

EFT ADVANCED PRACTITIONER TRAINING MODULE 8, QUESTIONS & ANSWERS, 19TH MARCH 2026

MAIN TOPICS COVERED:

1. What is the Shadow Work – Being Judged process and how do you practise it?

The Shadow Work – Being Judged process is used when you feel triggered by criticism, accusation, or judgement from someone else. Often, what affects us deeply is connected to a shadow quality within ourselves that we have not fully accepted. This process helps you explore the emotional reaction, recognise the shadow, and move towards acceptance so that the charge reduces and the mind becomes more balanced. Steps for Shadow Work – Being Judged:

- A. *"What did someone say that triggered you? Or what were you accused of?"* For example, "You are a liar."
- B. *"How did it make you feel?"* Tap.
- C. *"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.
- D. *"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.

- E. TEST - *"How do you feel about the quality that that person has?"*
Tap if needed.
- F. 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?"*
- G. Check for acceptance of the quality that is being disliked and the opposite of it.

Shadow work helps you recognise that what triggers you in others may reflect something within yourself that is not fully accepted. When both sides are acknowledged, the emotional reaction softens and you can respond with greater awareness and neutrality.

To practice this process on your own, you can use the worksheet:

<https://vitalitylivingcollege.info/wp-content/uploads/2026/03/Shadow-Work-Being-Judged-Worksheet-15th-August-2023.pdf>

For additional guidance, background reading, and video support, refer to:

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

2. What are internal conflicts?

Internal conflicts occur when a person experiences a clash between different parts of themselves, such as conflicting desires, beliefs, or motivations. These conflicts are often unconscious, yet they can profoundly influence behaviour, emotions, and decision-making. Internal

conflicts may arise when an individual wants to pursue a particular course of action but is held back by fears, doubts, or competing desires.

Internal conflicts can manifest in various ways:

- A. Cognitive dissonance: When a person holds two contradictory beliefs or attitudes, this creates discomfort, often leading to rationalisation or avoidance. For example, someone may believe they should be healthy (part 1), but also enjoy unhealthy habits (part 2), creating internal tension.
- B. Emotional conflict: This occurs when emotions are in opposition, such as feeling both love and anger toward the same person. These mixed feelings can create confusion and stress.
- C. Behavioural conflict: A conflict between what a person wants to do versus what they feel they "should" do. This can lead to procrastination, self-sabotage, or indecision.
- D. Moral or ethical conflict: When an individual's personal values clash with societal expectations or demands. For instance, someone may want to follow their passion (part 1), but feel pressured by society to pursue financial security (part 2).

Internal conflicts are typically linked to deeper psychological needs, such as the need for safety, love, recognition, or control. If unresolved, these conflicts can lead to stress, anxiety, depression, or indecision. Parts Integration is one therapeutic approach that helps individuals resolve these internal conflicts by recognising the positive intentions behind each part and finding ways to harmonise them.

3. What are few of the common causes of internal conflict?

Internal conflict happens when different parts of the mind want different things, creating tension, hesitation, or emotional discomfort.

Here are few of the common causes of internal conflict:

- A. Contradictory desires: When different parts of a person desire opposing things. For example, the desire for freedom vs. the desire for stability.
- B. Fear of change: People may consciously want to make a change but subconsciously fear the consequences, leading to hesitation or self-sabotage.
- C. Unconscious beliefs: Deep-seated beliefs, often from childhood, can create conflict when they are at odds with a person's current goals or desires.
- D. Cultural and societal pressure: External expectations (family, culture, society) may conflict with an individual's personal desires, creating internal tension.
- E. Guilt or shame: A person may want something but feel guilty for pursuing it, leading to an emotional tug-of-war.

When the cause of the internal conflict becomes clear, it becomes easier to work with the different parts, release resistance, and move towards a decision with greater ease and alignment. As both parts feel heard and their positive intention is recognised, the mind and body can relax, allowing change to happen more naturally without force or struggle.

4. What are the effects of internal conflict?

When there are opposing thoughts, emotions, or desires within a person, the mind and body can feel pulled in different directions. This inner struggle often happens when different parts want different outcomes, and the tension between them can show up in behaviour, emotions, and decision-making. Some common effects of internal conflict include:

- A. Decision paralysis: Difficulty making choices or constant second-guessing, which results from internal parts pulling in different directions.
- B. Self-sabotage: Engaging in behaviours that prevent success due to unresolved inner tension.
- C. Stress and anxiety: Internal conflict can be a significant source of chronic stress and emotional overwhelm.
- D. Emotional outbursts: Internal conflicts may lead to irritability or sudden emotional reactions, as the person feels torn between opposing forces within.

Recognising the effects of internal conflict helps the practitioner understand that the issue is not lack of motivation, but different parts needing acknowledgement, integration, and resolution.

5. What is the Parts Integration process?

The Parts Integration is a therapeutic process used to resolve inner conflicts where a person feels divided between two opposing desires,

beliefs, or actions. It is often employed when someone wants to change a behaviour but feels unable to do so due to internal resistance. This internal conflict arises from different parts of the self having contrasting motivations or goals, making it difficult for the individual to move forward.

In Neuro-Linguistic Programming (NLP), each "part" of a person has a positive intention, even if their desires seem contradictory. The process of parts integration seeks to bring these conflicting parts into harmony by identifying and aligning their underlying positive intentions, helping the individual reach a state of unity and inner peace.

For example, a person may want to exercise regularly (part 1) but also have a part that resists commitment due to fear of failure or discomfort (part 2). These two parts are at odds, leading to procrastination or self-sabotage. Parts Integration allows the individual to address these conflicting motivations, understand the needs of both parts, and ultimately integrate them into a cooperative whole.

6. What are the benefits of Parts Integration process?

Parts Integration is a process used to resolve inner conflict by bringing different parts of the self into alignment. Here are few of the benefits of parts integration:

- A. Resolves internal conflict: By identifying and reconciling opposing desires or beliefs, Parts Integration helps people eliminate inner resistance and achieve greater emotional balance.

- B. Facilitates behaviour change: Many clients experience difficulty changing habits or behaviours due to subconscious conflicts. This process helps them align their goals with their actions, making change easier and more sustainable.
- C. Increases self-awareness: Parts Integration encourages individuals to explore the deeper motivations behind their behaviours and desires, leading to greater self-understanding.
- D. Enhances decision-making: When internal conflicts are resolved, clients can make clearer, more confident decisions without second-guessing themselves.
- E. Creates emotional wholeness: By integrating different parts of the self, the individual feels more aligned and whole, reducing the stress and anxiety that come from being pulled in different directions.
- F. Improves relationships: When individuals feel more balanced and clearer about their inner motivations, they often communicate better and experience more harmony in their relationships.

When the different parts of the self, feel heard and included, change happens more naturally and the person experiences greater clarity, calm, and wholeness.

7. Why is the Parts Integration process important when working with behavioural change?

The Parts Integration process is useful when a person feels internally conflicted, where one part wants to do something and another part does

not want to do it. For example, someone may want to enrol in an exercise program, but at the same time feel resistance and not want to enrol. This usually means that different parts inside the person have different intentions.

Parts Integration becomes important when a client says they want to change their behaviour but finds themselves unable to move towards that change. In such situations, there is often an internal conflict, where one part wants the change while another part is holding on to the current behaviour. This may happen because there is a secondary gain in staying the same, or because there is fear about what might happen if the change actually occurs.

By working with the Parts Integration process, the therapist can help the client understand the positive intention behind each part. When both parts are heard and their purpose is recognised, the conflict can begin to resolve, making it easier for the client to move towards the behaviour they truly want.

8. What are the steps for Parts Integration process?

The Parts Integration process is used when a person feels internally conflicted, as if one part of them wants one thing and another part wants something different. This technique helps identify the deeper intention behind each part and allows both parts to come together in a more aligned and integrated way. The steps for the Parts Integration process are:

- A. Identify the problem and ask, “How is that a problem?” until you get to the root of the problem.
- B. 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?”
- C. 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?”
- D. 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.

When both parts are heard and their positive intention is recognised, the conflict naturally softens, allowing the person to experience greater clarity, ease, and inner unity.

9. What are the next steps?

The following steps will help you integrate what you have learned and continue your self-practice:

- A. Hydrate: Drink more water than normal to keep yourself hydrated.
- B. Self-care: Have a salt bath.

C. Update: Your personal development log.

<https://portalnew.vitalitylivingcollege.info/web/courses/68b81ad7dc28ab08435ac64c?chapter=68c138a92635a078bad042f1>

D. Self-practice: Explore:

- Judging others worksheet:

<https://vitalitylivingcollege.info/wp-content/uploads/2023/11/Shadow-Work-Judging-Others-Worksheet-7.11.23.pdf>

- Being judged worksheet,

<https://vitalitylivingcollege.info/wp-content/uploads/2026/03/Shadow-Work-Being-Judged-Worksheet-15th-August-2023.pdf>

E. Browse: The Videos and Background Reading Resources on portal,

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

F. 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>

Following these steps will support your growth, reinforce your learning, and help you deepen your practice in a consistent and meaningful way.

PREVIOUS QUESTIONS:

1. Do we always need to chunk up after we hit the deep structure?

It depends on what your intentions are for the client and what the client's intentions are. If you're at the deep structure, and they have a conflict, 'I love myself/I don't love myself', you can go straight to limiting beliefs. You don't need to complete parts integration. The limiting beliefs process is going to work really well too. The reason to chunk up is for them to realise the parts in conflict have the same need in common. They'll experience the cognitive shift once they realise this. Some clients could resist; you need another parts conflict in that case.

2. What about the closing tapping sequence?

There's one tapping sequence that combines everything that the client has shared. Secondly, during the tapping sequence, you can integrate the benefits mentioned by them. Thirdly, you can check the surface and ask, 'How do you feel now about that conflict?'. And lastly, you can use cartesian co-ordinates to check the integration.

3. Can you ask them to get the two parts to communicate?

You can ask them to get the two parts to communicate, but that will be the NLP way of working as compared to the EFT way of working, where the conversation's already happening. So, it's not needed. But if you feel

like you need it with the person that you're working with, then you can always go for it. Trust yourself.

- 4. When in conflict, I notice that I avoid making decisions and instead focus on something important, but this doesn't make me feel safe. How can I manage the tension between staying safe and meeting my need for love and connection, without feeling like I'm doing something wrong?**

Yes, this can happen. Maybe some tapping is needed first, or meeting the pain first, and then revisiting the deeper structure. Wherever you ended up emotionally is okay—it's letting you know it needs attention. Sit with it, tap on it, and notice where it goes next. It's okay to explore whatever you found, and you'll eventually end up in a new place.

- 5. Can we use Parts Integration (PI) to address conflicts involving more than two parts, such as different sub-personalities or voices in our head during a conflicting situation?**

Yes, absolutely. It sounds like you're naturally creative, especially with your work on mandalas, where no two are alike, and they're all channelled through you as a vehicle of grace. I think that same creativity can guide you through this process. If Grace or your higher self-shows you a way to work with multiple parts at once, you can follow that. You can also beautifully integrate the art aspect with this work. So yes, it's possible to work with several parts at the same time, depending on what unfolds in the process.

6. How do you respectfully guide a client to reconsider if they are answering from the mind rather than from their true inner self?

Instead of directly pointing it out, I don't usually ask them that question upfront. I tend to become aware that they might be responding from the mind due to fear. Rather than confronting them with that, I gently ask, "What are you really fearing?" This can lead them to explore deeper without feeling judged.

You could also try asking, "Where do you feel this answer is coming from—deep within you, or more from the surface?" Some clients might not understand this distinction at first, especially newer clients. They often need time to become familiar with the therapeutic process. Initially, staying in the mind might feel safer for them, and that's okay. Over time, as they grow comfortable with the process, they'll start to recognise how to go deeper into their true feelings.

7. What if the need is clear, but you still feel confused after recognising it?

The need is to feel safe, but neither of the conflicting situations provided that. The realisation comes when one understands that safety can be found within themselves. It may not always be found externally, but by choosing oneself and focusing on personal safety, that can be enough for the moment.

This aligns with the idea that the universe is within us. While seeking external safety can be tempting, it's often unpredictable and

changeable. By focusing inward, there is no need to constantly test where safety comes from—it simply comes from standing up for oneself.

8. Can the conflict be created by self-sabotage, like creating chaos unnecessarily?

Yes, of course, the conflict could be created by self-sabotage. It's often because something doesn't feel safe, and as a result, self-sabotage emerges as a way to protect yourself, even if it ends up creating unnecessary chaos.