

THE BODY VITALITY PROGRAM REUNION

September 16, 2021 - Questions & Answers

- 1. I am consistent in other areas but its only exercise and eating sweets that I struggle with. I love doing case studies or reading but exercise is my weak point. What do I do?**

Ask yourself what emotions you need to feel to stay motivated to exercise.

- 2. As a Body Vitality coach and having experience the benefits, I am still doubtful if it could be beneficial to others. I have an EFT-3 client who has body issues. She wanted to feel good about her body and she has emotional craving due to grief. Would it be good client to start with BVP?**

The first step is you have to bring yourself to a place where you know this works. Have an honest conversation with them. Tell them that you gained weight over the length of the program. What's important is what they want. Be honest with what you are able to offer from direct experience.

- 3. Secondary Gains are in the fifth session as per the flow. Is there any specific purpose of it being there?**

You may end up doing Secondary Gains in consultation call itself. It is in the fifth session because they may come after self-sabotage, but you can do whatever you think is right intuitively.

- 4. Can we add the two BVP case studies in EFT-3 case studies?**

Yes, you can.