

EMOTIONAL FREEDOM TECHNIQUES (EFT) ADVANCED
PRACTITIONER (LEVEL 3) MULTIPLE CHOICE QUESTIONS (MCQ)
ANSWERS

Question 1: In EFT, Art of Delivery means:

- A. **Practical and effective application of core EFT skills**
- B. Doing EFT the way Gary Craig does it
- C. Using The Movie Technique or Tell the Story Technique in every session
- D. Continuous tapping during self-care
- E. All of the above

Question 2: If you were going to describe Self-Sabotage, you might say:

- A. A part of me is trying to protect me in some way
- B. It's like trying to drive with one foot on the gas and another on the brake
- C. A part of us probably has a good reason for resisting the changes we say we want
- D. **All of the above**

Question 3: Which answer is the LEAST important in the Art of Delivery?

- A. Knowing how to facilitate and test the Tell the Story Technique
- B. **Tapping every point in the Sequence**
- C. Being aware when a client is shifting aspects
- D. Understanding when to Reframe and when not to
- E. Reflecting a client's exact words appropriately

Question 4: What answer will likely NOT lead you to a Core Issue?

- A. Tapping on their awareness of specific body sensations
- B. Asking questions to follow an emotion back in time
- C. Identifying a false truth or limiting belief

- D. Offering to help them make a movie of a single traumatic event, then Sneaking Up
- E. **Asking them "why" they think they have their problem**

Question 5: Which is something you probably will NOT say when doing the Tell the Story Technique?

- A. "If this story were a movie, how many scenes would it have?"
- B. **"I want you to get really upset so we can tap on it"**
- C. "Let's take this slowly, one moment of intensity at a time"
- D. "If this whole story had a title, what would it be?"
- E. None of the above

Question 6: Your client texts you to say, "My husband is driving me crazy!" You..

- A. Ignore their text
- B. Call them back right away
- C. Text them back a caring message to let them know they are supported
- D. **Respond during office hours, reminding them about text boundaries**
- E. None of the above

Question 7: During a session with a long-term client, you think you can see the roots of their issue, so you:

- A. Plan to expertly disguise your advice as Reframing
- B. Make sure you lead them where you think they need to go
- C. **Ask some open-ended questions designed to help them explore the situation in more depth**
- D. Tell them they need to dive deep into the trauma to heal themselves
- E. Advise them what to do next, from your perspective
- F. Ask leading questions that will help them understand your insight into their REAL issue

Question 8: Something your client says while tapping brings up some anger in you. The most appropriate choice of response would be:

- A. Immediately let them know how angry you are, too
- B. Pause to honour something that's been lost until you are ready to proceed
- C. Close your eyes and breathe deeply for a while as they tap, acknowledging the sadness beneath the anger
- D. Tell them what you think needs to happen to completely clear their issue
- E. **Listen, keep tapping and continue to reflect their exact words when appropriate**
- F. Encourage them to say their Setup or Reminder phrases emphatically to clear the anger

Question 9: A new Client comes to you for an initial consultation at the urging of his wife. He claims he doesn't feel anything and doesn't know why he's there. FIRST, you:

- A. Tap on his exact words
- B. **Ask him what he might want to achieve**
- C. Make sure he understands what EFT is and is not
- D. Ask him how he feels about his wife
- E. Ask curious questions to ascertain if there is significant childhood trauma
- F. Tap on him while he rests comfortably and breathes

Question 10: After identifying a Core Issue, the Client indicates they can see themselves as a young child. First, you

- A. Ask them to imagine a way to give this child "the best day ever"
- B. **Ask them gentle, curious questions like how old the child is or what the child needs**
- C. Ask them if it's OK to create a new ending for the traumatic event
- D. Tap on the child
- E. Tell them you'll picture the child for them because they are not very visual

Question 11: In EFT terms, which of the following is probably one specific

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event?

- A. A global issue
- B. A limiting belief
- C. A thought that feels true
- D. **A childhood memory**
- E. A phobia

Question 12: Which of the following could be solid examples of Testing?

- A. "How intense would it be if you imagined yourself there now?"
- B. "What if we walked down the hall and tried the elevator?"
- C. Gently provoke a response from your client when they say they're ready to move on
- D. "See yourself in that situation in the future. What might you do now that you couldn't do before?"
- E. **All of the above**

Question 13: You've been asking curious questions and tapping on the answers, but it feels like "nothing is working." What might you do next?

- A. Listen for words like should, have to, or must
- B. Allow them to talk while you remain mostly silent, reflecting just a few of their words during pauses
- C. Ask them, "If there were a secret benefit to keeping this problem, what might it be?" or "What may be the worst thing about shifting or releasing this problem?"
- D. Ask them why they are fighting you every step of the way, then tap on the answers
- E. Tell them they're just not getting to the Core
- F. C, D and E
- G. **A, B, and C**

Question 14: A potential client comes to you with a history of diagnosed mental illness and wants to do EFT to "connect more with life." How would you FIRST approach this?

- A. Don't work with that client. Instead, refer them to a licensed mental health professional
- B. **After a discussion with the client, decide if you're competent and comfortable to work with that person**
- C. Ensure you have their physician's and emergency contact information before proceeding, then start tapping on "I want to connect more with life..."
- D. Devise some reasonable/appropriate goals, benchmarks and timelines for the work you will do together

Question 15: Resistance / PR (Psychological Reversal) can be thought of as

- A. A part of us saying "no!" to change, protecting us in some way
- B. "A part of me believes it's not OK and not safe"
- C. There are limiting beliefs in place that stop change from occurring
- D. There are subconscious beliefs at play that may be counter to the desired outcome
- E. **All of the above**

Question 16: When a client is presenting stress (for example, they are behaving in a way that is over-stimulated and verbose), it is desirable to

- A. Meet them where they are, then help them calm down by modelling a slower pace and good breathing
- B. Ask them to tap, reflecting back their words whenever they pause, until they are grounded enough to answer your specific questions
- C. Tell them to take a deep breath and slow down
- D. Ask them to re-state their problem
- E. **A and B**
- F. All answers are correct

Question 17: Continuous Tapping is

- A. Talking and tapping without necessarily doing Set-up statements

- B. Good for children and adults, to lower global intensity and help reveal paths to Core Issues
- C. Useful at the beginning of a session to lower anxiety and to help the person focus
- D. Helpful for disarming “stress talk” when the person cannot get out of their story
- E. Excellent for when emotions are high (triage and emergency care)
- F. **All of the above**

Question 18: In EFT, you reframe appropriately

- A. When you give a different perspective on the client`s problem that encourages a cognitive shift
- B. When you know your client has a false belief and they need a new understanding
- C. When you give them your words to direct them the right way
- D. When they say words that indicate newfound realizations, and you incorporate them into the tapping
- E. **A and D**

Question 19: As a practitioner, you are helping your client get to the root of her persistent feeling of overwhelm. Over the course of your EFT session, she continues saying, “I just feel so hopeless.” Your best course of action might be to:

- A. Ask her when the first time was she remembers feeling this way
- B. Ask her what's going on in her body when she says, "I just feel so hopeless”
- C. Ask her why she feels so hopeless
- D. Ask her to talk about what else is bothering her
- E. Continue tapping on “I’m hopeless,” especially if the intensity doesn’t subside at all
- F. **A and B**
- G. All of the above

Question 20: Which of the following are possible ways you can test your

results:

- A. Test with a real-life situation, if and when it is appropriate
- B. Use vivid imagination to test
- C. Project into the future / imagine the next time
- D. Say something appropriately provocative
- E. Ask, "How else might we test that?"
- F. **All of the above**

Question 21: Introducing positive affirmations in the Setup statement

- A. Should never be done
- B. Should be done after clearing
- C. **Is most successful when reflecting the client's own words**
- D. Is dependent upon whether or not choices statements are compelling enough to the client

Question 22: Use of the word 'and' in the Setup statement: "I can't do this homework anymore AND I'm still a good kid" is for

- A. Getting all the information you need into one sentence
- B. **Balancing the energy of the problem with the energy of self-acceptance**
- C. Comparing and contrasting two choices
- D. Appealing to the client's logic

Question 23: Offering 'forgiveness' options to the client

- A. Should be included early-on in the session to get the client thinking about it
- B. Is necessary for complete healing
- C. Is about separating the client from the behaviour
- D. **Will only work after clearing and needs to be up to the client, anyway**
- E. Will always be desired, since the goal of EFT and healing work is to move on

Question 24: Using language like ‘what if’ and ‘even if’

- A. Allows the client to test their shifts, internally
- B. Is a surreptitious kind of testing
- C. Can help the client see future possibilities
- D. Allows the client to see exactly how an option might work out in their life
- E. **All of the above**

Question 25: Your last session with a repeat client involved a great deal of emotion and many recurring aspects that seemed to have you both going “round and round,” seemingly without resolution. It may be time to

- A. Muscle-test for reversals
- B. **Tap on Tail-enders that can lead to limiting beliefs (thoughts that feel true), then uncover specific events that support them**
- C. Start becoming more of a coach and less of an EFT practitioner by asking challenging, direct questions that encourage the client to change their perspective
- D. Refer your client to someone more comfortable with difficult clients or more skilled with complex issues

Question 26: You have worked extensively with a client for a few sessions. While s/he has acknowledged that significant progress has been made, you are aware that s/he is still in a very emotionally volatile and vulnerable state. You then receive an email in which s/he claims that you have acted unprofessionally and have overcharged for some of the sessions. There is no truth at all in this accusation. FIRST, you would

- A. Apologize profusely and offer a refund or a free session
- B. **Remain calm and offer to discuss the situation**
- C. Suggest there is an AAMET complaints procedure if they are unhappy
- D. Reply in an email denying the accusation and defending your own position, then refund their money
- E. Completely ignore the email and hope that the client never shows up again, since you are confident that you have not done anything wrong

Question 27: Which of these statements is INCORRECT? Using metaphor

- A. Means that you never need to address traumatic events directly
- B. Can give access to levels of a problem that you might not otherwise reach
- C. Means that the client can keep issues private
- D. **Is not often done in EFT practice as it does not lead to specific events**
- E. Can reduce the generation of strong emotions in EFT practice

Question 28: You have been asked to give an introductory talk on EFT to a local cancer support group. Which of these ideas would you definitely include in the theory section before you begin some group tapping?

- A. The direct links between traumatic events in the past and manifestation of various cancers
- B. **The idea that EFT can be a useful self-help tool for everyone who is affected by cancer**
- C. The idea that using EFT can help to shrink some cancers
- D. The idea that EFT is a good substitute for chemotherapy for some people
- E. The idea that EFT should always be used to achieve maximum pain reduction for cancer patients

Question 29: What is the primary role of an EFT practitioner in a session?

- A. To identify and deal with the traumatic events that are at the root of a problem
- B. To follow the client's thoughts on how best to unravel the problem with which they are presenting
- C. **To listen, observe, reflect and work with whatever information and emotions the client gives you**
- D. To achieve measurable progress within the session
- E. To know that you did the best job you could with that client

Question 30: Which of these questions would be most useful to a client who reports "feeling stuck in their life"?

- A. How could you escape from the stuck place that you are in right now?

- B. If I give you permission to get out of that stuck place would you do it?
- C. **What's happening your body when you think of being stuck?**
- D. Why are you stuck?

Question 31: A female client arrives for her session accompanied by her husband. He asks if he can sit in and listen. Your answer would be

- A. **No. Tell him that the session was booked as a 1-to-1 session, and suggest that if they're interested in a couple's session, they can arrange that separately**
- B. Maybe. Ask the female client whether she wants him to stay or not and go with her decision
- C. Yes. Tell him that he can stay as long as he does not say anything unless you ask him a direct question
- D. Maybe. Even though you have a policy against it, once the husband is safely in the waiting room ask your client if she is happy with that
- E. Take the opportunity to work with both partners together

Question 32: You have had several sessions with a young woman who cuts her arms regularly. She has shown some improvement over the last few sessions but reports being triggered by her family situation every few days. How might you approach this situation?

- A. Decide to get her to focus first on her anger at her "controlling and manipulative mother"
- B. Ask specifically about her feelings about the family and see what comes up
- C. Ask what was happening when she noticed she was being triggered
- D. Suggest she get her mother to book a session with you
- E. **B and/or C**

Question 33: A mother brings her teenage daughter (17-year-old) to you for an EFT session for a phobia of vomiting. Both mother and daughter are comfortable with the mother waiting in the room next door. During the session you become aware of an odour of stale vomit coming from the daughter and suspect that she is possibly bulimic, although this was not on her intake and you have already agreed to work together. How would you

begin to handle this situation?

- A. Email the mother later telling her what you suspect
- B. Notify the daughter's GP (doctor) immediately when the client has left
- C. **Explore the whole vomiting phobia carefully and encourage the client to open up about the situation**
- D. Stop the session and invite the mother in to tell her what is going on
- E. B and C

Question 34: During an exploratory talk with a new client, she tells you she primarily wants to use EFT to help her granddaughter heal her social anxiety by Surrogate Tapping for her. You explain that

- A. Surrogate Tapping for the granddaughter will likely meet her goals
- B. Surrogate Tapping often works where nothing else will
- C. **It may be beneficial to tap on her emotions/ triggers about her granddaughter's situation before Surrogate Tapping**
- D. All of the above

Question 35: When a client tells you a scene you are working on is getting blurry, you might

- A. Discontinue tapping
- B. Check the SUDs
- C. Ask, "What else has changed when you look at the image now?"
- D. Use another technique
- E. **B or C**

Question 36: During a session on a fear of flying, a client is imagining what flying in an airplane would be like. While tapping continuously, they say, "What if I need to get off?" This expression is followed quickly by, "What if I can't do it? It's all over when they close that hatch... We're all going to be trapped in here. How can the flight attendants be so smiley? How can they be so calm?" Based on what you know from this question, you say:

- A. "How can I do this? What if I need to get out? This place is so small?"

- B. "How can these flight attendants be so relaxed and happy? Everyone is so calm!"
- C. "I'm so scared"
- D. **"What if I need to get off? How can they be so calm? What if I can't do it?"**

Question 37: Which one of these ideas is most useful when you are attempting to build rapport with a new client who has never tried EFT before?

- A. Greet the client warmly with a hug
- B. **Listen to what they are telling you carefully and incorporate their words into the tapping**
- C. Tell the client about your own personal history and how much EFT has done for you
- D. Ask the client about their reason for coming to see you, imitating their body language exactly as they talk
- E. Give the client a technical introduction to EFT so that they can settle down while you are talking

Question 38: A new client books an EFT session to work with anxiety. During the intake procedure it becomes clear that this client is on anti-psychotic drugs and is already under the care of local mental health services. The client assures you that they are stable and taking their medication regularly. You do not have any formal training in mental health conditions. FIRST, you:

- A. Decide immediately that this case is beyond your current skill set and tell the client that EFT is not suitable for their condition
- B. **Take a careful history, evaluate the client's responses and then decide what to do next**
- C. Explain that you need to talk to their mental health contact before proceeding
- D. B and C
- E. Proceed with confidence, since you can "Try EFT on Everything"

Question 39: Parts work can be useful

- A. When a client has confusion about motivations or has strong conflicting opinions about how they feel
- B. When consciously the client wants to let go of old patterns of behaviour, but there are limiting beliefs supporting them
- C. To help someone gain distance from an issue for safety reasons
- D. When working with internal voices or consciences
- E. **All of the above**

Question 40: What would you say to a client when discussing the origin and evolution of our problems?

- A. "All of our current problems are rooted in early childhood"
- B. "You should always choose how you react to a situation"
- C. "All of our problems stem from low self-esteem"
- D. "All of our problems are our own fault"
- E. **None of the above**

Question 41: Given the following statements, which one would satisfy AAMET practitioner requirements?

- A. **Working with Supervisors or Mentors will often ensure you continue to grow in EFT excellence**
- B. "Get out of your own way" means to refer those clients you cannot help to someone more qualified
- C. If you find personal problems are hampering your performance, get help
- D. Telling others your own healing journey can satisfy rapport protocols

Question 42: When working with a new client of two sessions, you notice there is resistance to tapping at home with the materials you've given them. Since you know this client is going to need a lot of work in order to achieve the goals you've set together, you:

- A. **Ask the client how they're feeling about tapping on the goal they selected, and what obstacles they're facing**
- B. Tell the truth – this will not work for them unless they follow your plan

- C. Ask them how badly they want this goal and point out their lack of commitment
- D. Offer to tap with them, between sessions, until they can do it on their own

Question 43: You are working with a client regularly, yet it appears that some of the same emotions are returning. In addition to having more traumas to clear, you also suspect he is demonstrating Psychological Reversal. You,

- A. Muscle test to verify, then tap on the Gamut Point.
- B. Tap on ring or pinkie finger until the disturbance passes, then return to the original session issue
- C. See if you can identify any limiting thinking that might need exploring
- D. Ask about the benefits of letting this problem continue
- E. **C or D**
- F. A or B

Question 44: Your client reports being unable to feel their emotions

- A. Suggest that solving the problem with their intellect alone has not worked, and that perhaps this is a new avenue of information for them
- B. Encourage them to relax, close their eyes, and do a body scan
- C. Ask for other ways of gauging the issue, such as size, shape, character, colour, tension or sound of the issue
- D. Ask “What might it be like to feel your emotions?” or “Is it safe to?”
- E. Ask about the last time they remember being aware of their emotional feelings
- F. **Any of the above could yield results**

Question 45: You have the opportunity to join a popular practitioner referral directory, but it’s only for certified practitioners who specialize in EFT for weight loss. You are almost done with your case studies and have had two clients with weight issues. You,

- A. Add your name with the idea that it won’t be long until you’re certified
- B. Add your name and decide to specialize in weight issues, from now on
- C. Ask to be added, with the proviso that you’ll soon be certified

- D. **Add your name after you're certified and you want weight loss to be your specialty**
- E. Sign up on every practitioner directory list you can find for marketing purposes