

EFT Serve Online Questions & Answers 18th September 2021

- 1. I am facing trouble maintaining a good relationship with my elder daughter. There is communication gap and she finds it difficult to open up to me and be authentic. I can see that she is hurting but she refuses to talk to me. I just want to have an open conversation with her and to know where did I commit a mistake, and how did that affect her. What do I do?**

In such situations, reassurance works the best. Reassure them what you are able to in the moment and allow them to calm down by using the Triple Point Calmer. Focus on the good things first.

In the conversation, there should be no request or advise, only what you appreciate and love about them.

- 2. What if the person does not know how to express and all they say is they love you?**

You may be wanting that the expression should be as per your expectations.

- 3. What if there is no judgement from our end but feel judged by the other? What is the one thing that they need to change to improve the relationship?**

Whatever you accuse the other person of, is something you have in you too. Ask yourself what does judgement mean to you. If you notice, if someone need to do differently, write, dress differently, they may perceive it as a judgment. Judgement is what that person feels and not what you feel. Judgement means differently to everyone.

- 4. What is the psychology behind relationships?**

Love is one of the most profound emotions known to human beings, and even the slightest of inconvenience can break us.

The importance of relationships cannot be overstated. Make sure you get it right.

- Humans have a natural desire to connect with one another.
- The ability to develop healthy loving relationships is learnt. It begins in childhood with food, water, touch, warmth, protection, and social stimulation.
- The end of a relationship causes a great deal of pain.

The memories you have are only as good as the last time you remember them. Whatever they say to you, they are silently saying to themselves.

5. What are some of the major relationship conflicts?

Some of the major relationship conflicts are as follows:

- Problematic Behaviors: Embarrassing features of a partner's personality.
- Jealousy: Worrying about infidelity, insecurity from other potential relationships, and trust concerns.
- Communication: The degree of disagreement and how well partners communicate.
- Leisure: How should couples spend their free time together, and what should they do to have fun.
- Intimacy: Dealing with sex concerns as well as physical and psychological connection.

6. What are the 6 E's of communication?

- Enquiry: Enquire about what the other person is communicating. Also self enquiry or questioning is very important.
- Empathy: There's an emotion your lover/friend/partner is hoping you'll catch up on behind the communication. Effort is more important than accuracy.
- Energy: Be open and maintain the eye contact.
- Equality: Pay close attention to what the other person says, and be attentive.

7. Can you do Inner Child Matrix with a growing child when trauma is just beginning to happen, especially in his/her relationship with a parent?

If you're trained in Inner Child Matrix, you can bring that child into the matrix and tap on them. It will turn out to be beautiful.
Inner Child Matrix is the ultimate surrogate work you can do.

8. Can rashes and itching be related to emotions?

Yes, it can be related to emotions. It is an expression that's meaning to happen.

9. What is Triple Warmer?

Meridian that goes from the 9 Gamut point through the body that controls the flight freeze response.

10. What is Triple Point Calmer?

Triple Point Calmer is used when there's an abreaction.

- Tap, gently thump or rub the thymus points.
- Take slow deep breathe focusing the attention on the breathing.
- Triple point calmer: tap under the eye, the collar bone and under the arm.
- 9 Gamut procedure.

11. Doesn't it need both people should want to argue?

Any relationship will have its ups and downs. It'll happen, but that doesn't mean it has to be bad.

It starts with one person starting the argument, and the other person stating his side of the argument. It then becomes two one-sided arguments coming together.

The purpose is not necessarily to put them in a position where they have to argue back, the purpose is to be able to create a space to initiate the conversation where the other person feels hurt, and you feel hurt, and you both work it out together.

Its not about making them argue but its about addressing the issue actively.

12. How do I balance to let the other person know how I feel about it and how do I balance myself?

- Recognizing what we feel and why we feel it. Tap on the emotion no matter how small. Then it's easier to take responsibility when vessel is empty. Taking responsibility on full vessel results in a burden.
- Take ownership in your life.
- Decide what you want to do about it. Keep or let it go? Communicate to the other person. Which is fine. It is the other person's choice to accept or not. Truth has to be spoken free from trigger (blame) or vulnerability (fear, love etc). When the other gives permission then you can safely share your feelings and needs.

13. I'm in a very neutral state of mind. I'm confused about what is wrong with me. What do I do?

Not a lot of truth to be shared because there is already lot of truth. Not numb or uncaring. If neutral is loving and kind and patient and compassionate, whatever has to happen can happen with no issue. Weather is going to happen. Sky can stay infinite.

14. I am stuck in a relationship where there was talk of marriage. No more. I want to break free but he's not letting me. Obviously because I still have hope and he's giving me hope. I feel like I'd act selfish if I leave and I don't want to be called that. What do I do?

Ask yourself: How can someone not let you move on? Is it true that he is not letting you move on? What makes you feel that ending the relationship has to be? The choice to leave is yours, but the choice he needs to make is his. Do you deserve the marriage?

You're in this relationship but not present when you're wanting what isn't in the relationship, i.e, marriage. Being selfish is okay, and taking stand for yourself and your happiness is completely okay.

15. Relationship issue with parents. Never understand me. Not at all important. Do whatever they want. Pull me down whenever I try to do something important for myself. Everything is important except for me. Unfortunately both are like that at different ratios so I don't trust any other relationship. They want me to get married but I'm afraid that they will find someone like them. They don't understand my fears. They think I'm old and obese and need to be married off. I want to give myself the power not to be affected by their toxic nature. What do I do?

Take your own time with whatever aspects needed. You are the best and you deserve all the love and happiness.

16. How can I manage my sleep?

Sleep comes with disconnection, and with self-tired.

Fill in intake form and ask yourself what you need. Explore all experiences in your life when you disconnected from yourself or another. Explore – pain of one way communication/being dis-empowered.

17. Wanting to heal from past hurtful feelings are there but no trigger. What do I do?

Use LL. Notice where in the body is the feeling. Place the hand on the body part. May have to sit with it for a few hours. Any kind of relationship change is huge at the energy level. Don't need to accept it. Just hold it. Give yourself full permission to express this pain. Keep letting it out. Feel into the emotion. Then you can start saying I allow this too. I accept this too.