

## **EFT PRACTITIONER MODULE 5 QUESTIONS & ANSWERS**

### **DAY 5, 10th SEPTEMBER 2022**

#### **MAIN TOPICS COVERED:**

#### **1. What is the difference between a craving and an addiction?**

Craving is a desire for something that gives you some kind of pleasure or there is some kind of emotion attached to it. When someone has a craving for something, it helps them cope with the stress.

Addiction is much more than desire. When someone is addicted to something it helps them suppress their negative emotions and deep down provide a sense of comfort, love, safety and security.

You have learned how to work with addictive cravings but to work with addiction; the client has to convince you with the ordeal why they want to sincerely recover from their addiction.

#### **2. What are the steps for working with addictive cravings?**

The steps to work with addictive cravings are as follows:

- A. Assess current cravings for the substance on a 0-10 scale.
- B. Get the client to smell, touch, feel, and look at the substance without consuming it.
- C. Then ask what the substance smells, feel, and look like. For example, "It is so crunchy and sweet!"
- D. Then tap exactly on the experience of the client in response to the substance.
- E. Do as many rounds of EFT as it takes to reduce the current craving.

- F. Notice if the substance tastes, smells, etc. different.
- G. A lot of times, the substance may be filling in for something that is missing, for example, comfort, safety, love, protection, etc.

### **3. What is the Movie technique?**

The Movie Technique is used to gently and thoroughly reduce the emotional intensity of past troubling memories or other specific past events, one crescendo of intensity at a time (each handled as one aspect).

The purpose of this approach is to disarm the negative impact a specific event has had, and continues to have, on a person's present life experience, whether known or unknown.

Whether the emphasis is on imagining what happened visually as in a specific movie scene, describing what is happening in each frame of the scenario, or telling a linear narrative story of what happened, moment-by-moment, the Movie Technique allows the person to use tapping – together with their inner senses and imagination – to gently engage the specifics of a past troubling event and release the negative impact, in a thorough and step-by-step manner.

### **4. How does the Movie technique work?**

The Movie technique begins by choosing a specific event or moment in time – something short and manageable in length, usually about two minutes or less – with a beginning, middle, and end. Break the incident down so that it can be resolved in a step-by-step manner.

You then give this story or movie scene an appropriate title (according to the client) and tap on the title (i.e., tapping rounds using the title as the Reminder

Phrase) until the person is comfortable with the idea of narrating the story or movie scene.

Giving the story or movie scene an appropriate title is a 'protective distancing' strategy that allows us to gently approach and handle any negative emotional intensity found within the narrative. Titling minimizes the possibility of an intense emotional reaction or more suffering. An appropriate title is one such as a codeword or a generic title that does not, in itself, cause more emotional intensity.

In other words, tapping on the title helps the client begin processing the emotional intensity of the memory, so they can ease gently into telling or narrating their story.

## **5. What are the steps for the Movie technique?**

The steps to follow while working with the Movie technique are:

- A. Ask for the movie name and SUD and start tapping.
- B. Place the movie on the screen.
- C. Draw the curtains and place the remote control in their hands (so that they know they are in charge).
- D. When the intensity on the movie name becomes lower, give them the option to open the curtains.
- E. Run the movie from start to finish and identify the emotional peaks.
- F. Begin with the lowest peak first and tap till the intensity comes down.
- G. Test and move to the next peak (you might notice the next peak has become lower).
- H. Repeat till all the emotional peaks come down.
- I. Test by telling the story again and if there is any emotion, briefly tap on it.

## 6. Why is the Movie technique compared to keyhole surgery?

The Movie technique is compared to keyhole surgery because it starts by diagnosing the exact problem and getting straight into the problem, clear it, leave the site and finally, test the functionality.

### ADDITIONAL QUESTIONS:

#### 1. How do you work with kids with addiction? My 6-year-old daughter is addicted to sweets.

There is a big difference between working with addictions and with cravings. What you have learned at this level is for emotional eating/cravings and casual drinking and smoking. Working with kids follows the same process.

However, you can only work on someone if they want to do it. If you want someone to change, realise that you can only change yourself. Therefore, before working on your daughter, start tapping on yourself with the statements:

- A. *“Even though I know they can change, I know I can change them, but they don’t want to be changed... I love and accept myself.”*
- B. *“Even though I want them to have better habits, take the right action, even though I know best, as I am very good at giving advice.”*
- C. *“I am so good at giving advice, I can write a book on how to change behaviour, but they don’t want to change, and sometimes I feel like shaking them up, I love and accept myself.”*
- D. *“I know how good I am, my advice comes from there, I tell them how they should behave, so that they feel really judged, I also feel judged when they tell me how I should behave, if I don't like to receive their advice, they might not like receive my advice too.”*

- E. *“Even though I wish to change them, but I can’t change them. Their life is their life, my life is my life. I love and accept myself.”*

## 2. How to decide when to hold the 9 Gamut point?

Holding the 9 Gamut is an important part of EFT Tapping. It releases a cell memory since it is connected to the Triple Warmer. So, holding the 9 Gamut releases the Freeze, Flight, or Fight response from the body and starts to release the trauma response from the cells.

You can hold the 9 Gamut point in a number of situations, such as:

- A. When any emotional reaction comes up while working with a client. Also, do the triple point calmer, tap under the collar bone, under the collar bone and under the under arm. Getting emotional during a session is natural, but if you are new to the practice and not used to it, the easiest way to do is to stay calm and say, “It’s okay”, and tap on the triple point calmer. Once you have done that, ask them to hold the 9 Gamut point.
- B. When someone has a heavy emotional reaction. Ask them to hold 9 Gamut point and breathe in and out.
- C. When an emotionally charged or uncomfortable past memory comes up. Ask them to hold the 9 Gamut point and breathe in and out.
- D. When you don’t have time to tap. You can just hold the 9 Gamut point for 10 minutes instead of tapping.
- E. At the end of the tapping sequence. Hold the 9 Gamut point after completing the first round. For second and third rounds, holding the 9 Gamut is optional. You have the flexibility to choose which rounds you want to hold the 9 Gamut after.

## PREVIOUS SEMINAR:

Vitality Living College™ - Transforming Lives

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## **1. How do you co-relate your emotions with your cravings and get to the root cause?**

An empowering way forward with cravings is to allow your emotions to be expressed instead of suppressing them, and to uncover the root cause of the cravings with a clinically-proven technique like EFT, which involves tapping on energy points to release stressful emotions and past situations associated with cravings.

EFT Tapping is one of several alternatives that can help you eliminate your cravings and lose weight. There can be many possible reasons for cravings, including emotions like guilt, abandonment, and hurt. The weight you put on because of them is called emotional weight.

The way EFT works to eliminate cravings is by:

- A. Allowing you to uncover the positive surface associated with the craving.
- B. Helping you uncover the emotions that trigger the cravings.
- C. Helping you identify the root cause.

## **2. What can you work with if you don't have a craving for any particular food?**

If there is no craving for food, you can work on something else. There could be a surface challenge you feel in your body. Do some surface tapping and say, "It makes me feel tight/tense, etc." Then, tap on the emotional layer. After this, tap on the memory related to that emotion.

## **3. What is an abreaction?**

Abreactions are intense but normal emotional reactions – when a client is hijacked by strong emotion or simply overcome with emotions.

These often present as a marked increase in negative emotional intensity, for example, uncontrolled sobbing, disconnecting from emotions and/or emotional overwhelm.

For example, the client could suddenly:

- Cry
- Feel panicked
- Feel overwhelmed

Abreactions can be minimized, or potentially avoided altogether, by mindful, careful, and gentle application of foundational EFT skills, especially building rapport and using gentle techniques.

#### **4. What if I start feeling disturbed and automatically shut myself away from the memory and being in it?**

If you find yourself getting disturbed and automatically shutting yourself away from the memory, that's completely okay. You just have to pause, make sure that you feel safe, and ask yourself what you really want. Do some rounds of tapping on being disturbed with, *"Even though I am really disturbed and I am shutting myself away from the memory, it's okay."*

This reaction may be because of an unsafe feeling or the triggering of the freeze, fight, or flight response. If you are shutting yourself away, it's probably the freeze response. Let yourself know that you are okay. Tap on the triple point calmer, hold the 9 Gamut, and drink some water. Then, you can put the old memory into a box, in a safe place. You can go back to the memory later and address it.