COST of being in the _____?
- What has it COST you really?

- What is it that you are CHOOSING for you? Tap.
- When are you choosing and being this _____? Who ARE you?

Tap whenever and where required, in times of receiving the choice. If you were to receive the insight/learning to investigate it for a minute, I wonder what that would be like. Do you still survive? What happens?

Simple flow of the above work

1. Do you have an inner child that's coming up for you to work on? Any past memory that you'd like to work on?
2. Check, Check: What do you want NOW? How do you feel now? Facilitate Dialogue between Present and Past you.
3. Check, Check: What do you want NOW? How do you feel now?
4. When you are no longer___(fake connecting with someone, have to CONNECT with anybody), WHO ARE YOU? How do you feel?

2. Forgiveness

- Direct and indirect way (Parts Integration)
- Forgiveness: How much percentage are you willing to forgive? (Indirect way)

Demo Questions

- Who needs forgiveness? You or the other person or both? Because?
- What's the reason it makes you emotional?
- What do you need to forgive him for? What is it that needs forgiving? Does that feel okay?
- Tap if *"not being able to forgive comes up"* and introduce *"possibility of"*.
- Tap out the trauma, the feelings and emotions.
- What's stopping you from forgiving him? Tell me the reason.
- What do you have to say to him?
- Why do you want to forgive this person in the FIRST PLACE? **Why** did that thought come to you?
- What do you really want?
- Who really needs forgiveness? For? Tap, Tap, Tap.
- What's the reason you want to forgive yourself?
- What would it be like when you do forgive you or the other person?
- What does this person do, that really triggers and upsets you?
- What's the reason that is (the above) a massive problem for you? So what? What is non-negotiable here?
- What does that mean about you? (Answer: The world blames me)
- How does that make you feel?

Any statement that you feel requires this question, insert it here: _____ and
ASK: Is it TRUE?

TEST:

- Who needs forgiveness from who? For?
- When you have forgiven yourself and the thought/issue/person still continues the behaviour, what happens to all of that?
- So, who is that you NEED forgive that you don't have to ignore it, avoid it, fight it, that nothing could affect you?
- And what would that be like?

I CHOOSE statements

- Invite them to a space CHOICE, of their reactions and the choice available to the client irrespective.
- And wrap the session with tapping, acknowledging, affirming, choices that the client tells.
- When this issue comes up, this person comes up, this behaviour continues.
- How do you FEEL? Who would you BE? What do you choose to do/be different?