

EFT FACILITATOR TRAINING DAY 5, JANUARY 24, 2022

Questions & Answers

- 1. For physical tension, when we ask the audience to tap for borrowing benefits, do we ask them to tap on the words of the subject (the demo we are taking) or tap on their own words?**

You can ask the audience to simply tap along with you. So, they will know that they are supposed to follow you and your words while tapping. Ask them to tune into their issue and the number it is at, and then tap along with you.

- 2. Is there a way to tune into the person or the group's energy and focus on the process at the same time? I find it difficult to keep my focus on both.**

I keep everyone in gallery view so that see everyone and feel their energy.

- 3. How to maintain the trainer's state?**

Trainer's state is about staying in your centre when people are hackling you. A trainer's state is immovable. You may mess up many times as a trainer and a facilitator; it also means catching yourself in that moment and declaring it. "I am sorry I made a mistake right now and I need a moment."

The trick is to catch oneself on one's own emotional state. Identify what is it that you are feeling in those moments and trust the truth of it. Trust what is there in the moment and go ahead with it.

Sometimes, you may even need to call someone out in your seminar. It is about how you draw your boundaries and remain unshaken.

You are going to have to remain in your trainer's state; otherwise the entire thing falls apart. Have your own strategy for getting into your trainer's state; something that is authentic to you.

Your internal dialogue plays a very important role in maintaining your trainer's state. If your internal dialogue is "I can do it", then you can do it. It doesn't mean limiting beliefs are not allowed. But it is your job to handle that before your seminar begins.

4. While doing physical tension process, what to do if someone says that they don't have any physical tension?

Tell them that "it's okay; some people don't have any physical tension." Then ask them to bring into their awareness a current challenge they might be facing and notice where in the body do they feel it.

5. After a round of tapping we ask everyone to share how they are feeling by putting B (better), S (same), or W (worse) in chat. I have observed that you pick someone with an S for the demo. So, based on what do you decide that?

The people with B don't need much tapping at this stage. So, I pick someone who feels same as before so that I can get their specific words and improve their rating. I usually avoid picking people who are feeling worse, because these are open sessions where it is not possible to work in depth with just one person. Although, I might pick someone with a W in a practitioner training, and sometimes in a borrowing benefits session, but if there is not enough time, I won't pick them.

6. When someone abreacts, we usually do the triple calmer. So, do we take it further?

Take a call in that moment what is the best thing to do. You need to close out on the belief how they are feeling. And, when you are doing group work, they don't know what techniques you are using. Check, is this person still serving the group? If they are not, ask them to continue tapping on their own and say that you will check in with them later.

7. What were the learnings from the physical tension process?

The main learnings were:

- Pacing the tone to that of the client and using the client's words
- Emotions may come up but you need to process those as you need to keep yourself in the trainer's state
- Practice to shift from group to one to one while also keeping an eye to the group
- Keep your self-judgements away and focus on what you did really well. Even if you falter you can still pull your strings and get back
- Keep an eye on the clock and adapt as needed