

EMOTIONAL FREEDOM TECHNIQUES (EFT)

Module 15 – EFT Advanced Foundational
Day 15 – EFT Advanced Practitioner

NEXT STEPS

1. **Update:** Your personal development log.
2. **Practice:** Using the following worksheets:
 - September 11 Tapping, <https://vitalitylivingcollege.info/wp-content/uploads/2024/02/September-11-Tapping-Self-Practice-Worksheet-17.02.2024.pdf>

SUMMARY

1. Inner Child practice
2. September 11 Tapping
3. Next steps

15

QUESTIONS FORGIVENESS & END TO END

CONTENTS

1. Questions
2. Forgiveness
 - Direct approach
 - Indirect approach
3. Cartesian coordinates
4. End to end session
5. Next steps

BREAK THE CYCLE OF PAIN, ILLNESS & ADDICTION



ADDICTIONS QUESTIONS

1. How long have you been overeating/drinking/using drugs/smoking?
2. Who else in your family smokes? Is alcoholic? Is overweight?
3. What happened the last time you tried to quit? Reached your goal weight?
4. What loss/emptiness are you trying to fill with cocaine, alcohol, food?
5. What emotions are you trying to avoid by getting drunk/overeating?
6. What would you focus on if you didn't obsess about drinking/eating compulsively?
7. What is the **downside** of losing weight? Getting sober? Quitting smoking?
8. What is the **upside** of remaining overweight? Staying addicted?



**ADDICTIONS
QUESTIONS**

ADDICTIONS THEMES

- Deprivation: "Even though I feel deeply deprived...and I'm insatiable..."
- Abandonment: "Even though I feel hurt about being abandoned..."
- Loss: "Even though I feel so many losses inside..."
- Loneliness/Emptiness: "Even though I feel completely empty inside..."
- Guilt: "Even though I always feel guilty..."
- Anxiety: "Even though I can't stop feeling anxious/can't control my anxiety..."
- Fear: "Even though I feel profoundly afraid of being exposed..."
- Anger: "Even though I feel angry all the time..."

ADDICTIONS PRESENT

1. Ask client to identify food cravings that trigger compulsive overeating
2. Identify problem times of the day that trigger abusing alcohol/food
3. How does client feel when she/he sees or smells food or alcohol?
4. How often does the client obsess about drinking? Eating?
5. How does your client feel in body and mind when overeating or drinking?
6. How does your client feel about being overweight? Being an alcoholic?

ADDICTIONS PRESENT

BODY IMAGE

1. How do you feel about your body?
2. What body parts do you hate/are you ashamed of?
3. What beliefs do you hold about your body?

ADDICTIONS PAST

1. What events from the past make you feel anxious/guilty/ashamed?
 - “Even though I feel guilty about what I did in High School...”
 - “Even though I can't forgive my third grade teacher...”
 - “Even though I blame my father for my low self-esteem...”
2. What traumas are you numbing with alcohol, food or drugs?
 - “Even though I still overeat when I remember the car accident...”
 - “Even though the childhood abuse makes me want to stuff myself...”
3. What losses are you trying to fill with food, pills or cigarettes?
 - “Even though I've been drinking/overeating ever since my mother died...”
 - “Even though I learned to eat and smoke to feel better...”
4. When did you first overeat? When did you first use food as a mood-altering substance?
 - “Even though I associate cookies with been associated well...”
 - “Even though I have been using food since 2nd grade...”

ADDICTIONS FUTURE

1. Picture yourself in the future at your goal weight. How do you feel?
2. Imagine yourself at a family gathering, not drinking. How do you feel?
3. What did your family/friends say the last time you quit smoking?
4. Imagine yourself in a stressful work situation without food/alcohol
5. What other future situations might trigger a relapse of weight gain for you?
6. What is the UPSIDE to staying overweight? Remaining a smoker?
7. What is the DOWNSIDE to losing the weight? Getting sober?
8. Who will be angry at you/jealous of you, if you are successful?



**ADDICTIONS
QUESTIONS**

PAIN & ILLNESS QUESTIONS

1. Do you ever have the feeling that you're carrying pain and illness from your parents, or from another generation?
2. Do you ever suspect you've been "taught" to get sick?
3. What illness did family members manifest regularly?
4. What illness was given attention regularly in your family?
5. What where your parents/grandparents "afraid" of in their bodies/environment?

OUR PAIN AND ILLNESS STORE MESSAGES

1. If your pain were a message from your unconscious, what would it be trying to tell you?
2. If your illness is from another generation, where did it come from?
3. If your ailment doesn't belong to you, are you willing to give it back?
4. If your pain is a "memory" from a past life, can you resolve it now?
5. If your diagnosis is a solution to a problem, are you willing to resolve the problem in another way?



**PAIN & ILLNESS
QUESTIONS**

DOWNSIDE OF PAIN

1. What is the DOWNSIDE of recovering from your illness?
2. Who would be upset or unsettled if you got better?
3. What would you lose if you got better?
4. What might you lose if your health improved?
5. What changes are too frightening to imagine?
6. What's the downside of staying where you are?

UPSIDE OF PAIN

1. What's the UPSIDE of staying where you are?
2. What is the upside of recovering from your illness?
3. Which of your relationships would change if you got better?
4. What would you gain if you got better?
5. What might you gain if your health improved?
6. What changes are too unbelievable to imagine?



**PAIN & ILLNESS
QUESTIONS**

FORGIVENESS



”

“Holding onto un-forgiveness is like drinking poison and expecting the other person to die.”

Gary Craig

FORGIVENESS

- Forgiveness is a huge reframe.
- Love is FOR-GIVING.
- Use forgiveness only when the client is ready.
- Always clear the trauma first.
- We are not forgiving the behaviour.



FORGIVENES PROCESS

1. What needs forgiving?
2. Thank you
3. What else needs forgiving?
4. Thank you
5. Who needs forgiving?
6. Thank you
7. Who else needs forgiving?
8. Thank you



FORGIVENESS

FORGIVENESS: DIRECT APPROACH

- I was doing the best I could with the resources I had, given the circumstances.
- If I could have done better, I would have.
- What would need to happen in order to forgive?
- The essence of me will forgive the essence of her/him/them.
- Maybe one day I will let it go and be able to forgive myself.

FORGIVENESS: INDIRECT APPROACH

- What they did was unacceptable.
- Gaining the other person's perspective.
- I can continue to hold onto this as long as I like – I wonder who it is hurting more.
- I wonder what they were going through that made them act like that.
- I wonder what kind of a person would do that – how do they really feel about themselves?
- The essence of me will forgive the essence of her/him/them.
- Maybe one day I will let it go and be able to forgive myself.



FORGIVENESS

CARTESIAN CO-ORDINATES



CARTESIAN CO-ORDINATES

1. What can you do now, that you could do before?
2. What can you do now, that you could not do before?
3. What can't you do now, that you could do before?
4. What can't you do now, that you could not do before?



**CARTESIAN
CO-ORDINATES**

EFT ADVANCED TECHNIQUES

1. Advanced Sub Modalities
2. Archetypes
3. Aroma Tapping
4. Chair Tapping
5. Creativity
6. Feeling The Emotion
7. Flexible Language
8. Forgiveness
9. Go With The Guidance
10. Inner Child Working
11. Inner Committee
12. Intuitive Working
13. Meeting the pain

1. Mirror Tapping
2. Open Questions
3. Parts Integration
4. Picture Tapping
5. Pointed Questions
6. Reframing
7. Role Play Tapping
8. Safety (finding)
9. Secondary Gain
10. September 11 Tapping
11. Shadow Work
12. Vomiting Technique (what else?)




**END TO END
SESSION**

NEXT STEPS

1. **Update:** Your personal development log.
2. **Practice:** Using the following worksheets:
 - Forgiveness: Direct approach, <https://vitalitylivingcollege.info/wp-content/uploads/2024/03/Forgiveness-Direct-Approach-Self-Practice-Worksheet-04.03.2024.pdf>
 - Forgiveness: Indirect approach, <https://vitalitylivingcollege.info/wp-content/uploads/2024/03/Forgiveness-Indirect-Approach-Self-Practice-Worksheet-12.03.2024.pdf>
3. **Transform:** Sit with the energy and experience of forgiveness.
4. **Prepare:** For your one-to-one session

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