

EMOTIONAL FREEDOM TECHNIQUES (EFT)

Module 8 – EFT Advanced Foundational
Day 8 – EFT Advanced Practitioner

NEXT STEPS

1. Update: Your personal development log.

2. Self practice: Explore

- Meet the pain, add link
- Judging others: Add link
- Being Judged Self Practice Worksheet,
<https://vitalitylivingcollege.info/wp-content/uploads/2023/11/Shadow-Work-Judging-Others-Worksheet-7.11.23.pdf>

SUMMARY

1. Meet the pain
2. Practice of Shadow Work – Judging others
3. Shadow Work – Being judged
4. Next steps

SHADOW WORK – JUDGING OTHERS



SELF PRACTICE – SHADOW WORK JUDGING OTHERS

[Click here for the Google Doc](#)

SHADOW WORK - JUDGING OTHERS WORKSHEET

The Shadow work process can be used to release emotional blockages, reduce inner conflicts, and promote emotional healing and personal growth.

1. Who is it that you hate? Or what are the qualities of someone that you hate?

2. What do you not like about them or the quality?

3. Someone who behaves like that, how do they really feel on the inside?

4. What kind of a person behaves in such a way?

5. What is really going on for them?

6. What do you feel causes them to behave in such a way?

SHADOW WORK – BEING JUDGED



SHADOW WORK – BEING JUDGED

1. "What did someone say that triggered you? Or what were you accused of? For example, 'You are a liar.'"
2. "How did it make you feel?" Tap.
3. "Someone who behaves like that (the accuser and the one accused) – how do they really feel on the inside?" Check if they relate to this feeling.
4. "Someone who behaves like that or feels like that, how do they really feel on the inside?" Check if they relate to this feeling and the opposite of it.
5. TEST - "How do you feel about the quality that that person has?" Tap if needed.
6. When they can recognise the shadow (the part that is not being accepted or denied, this can be at the surface, middle or deeper level), then ask, "What is the opposite of it?"
7. Check for acceptance of the quality that is being disliked and the opposite of it.

SELF PRACTICE – SHADOW WORK BEING JUDGED

SHADOW WORK- BEING JUDGED WORKSHEET

The Shadow work process can be used to release emotional blockages, reduce inner conflicts, and promote emotional healing and personal growth.

1. What did someone say that triggered you? Or what were you accused of?

2. How did that make you feel?

3. Someone who has that behaviour, that you were accused of, how do they really feel about themselves on the inside?

4. What kind of a person behaves in such a way?

5. What is really going on for them?

VIDEO & BACKGROUND READING RESOURCES

The screenshot displays a mobile application interface for 'EFT ADVANCED PRACTITIONER TRAINING'. At the top left is the 'Vitality LIVING College' logo with the tagline 'Transforming lives'. The main content area features a video player for 'The Shadow Effect - Documentary Film Featuring Debbie Ford'. The video player shows a dark image of a person with a red play button overlay. Below the video player are tabs for '1. The Shadow Effect Movie', 'Description', 'Resources', and 'QnA'. On the right side, a 'Content' menu is open, listing various modules and resources. The menu items are:

- 27. Module 27: All Manuals, Slides and Qu... (0 of 3)
- 28. Module 28: Video & Background Read... (0 of 9)
- 01 1. The Shadow Effect Movie (Embedded Link)
- 02 2. The Dark Side of Light Chasers book (Article • Resources (1))
- 03 3. Carl Jung & The Shadow (Embedded Link)
- 04 4. What are Archetypes? (Embedded Link)

<https://portalnew.vitalitylivingcollege.info/web/courses/68b81ad7dc28ab08435ac64c?chapter=68c139eade010d3fd1962398>

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PARTS INTEGRATION

INTERNAL CONFLICTS

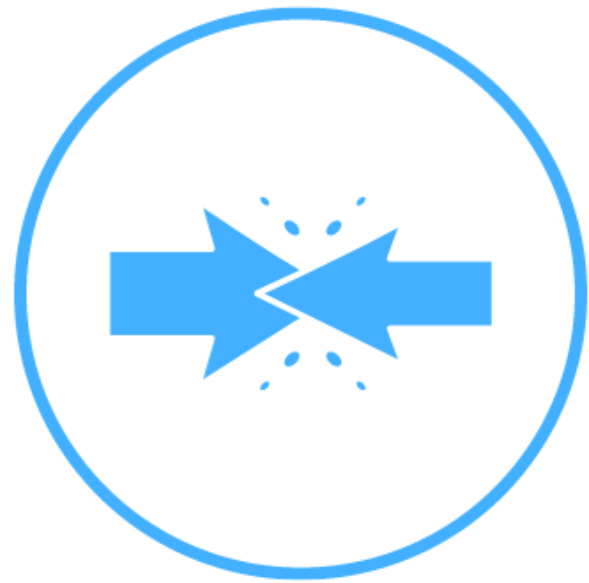


WHAT ARE INTERNAL CONFLICTS?

- Arise when opposing desires, beliefs, or motivations clash within a person.
- Often subconscious.
- Impact behaviour, emotions, and decision-making.
- Can manifest as cognitive dissonance, emotional conflict, or behavioural indecision.



COMMON CAUSES OF INTERNAL CONFLICT



Contradictory
desires



Fear of change
or failure



Unconscious
beliefs



Feelings of
guilt or shame

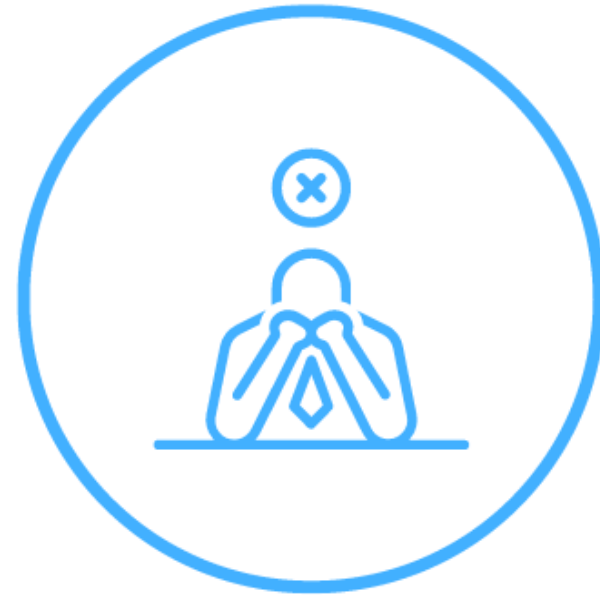


Cultural or
societal pressure

EFFECTS OF INTERNAL CONFLICT



Decision
paralysis



Self-sabotage



Stress & anxiety



Emotional
outbursts

PARTS INTEGRATION



WHAT IS PARTS INTEGRATION?

- **Resolves internal conflicts** between opposing desires or actions.
- Helps **align different parts of the self** that have conflicting motivations.
- Used when **behaviour change** is **difficult** due to internal resistance.
- Involves understanding and **integrating the positive intentions** of each part.



BENEFITS OF PARTS INTEGRATION

- Resolves inner conflict and promotes emotional balance.
- Supports behaviour change by aligning goals and actions.
- Increases self-awareness and understanding of deeper motivations.
- Improves decision-making by reducing internal resistance.
- Promotes emotional wholeness and alignment.
- Enhances relationships through greater self-clarity and harmony.

PARTS INTEGRATION

Surface problem

A

B

PARTS INTEGRATION

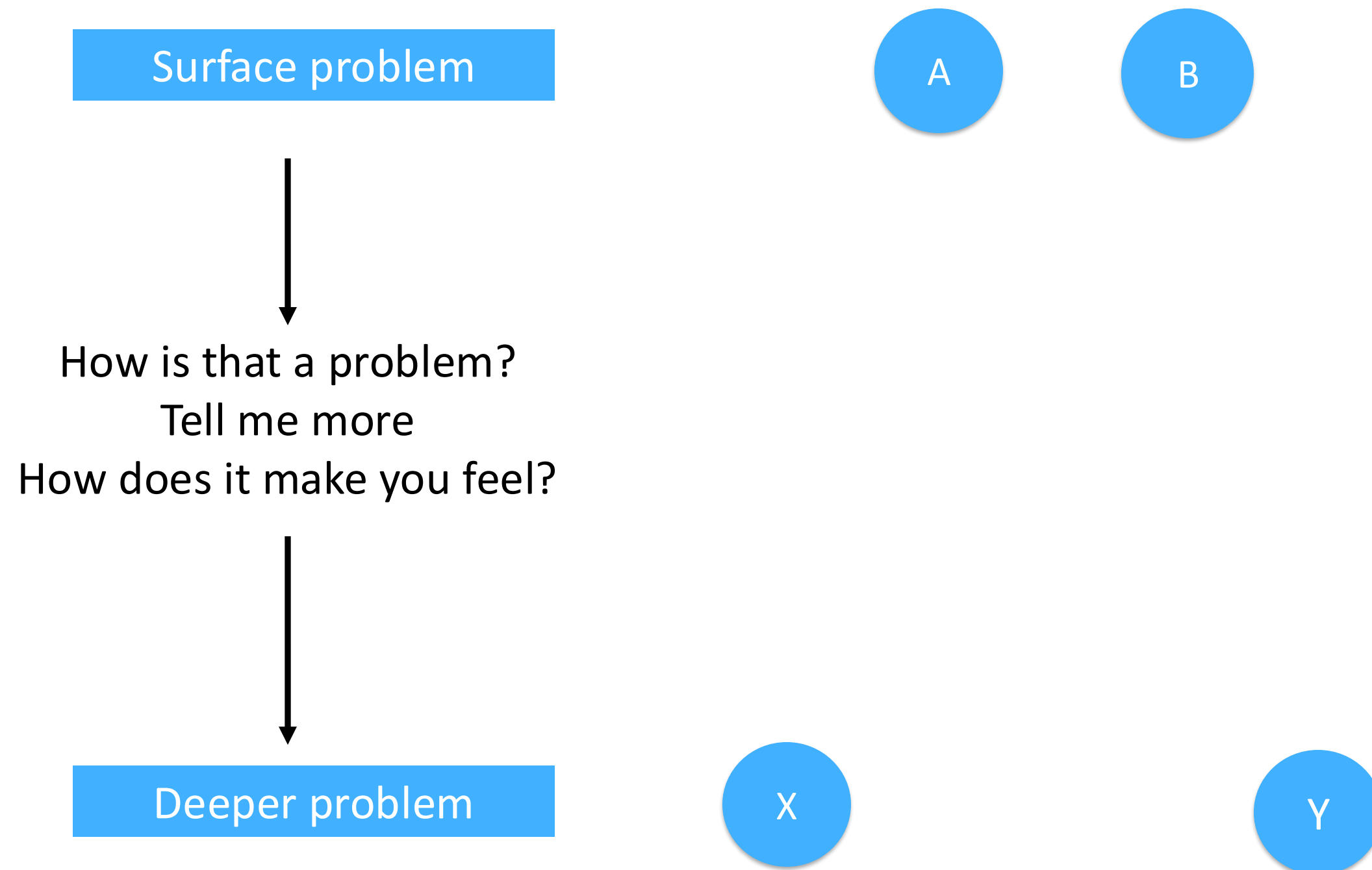
Surface problem



How is that a problem?
Tell me more
How does it make you feel?



PARTS INTEGRATION



PARTS INTEGRATION

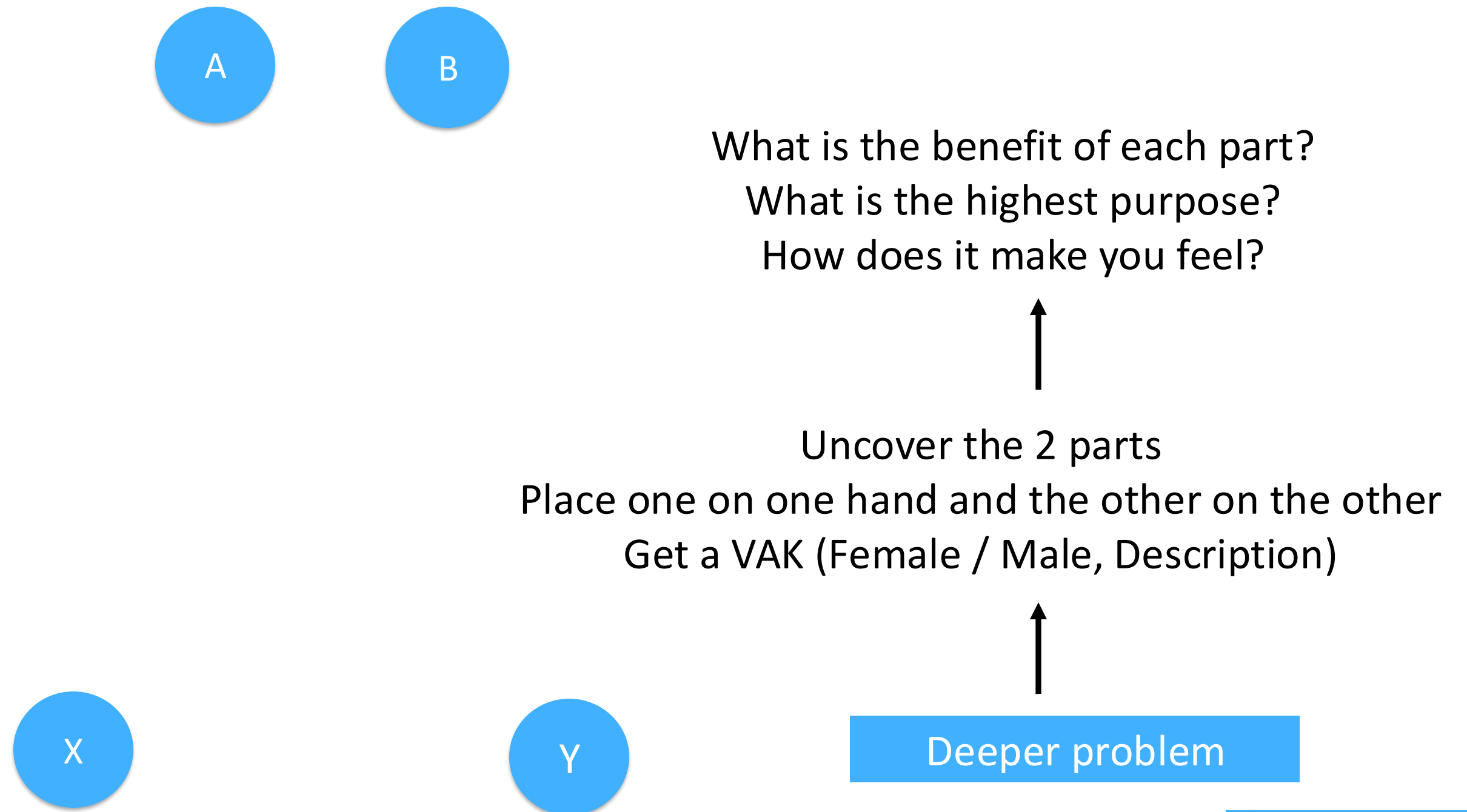


Uncover the 2 parts
Place one on one hand and the other on the other
Get a VAK (Female / Male, Description)

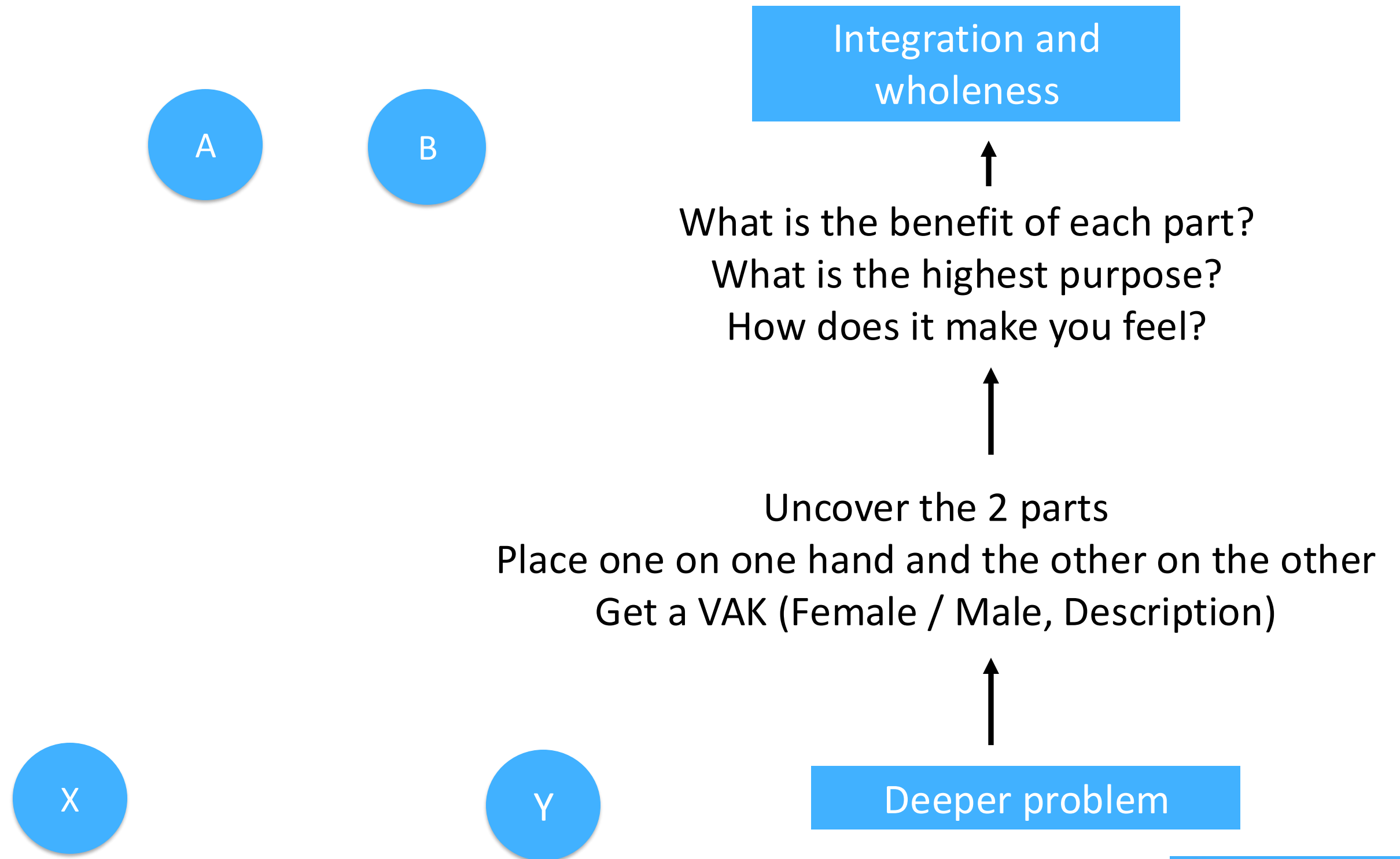


Deeper problem

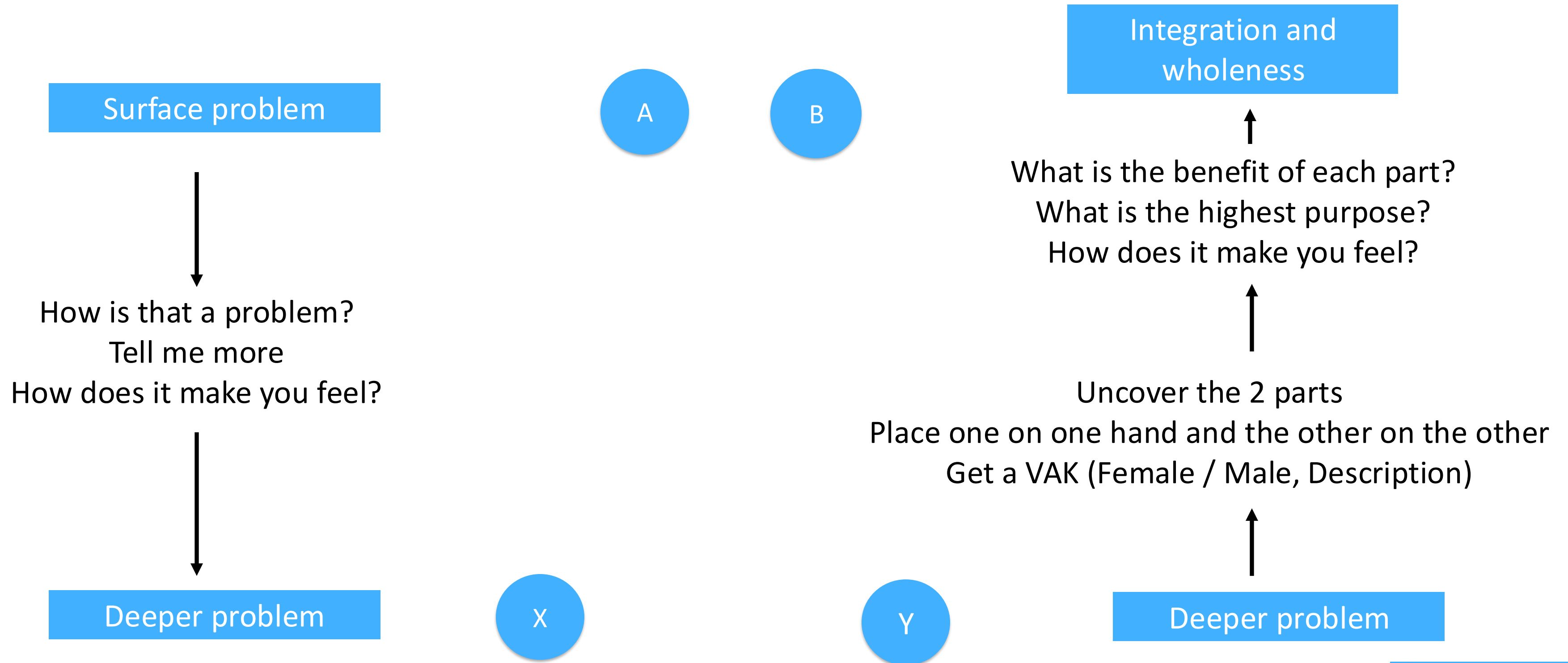
PARTS INTEGRATION



PARTS INTEGRATION



PARTS INTEGRATION



PARTS INTEGRATION

1. Identify the conflict and ask, “How is that a problem?” until you get to the root of the problem.
2. Get a description for each part: Male / Female, Personality, Words, Colour, Texture, Size and Shape.
3. Then ask, “What is the higher purpose of the part?” You can even ask, “What is the benefit of one part?”, “What else?”, “What else?” and “What else?”
4. Then ask, “What is the higher purpose of the other part?” You can even ask, “What is the benefit of the other part?”, “What else?”, “What else?” and “What else?”
5. When you discover they have the same benefit in common, you can allow the benefits of both parts to come together to create an integrated whole.

SELF PRACTICE – PARTS INTEGRATION

[Click here for the Google doc](#)

PARTS INTEGRATION TECHNIQUE – WORKSHEET

The parts integration process can be used to resolve internal conflict or emotional struggles by integrating conflicting aspects or “parts” of oneself.

1. Identify the inner conflict and ask, “*How is that a problem?*” until you get to the root of the problem.

2. Once you have identified the root of the problem, then get a description of each part. Begin with the part that appears to be limiting in some way.

The description of Part 1 would include:


- Male/ Female: _____
- Personality: _____

NEXT STEPS

1. **Hydrate:** Drink more water than normal to keep yourself hydrated.
2. **Rest:** Sleep, rest and relax till we meet next time.
3. **Update:** Your personal development log.
4. **Browse:** The Videos and Background Reading Resources on portal, <https://portal.vitalitylivingcollege.info/course/eft-advanced-practitioner-training/21-video-background-reading-resources/lesson/1-the-shadow-effect-movie>
5. **Optional:** If you wish to explore Parts Integration on your own, try the self-practice worksheet, <https://vitalitylivingcollege.info/wp-content/uploads/2023/11/Parts-Integration-Technique-Self-Practice-Worksheet.pdf>

SUMMARY

1. Parts Integration
2. Next steps



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