

EMOTIONAL FREEDOM TECHNIQUES (EFT)

Module 3 – EFT Advanced Foundational
Day 3 – EFT Advanced Practitioner

SUMMARY

1. Reframing
2. Physical Tension
3. Using your intuition
4. Levels of listening
5. Next steps

NEXT STEPS

1. **Update:** Your personal development log.
2. **Practice:** Personal Peace with Advanced Physical Tension.
3. **Practice:** Enhancing your intuition.
4. **Browse:** Reframe example, <https://vitalitylivingcollege.info/wp-content/uploads/2024/10/Reframe-Examples-01.10.24.pdf>
5. **Revise:** Limiting Beliefs, <https://portalnew.vitalitylivingcollege.info/web/courses/68b81ad7dc28ab08435ac64c?chapter=68bc00216e280d754cc8e641>

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**GETTING TO THE CORE,
VOWS, LIMITING BELIEFS,
& SECONDARY GAIN**

CONTENTS

1. Questions
2. Getting to the core with questions
3. Core vows, decisions & beliefs
4. Clearing limiting beliefs
5. Secondary Gain
6. Next steps

QUESTIONS



TYPES OF QUESTIONS

1. Open-ended questions
2. Closed-ended questions
3. Clarifying questions
4. Probing questions
5. Reflective questions
6. Scaling questions
7. Challenging questions
8. Miracle or hypothetical questions
9. Solution-focused questions
10. Empathy questions
11. Coping questions
12. Goal-oriented questions

OPEN-ENDED QUESTIONS

- To encourage clients to explore their thoughts and feelings without leading them to a specific answer.
- **Example:** “How do you feel about that situation?”
- **Effect:** Promotes reflection and provides deeper insight into a client’s inner world.



CLOSED-ENDED QUESTIONS

- To gather specific information or clarify details.
- **Example:** “Did you feel anxious during the meeting?”
- **Effect:** Helps clarify facts or gain specific answers without encouraging further elaboration.



CLARIFYING QUESTIONS

- To ensure understanding and get more detailed information about what the client is saying.
- **Example:** “When you say you felt overwhelmed, what exactly do you mean by that?”
- **Effect:** Helps both the therapist and the client gain a clearer understanding of the issue.



PROBING QUESTIONS

- To dig deeper into the client's thoughts, feelings, or behaviours to uncover underlying issues or patterns.
- **Example:** “What do you think triggers that reaction in you?”
- **Effect:** Encourages the client to explore more deeply and reflect on root causes.



REFLECTIVE QUESTIONS

- To encourage clients to reflect on their experiences or behaviours in a new way, promoting insight or self-awareness.
- **Example:** “How do you think your past experiences might be influencing your feelings right now?”
- **Effect:** Helps clients connect past events or patterns to current behaviours or emotions.



SCALING QUESTIONS

- To measure a client's feelings, progress, or readiness for change.
- **Example:** “On a scale of 1 to 10, how anxious did you feel during that event?”
- **Effect:** Provides a measurable way to track emotional states or progress over time.



CHALLENGING QUESTIONS

- To gently challenge a client's perceptions, beliefs, or thought patterns, helping them to reconsider or reframe situations.
- **Example:** “What evidence do you have to support that belief?”
- **Effect:** Encourages clients to think critically about their assumptions and beliefs, helping them break out of unhelpful patterns.



HYPOTHETICAL QUESTIONS

- To help clients envision how their lives would change if their problems were resolved or if they made different choices.
- **Example:** “If you woke up tomorrow and all your problems were gone, what would be different in your life?”
- **Effect:** Encourages forward-thinking and helps clients articulate their desired outcomes or life goals.



SOLUTION-FOCUSED QUESTIONS

- To focus the client's attention on potential solutions and strengths rather than the problem itself.
- **Example:** "When was the last time you felt more in control? What were you doing differently then?"
- **Effect:** Helps clients focus on past successes and how they can apply those strategies to current challenges.



EMPATHY QUESTIONS

- To validate and acknowledge the client's emotions, showing that you understand and empathise with their feelings.
- **Example:** “That sounds really difficult—how has that affected you emotionally?”
- **Effect:** Builds rapport and trust, making the client feel heard and understood.



COPING QUESTIONS

- To explore how the client has managed or coped with difficult situations in the past, highlighting resilience and strengths.
- **Example:** “How have you managed to get through challenging times like this before?”
- **Effect:** Encourages the client to recognise their inner resources and coping mechanisms.



GOAL-ORIENTED QUESTIONS

- To help clients clarify their goals and what they hope to achieve in therapy.
- **Example:** “What would you like to accomplish by the end of our sessions together?”
- **Effect:** Focuses the therapy process on concrete outcomes, helping the client feel motivated and purposeful.



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LISTENING & QUESTIONING EXERCISE



TYPES OF QUESTIONS

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COMPONENTS OF LISTENING



Hearing



Understanding



Attention



Response



Retention

LEVELS OF LISTENING

- **Level 1** – all about me and not you
- **Level 2** – putting the other down
- **Level 3** – active listening
- **Level 4** – Level 3 plus asking questions to understand more and summarising
- **Level 5** – Level 4 plus deeper questions and intuitive listening while checking understanding



GETTING TO THE CORE WITH QUESTIONS

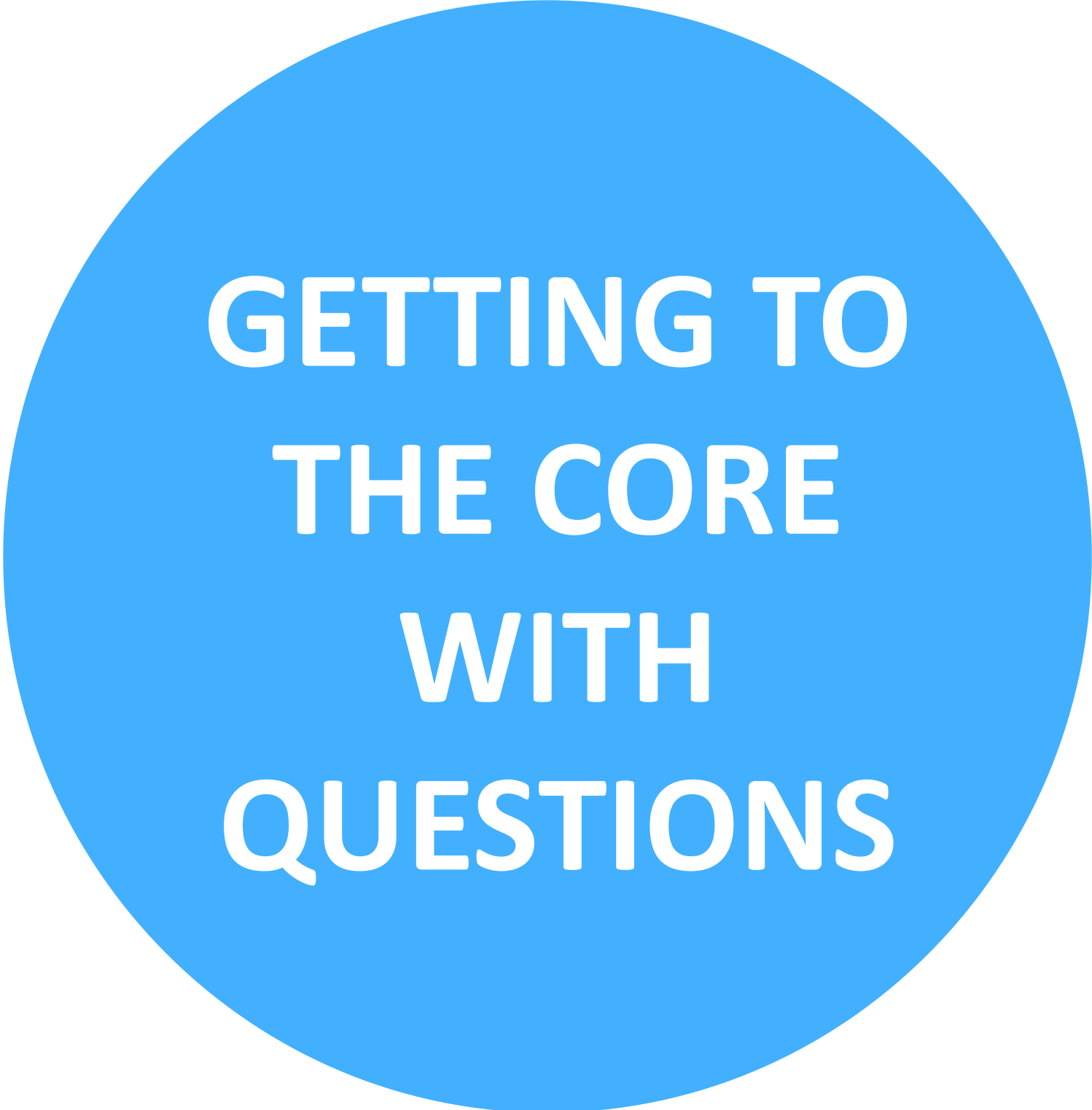


GETTING TO THE CORE WITH QUESTIONS

1. If you could live your life over again, which person or event would you prefer to skip?
2. What year in your life would you rather skip?
3. Which relationship in your life would you rather skip?
4. Which family member or work colleague do you wish had not been around?
5. Who or what makes you angry, and why?
6. What is your biggest sadness or regret?
7. Name three fears that you would rather not have.
8. Who or what has hurt you the most so far?
9. What are you most worried about? Or what keeps you awake at night?
10. What is missing to make your life perfect?

GETTING TO THE CORE WITH QUESTIONS

11. What do you wish you had never done?
12. Whose love do you crave the most? Mother's or Father's?
13. Who did not give you the attention you wanted? Mother or Father?
14. Name one limiting belief you have.
15. Who did you learn that belief from?
16. Whose voice is it – a male voice or a female voice?
17. How old were you when you first heard that belief?



**GETTING TO
THE CORE
WITH
QUESTIONS**

CORE VOWS, DECISIONS & BELIEFS



”

“Vows are promises or commitments made by an individual, typically in a formal or ceremonial context, to undertake or uphold specific actions, behaviours, or beliefs.”

”

“Vows can be emotionally charged as a result of deep distress, hurt, rejection, shame, abandonment or feeling wronged or betrayed.”

COMMON PHRASES IN VOWS

- **“I vow to...”** Expresses a strong commitment or promise to fulfill an action or duty.
- **“I promise to...”** A clear declaration of intention, signifying the speaker’s willingness to uphold the vow.
- **“I pledge to...”** Another formal way of stating a commitment, often used in contexts of loyalty or duty.
- **“From this day forward...”** Marks the vow as starting immediately and continuing into the future.
- **“For better or for worse...”** Acknowledges that the commitment will endure regardless of changing circumstances.
- **“In sickness and in health...”** Specifies that the vow applies in both good and bad times, often used in wedding vows.
- **“With all my heart...”** Implies a deep emotional or spiritual commitment.
- **“Until death do us part...”** Indicates the vow is lifelong, lasting until death.

EXAMPLE OF VOWS

- **Traditional wedding vow:** "I, [Name], take you, [Name], to be my lawfully wedded [husband/wife], to have and to hold from this day forward, for better or for worse, for richer or for poorer, in sickness and in health, to love and to cherish, until death do us part."
- **Religious vow (monastic or spiritual):** "I, [Name], vow to live a life of poverty, chastity, and obedience, dedicating myself fully to the service of God and humanity, from this day forward and for all eternity."
- **Personal vow:** "I vow to be kind to myself, to prioritise my health, and to pursue my personal growth with patience and dedication, starting today and continuing throughout my life."

CHARACTERISTICS OF VOWS

- **Intentional:** Every word is chosen carefully to reflect a serious commitment.
- **Unambiguous:** Vows are stated clearly so there is no misunderstanding of the speaker's intent.
- **Future-oriented:** The language often points to ongoing or future actions.
- **Emotionally meaningful:** The phrasing often conveys deep emotional or spiritual significance.

EXAMPLE OF VOWS WHEN WRONGED

- **Cutting off contact:** "I vow never to contact you again. From this moment forward, I sever all ties with you, and I will no longer allow you to be a part of my life."
- **Expressing permanent resentment:** "I vow to carry the weight of this betrayal for the rest of my life, and I will never forgive you for the harm you have caused me."
- **Pledging to harbor hatred:** "I solemnly vow to hate you for eternity. You will forever be a source of anger and disdain in my heart."
- **Oath of Indifference:** "I vow to never care about you or your actions again. From this day forward, you are nothing to me, and your presence will no longer affect my life."
- **Commitment to distance:** "I swear I will never allow myself to be vulnerable to you again. I vow to maintain my distance and protect myself from any future harm you may cause."
- **Vow to avoid reconciliation:** "I vow never to seek reconciliation with you. The trust is broken, and I will never allow it to be repaired."

CHARACTERISTICS OF VOWS WHEN WRONGED

- **Emotionally charged:** These vows are usually made in response to feelings of betrayal, anger, or pain.
- **Finality:** The language often conveys a sense of permanence, with phrases like "forever," "never," or "for the rest of my life."
- **Self-protection:** Many of these vows reflect a desire to protect oneself from further harm, either by cutting off contact or refusing to forgive.
- **Harshness:** The tone of these vows can be harsh, expressing strong emotions like hatred, resentment, or rejection.

CORE VOWS, DECISIONS & BELIEFS

- Some examples:
 - *I will never trust men/women.*
 - *I will never fall in love again.*
 - *I must not be powerful.*
 - *I must always be small.*
 - *I promise to love you forever.*
- Uncover where they come from and tap away the emotion, get the learning and reframe.



**CORE VOWS,
DECISIONS &
BELIEFS**

CLEARING LIMITING BELIEFS

1. *Identify the belief*

Identify the presenting limiting belief and the associated emotional intensity.

2. The Truth Scale Rating

Say the belief out loud and ask how true the statement is on a scale of 1 to 10, where 10 is true and 1 is not true at all (VOC).

3. Tap on Belief

Tap on the presenting limiting belief and emotions to bring the VOC down till it feels manageable; or down by at least 1 point.

4. Tap on Events

Identify reinforcing events as well as previous related events by asking, *“When have you felt like this before?”*

5. Root Memory

Get to a root memory. Ask *“When have you felt like this before?”* *“When else?”* *“When was the very first time?”*

6. Initial Incident

Tap with the initial incident and bring the SUD down.

7. Test the Belief

Test the original limiting belief – you will notice a cognitive shift

8. Argument
Tapping

Use argument tapping to clean up any remaining conflict with the belief. For example, *“Yes I am a failure; No I am not a failure.”*

9. Ask what they
choose

Ask the client what do they choose for themselves and tap on *“I am open to the possibility”* & *“I choose.”*

10. Imagine the
Future

Get the client to imagine stepping into the future and notice differences.



**CLEARING
LIMITING
BELIEFS**

SECONDARY GAIN



SECONDARY GAIN

- **Hidden or indirect benefits** from maintaining a problem, illness, or undesirable behaviour, even if that issue is causing distress.
- **Subconscious rewards** that reinforce the continuation of the problem.



EXAMPLES OF SECONDARY GAIN

- Fearing recovering from chronic back pain **to avoid** returning to a disliked job.
- Avoiding social interactions **to avoid** potential conflict or rejection.
- Retaining fear of public speaking **to avoid** stressful public appearances.



TYPES OF SECONDARY GAIN



Emotional



Psychological



Social



Practical



Financial

TYPES OF SECONDARY GAIN

- 1. Emotional:** Gains attention, care, or sympathy from others.
 - Example: Chronic pain brings extra care from loved ones.
- 2. Psychological:** Uses the problem to avoid deeper emotional issues.
 - Example: Anxiety protects from the fear of rejection.
- 3. Social:** Gains status, support, or validation from others.
 - Example: Being "the strong one" gives identity, even if exhausting.
- 4. Practical:** Avoids responsibilities or unwanted tasks.
 - Example: Illness helps avoid work or challenging tasks.
- 5. Financial:** Receives financial support or benefits.
 - Example: Financial aid or medical leave due to illness.

SECONDARY GAIN

1. What has being stuck cost you? How does that make you feel?
2. What else has it cost you? How does that make you feel?
3. What has it really cost you? How does that make you feel?
4. What will change for the better when you are free from the old stuckness? How does that make you feel?
5. What else will change for the better when you are free from the old stuckness? How does that make you feel?
6. How will your life be different when you are free from the stuckness? How does that make you feel?
7. What has been the benefit of being stuck? How does that make you feel?
8. What else has been the benefit of being stuck? How does that make you feel?
9. How can you still get the benefit and be free from the old stuckness? How does that make you feel?

NEXT STEPS

- 1. Update:** Your personal development log.
- 2. Complete:** A Personal Peace on another Vow, Decision or Belief.
- 3. Read:** The steps of the Secondary Gain process,
<https://portal.vitalitylivingcollege.info/course/eft-advanced-practitioner-training/17-live-demonstrations-with-advanced-eft-techniques/lesson/20-live-demonstration-secondary-gain-august-2023>

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