

EFT ADVANCED PRACTITIONER TRAINING MODULE 10, QUESTIONS & ANSWERS, 21ST MARCH 2026

MAIN TOPICS COVERED:

1. What is an inner committee?

An Inner Committee is a metaphorical concept used in psychology and coaching to describe the different sub-personalities or internal voices within a person that represent different aspects of their identity, emotions, and motivations. These internal parts or voices may have distinct desires, fears, or goals, often leading to internal conflicts. Each "member" of the Inner Committee has a unique perspective and role in the person's decision-making process, emotional responses, and behavior. It refers to the idea that we are not just one unified self but instead have various internal parts that influence our thoughts, feelings, and actions. These parts are often created in response to life experiences, beliefs, and coping mechanisms. By acknowledging and listening to these internal voices, individuals can gain better self-awareness and resolve internal conflicts.

2. What are sub-personalities?

Sub-personalities are distinct aspects or "selves" within a person's overall personality. Each sub-personality represents a different set of behaviors, emotions, thoughts, and ways of interacting with the world.

These are often formed as a response to different life experiences, emotions, or psychological needs.

- A. Roles and functions: Each sub-personality may serve a unique role. Some might protect the individual, while others might help them achieve goals, express creativity, or deal with trauma. For example, one sub-personality might take the form of a protector that keeps the person safe from emotional harm, while another may be a critic that pushes for perfection or improvement.

Understanding sub-personalities helps us see that different reactions within the same person often have a purpose. When these parts are recognised and worked with respectfully, it becomes easier to reduce inner conflict and create greater balance, awareness, and choice in behaviour.

3. What are some examples of sub-personalities?

Sub-personalities are distinct “parts” within us that represent different motivations, fears, and ways of coping. Here are some of the examples of sub-personalities:

- A. Ms pleaser: Ms pleaser is always trying to keep everyone happy, even at the cost of her own well-being. She’s the one who agrees to things even when she doesn’t want to, just to avoid conflict or disapproval.

- Voice: *"I can't say no. What if they don't like me?"*

- Positive intent: Keeps the peace and maintains harmony in relationships.
 - Shadow side: Overextends herself, leading to burnout and resentment, while neglecting her own needs.
- B. Mr procrastinator: Mr procrastinator loves to put things off. He'll find a million reasons to delay action, often out of fear of failure or because it's just too overwhelming to get started.
- Voice: *"I'll just do it later... there's plenty of time."*
 - Positive Intent: Protects from the stress and fear of failure by delaying tasks.
 - Shadow side: Prevents progress and can cause stress due to last-minute rushes or missed opportunities.
- C. Mrs saboteur: Mrs saboteur subtly undermines efforts to succeed. Whether it's through negative self-talk or creating distractions, she often works in the background to prevent real growth or change.
- Voice: *"Why even bother? You'll just mess it up."*
 - Positive intent: Tries to protect you from disappointment or failure by stopping you from taking risks.
 - Shadow side: Prevents you from achieving your full potential and blocks personal or professional growth.
- D. Master teen rebel: Master teen rebel hates rules and restrictions. He doesn't like being told what to do and will push back against authority, structure, or anything that feels confining.

- Voice: *"Don't tell me what to do. I'm going to do it my way."*
 - Positive intent: Encourages independence and freedom, challenges the status quo.
 - Shadow side: Can lead to unnecessary conflict or destructive behavior, and may resist healthy structure or boundaries.
- E. Miss perfectionist: Miss perfectionist holds herself (and often others) to impossibly high standards. She believes that everything must be flawless, or it's not worth doing at all.
- Voice: *"It has to be perfect. If it's not, I've failed."*
 - Positive intent: Strives for excellence and high standards.
 - Shadow side: Creates stress and anxiety, paralysing progress due to fear of imperfection or making mistakes.
- F. Mr inspiration: Mr inspiration is the dreamer, the one who always has grand ideas and visions of what's possible. He brings creativity, motivation, and a sense of purpose to any project.
- Voice: *"We can do this! Imagine how amazing it could be!"*
 - Positive intent: Sparks creativity and motivates action, helping to envision new possibilities.
 - Shadow side: Sometimes too caught up in the dream, lacking practical follow-through to turn ideas into reality.
- G. Mrs doubt: Mrs doubt is the voice of uncertainty and fear. She questions whether you're good enough, whether you'll succeed, and whether you should even try.

- Voice: *"Are you sure you can do this? What if you fail?"*
- Positive intent: Tries to keep you safe by urging caution and preventing risky decisions.
- Shadow side: Holds you back from taking opportunities, breeds self-doubt, and fuels insecurity, preventing growth.

Recognising these sub-personalities allows you to observe their intentions, work with their shadow sides, and integrate them.

4. How do you work with sub-personalities?

The Sub-Personalities Tapping process helps identify and work with the different parts of a person that may be in conflict. The steps for the sub-personalities tapping process are:

- A. Uncovering the sub-personalities in conflict.
- B. Describe each sub-personality (gender, clothes, behaviours, voice).
- C. Gain a deeper understanding of their role (initiate a dialogue between them).
- D. Exploring the origin of the sub-personality.
 - "Who did you learn it from?"
 - "When was the sub-personality born?"
- E. Role play tapping if needed.
- F. What is the highest purpose/benefit of the sub-personality?
- G. Role play tapping if needed.
- H. Opposite, if needed.

I. Integrating the conflicting personalities or parts.

This process allows conflicting sub-personalities to be recognised, honoured, and integrated, helping the individual reduce inner tension, access their full potential, and respond with greater clarity and harmony.

5. What are the differences & similarities between shadow, parts, archetypes & inner committee?

Shadow, parts, archetypes, and the inner committee all describe different ways of understanding the multiple aspects of the human personality. Here are the similarities and differences between shadow, parts, archetypes & inner committee:

Similarities:

A. Multiple aspects of the self: All four approaches acknowledge that human beings are multifaceted and not just governed by one unified personality. They highlight the existence of different parts, voices, or patterns within an individual.

- Shadow work: Focuses on the parts of the self we suppress.
- Parts work: Explores the internal family of parts that make up our psyche.
- Archetypes: Recognises universal roles or patterns that we may embody at different stages in life.
- Inner committee: Emphasises the interaction between internal voices, much like Parts Work.

B. Inner conflict: All four approaches deal with inner conflict to some degree, where different parts or aspects of the self are at odds with one another.

- Shadow work: Inner conflict arises when we repress uncomfortable parts of ourselves.
- Parts work: Conflict is often explicit, with different parts of the self having opposing desires (e.g., one part wants change, while another resists).
- Archetypes: Inner conflict can arise when different archetypes (e.g., the Hero and the Rebel) are dominant at the same time.
- Inner committee: Emphasises the dialogue and negotiation between conflicting inner voices.

C. Self-integration: All approaches aim for integration, meaning bringing harmony between conflicting parts of the self to achieve a sense of wholeness.

- Shadow work: Integration involves embracing and healing the repressed aspects of the self (shadow).
- Parts work: Integration involves harmonising conflicting internal parts to create alignment.
- Archetypes: Integration may involve understanding and balancing different archetypes, or roles, within ourselves.

- Inner committee: Integration focuses on allowing the different voices to work together, finding a balanced "consensus" among the parts.

D. Psychological healing and growth: All approaches are used as a path toward personal growth, self-awareness, and emotional healing. By understanding and working with these aspects, individuals can achieve greater psychological well-being.

- Shadow work: Healing comes from facing and integrating the unconscious.
- Parts work: Healing happens through dialogue and harmonisation of parts.
- Archetypes: Personal growth happens by understanding which archetypes are dominant and how they influence behavior.
- Inner committee: Growth occurs by balancing and integrating the different internal voices.

Key differences:

A. Scope:

- Shadow work: Focuses primarily on the unconscious or repressed aspects of the self, especially darker or painful parts that we tend to deny.
- Parts work: Focuses on the conscious interaction between various parts of the self. These parts may or may not be repressed but play specific roles in everyday behavior.

- Archetypes: Deals with universal, symbolic patterns that are shared across all humanity, rather than just individual personal experiences.
- Inner committee: Highlights the internal dialogue between different voices or sub-personalities, similar to Parts Work but often with a more accessible and metaphorical approach.

B. Focus on the unconscious vs. conscious:

- Shadow work: Specifically works with the unconscious, focusing on the parts of the psyche that are hidden, repressed, or in denial.
- Parts work & inner committee: Deals with both conscious and unconscious parts, allowing for active communication and negotiation between parts.
- Archetypes: Focuses on the collective unconscious but can be applied consciously to understand the roles people play in life.

C. Relationship to the individual's life story:

- Shadow work: Is deeply personal, related to unresolved emotional wounds, traumas, or denied aspects of oneself.
- Parts work: Involves specific sub-personalities that directly relate to the individual's behavior, such as the Inner Critic or the Protector.

- Archetypes: Reflects more universal patterns of human experience and behavior (e.g., the Hero's journey, the Caregiver role) and is less focused on personal story.
- Inner committee: Is more personalised, as it focuses on how different inner voices speak up and influence the individual's choices and conflicts.

D. Exploration style:

- Shadow work: Involves confronting deep, often painful, hidden emotions or traits, with an emphasis on emotional healing.
- Parts work: More focused on dialogue and interaction between the sub-personalities to create alignment.
- Archetypes: Explores roles and behaviors that are larger-than-life patterns, helping people relate their personal struggles to a larger human experience.
- Inner committee: Involves a playful but insightful approach to understanding the different "voices" within a person and how they interact with each other.

E. Origin of the concepts:

- Shadow work: Rooted in Jungian psychology and the concept of the unconscious shadow.
- Parts work: Often related to Internal Family Systems (IFS) or similar therapies that focus on sub-personalities.

- Archetypes: Also rooted in Jungian psychology but focuses on universal symbolic roles in human experience.
- Inner committee: A more informal metaphorical framework for understanding inner dialogue, typically used in coaching or therapeutic conversations.

Understanding these models gives the therapist more flexibility in working with clients, allowing different techniques to be used depending on whether the issue is coming from hidden emotions, conflicting parts, unconscious roles, or internal voices.

PREVIOUS QUESTIONS:

- 1. Once awareness arises, how can the client transition and apply it to daily practice? How can we encourage? Because I see that is where clients mostly struggle.**

Once awareness arises, they themselves find their way forward. Sometimes when it's more action-oriented, it is driven by the mind. And then if there were changes that they wanted to make but didn't make, it's not an issue. I would explore that. You might notice that's where your clients struggle, but they may not notice that's where they're struggling.

- 2. Is it okay to explore the cost of a positive aspect like faith/trust, especially when it keeps the client safe but stuck?**

Yes, it can be a valuable exploration depending on your client's needs and the context of the session. While "faith" and "trust" are generally viewed as positive traits, like any behaviour or belief, they can have both costs and benefits. If they are keeping the client safe but simultaneously keeping them stuck, examining both the advantages and potential drawbacks could provide insight. It helps to understand how even a positive aspect may be contributing to a client's current challenge or stagnation.

3. Can we play all archetypes?

Yes, you can embody and play multiple archetypes as needed.

4. What are you referring to when you say " We need to be confident"?

It's about being confident in the process. We have to be confident in the process.

5. As a caregiver, how can I identify my safety net or self-preservation strategy?

For caregivers, self-preservation may not always revolve around safety; it could also involve maintaining happiness or personal fulfilment. People often hold onto certain roles or behaviours, like caregiving, because these meet deeper needs, frequently related to safety or emotional security. The reason someone may struggle to let go of these roles is often rooted in fear. To identify your self-preservation strategy,

consider what core need is being met, whether it's safety, happiness, or something else and how to maintain balance in fulfilling that need.

6. Can there be any archetype out of this list?

Yes, there are countless archetypes, and they extend far beyond the common ones we usually refer. Archetypes are universal patterns, but they can manifest in unique ways for different people. While there are many well-known archetypes like the caregiver, warrior, or lover, you can also create your own archetypes based on your unique experiences and perspectives. This approach allows for a personalised exploration of your inner world, giving you the flexibility to work with archetypes that feel most relevant to your life.

7. Can we have different archetypes in different contexts or situations?

Yes, absolutely. You can have different archetypes in different contexts or situations.

8. Are the perfectionist and procrastinator archetypes shadows of each other?

Yes, they can indeed be seen as shadows of each other. Both archetypes reflect different aspects of the same underlying issue. The perfectionist strives for flawlessness, often leading to high standards and an inability to accept mistakes, while the procrastinator avoids tasks due to fear of not meeting those standards. This dynamic highlights how one behaviour can mask another. In shadow work, we uncover these hidden

aspects that may be judged or criticised, allowing us to recognise the interplay between the two. Acknowledging both sides helps in achieving balance and understanding our motivations more clearly.

9. How should I handle situations where I feel overwhelmed when client mentions their childhood memories during the session?

When working with clients, especially in a longer session, it's essential to remain flexible. If a specific memory or core issue arises like the origin of a behaviour it's perfectly acceptable to pause the current process and explore that memory in more depth.

If you find that a memory needs more attention, prioritise exploring it rather than sticking rigidly to your plan. Sometimes, tapping may not be the right approach, and focusing on the emotions tied to that memory can be more beneficial.

Trust your intuition and your client's cues. If they indicate a particular fear or memory that needs addressing, take the time to delve into it.

Allow the session to evolve naturally, as this can lead to deeper insights and healing. Remember, it's okay to adapt your approach to support your client's emotional journey effectively.

10. How do we work with difficult clients who face difficulty or challenging to uncover and work with their emotions, because deep down they want to help themselves?

Working with clients who find it challenging to express their emotions requires a tailored approach. Start by identifying a commonality or

connection point that makes the client feel safe. This could be an interest, hobby, or relatable experience that can serve as a doorway into deeper work.

For instance, if a client is hesitant to explore their emotions directly, consider using alternative techniques that divert focus from the emotional aspect while still facilitating healing. You might introduce methods like picture tapping or ask them to discuss characters from their favourite movies, encouraging them to describe those characters' emotions instead.

By framing the process in a way that feels comfortable for the client, you create an environment that reduces fear and promotes openness. Let them know it's okay to pause or stop if they feel overwhelmed.

Ultimately, the goal is to guide them gently towards their emotions without forcing them into uncomfortable territory, allowing their healing journey to unfold at their own pace.

11. Why is it important to consider gender?

You can also do it without gender. It's just within committee work, there is a tendency to store on the inside as a particular gender or gender-neutral. You're just uncovering the sub modality, the personality, like when a client described "Mr. Pusher" as a particular emotion. These characters have specific traits, and it makes the work come alive. It's also a way to access emotions without directly accessing them, as each of these characters has their personalities and emotions associated with them.