

MODULE 1 – 8 EFT FAST TRACK TRAINING WITH SONAL SINHA, MASTER QUESTIONS & ANSWERS, JUNE 2026

MODULE 1 EFT FAST TRACK TRAINING WITH SONAL SINHA, QUESTIONS & ANSWERS, 09th JUNE 2026

MAIN TOPICS COVERED:

1. Who are we?

We are a global training and development organisation dedicated to transforming lives. So far, we have trained over 43,000 people, facilitated more than 625 seminars, and represented our work across 45 countries.

Our vision is simple yet powerful: to have a practitioner or coach in every educated household, making emotional well-being and personal growth a way of life.

Our mission is to transform lives through emotional well-being, personal development, and spiritual growth seminars, as well as certification training programs that empower people to heal, grow, and make a difference.

2. What is the VLC Code of Conduct?

The VLC Code of Conduct is a formal set of ethical and professional standards that guides how members of Vitality Living College —

including students, practitioners, coaches, facilitators, trainers, and ambassadors — are expected to behave in all aspects of their work and interaction with others. It applies to relationships with the college, clients (both paying and non-paying), trainees, colleagues, and the public. The Code defines the behaviour, commitment, and integrity expected from everyone associated with VLC. It governs conduct:

- A. Between VLC and its members
- B. Between practitioners/coaches and their clients
- C. Among professionals, students, trainees, and the public

This ensures trust, safety, professionalism, and ethical practice at all levels of engagement. The VLC Code of Conduct is a comprehensive ethical framework that ensures safety, professionalism, and integrity in the work of all Vitality Living College members.

Here's the link to The VLC Code of Conduct:

<https://vitalitylivingcollege.info/vlc-code-of-conduct/>

3. What is housekeeping?

Housekeeping refers to the basic guidelines shared at the beginning of an online seminar or course to ensure a smooth, respectful, and effective learning experience for everyone involved. It includes the following:

- A. Treat the online course like a live seminar.

- Keep the videos on because it helps the trainer connect with your energy, who you are and that helps customise the seminar.
 - Toilet breaks – you can go to the loo at your liberty. Just switch off the phone when you do so.
 - Take care of your needs – everyone is from different time zones, so you can have your dinner, medication, etc without taking permission.
- B. Keep your phones switched off or on mute during the sessions to avoid disturbances and distractions.
- C. Keep your tissues or handkerchiefs handy as all the emotional work could bring out tears.
- D. Keep a pen and paper ready for notes or journaling.
- E. Ensure you have a good internet connection and keep the video on.
- F. Wash your hands as the exercises involve touching your body parts and it's also good practice.
- G. The seminar is being recorded and will be made available to the alumni. These sessions are not open to the public or for sharing on social media.
- H. Dress comfortably for the sessions.

Housekeeping guidelines help create a safe, focused, and supportive environment, ensuring that both the learning and healing processes unfold smoothly and respectfully for everyone.

4. What are introductions?

Introductions are the first step in creating a welcoming and connected environment in the EFT Advanced Practitioner program. They allow participants and trainers to get to know each other and set the tone for open, engaging, and supportive interactions.

- A. During introductions, participants are asked to share their names, which helps everyone address each other personally and builds a sense of community.
- B. Next, participants share what they do, giving others context about their professional or personal background and experiences.
- C. Participants are also encouraged to mention a hobby or something they enjoy doing, which adds a personal touch, helps build rapport, and highlights shared interests.
- D. Finally, participants express what they want from the EFT Advanced Practitioner program, clarifying their goals and intentions. This helps trainers understand individual needs and supports a more customised and effective learning experience.

Introductions are a simple yet powerful way to create connection, set intentions, and build a safe and engaging space for learning and growth in the EFT Advanced Practitioner program.

5. What is our agreement?

We believe that real transformation can only happen when there is rapport and trust between us. That's why we commit to building an open, respectful, and supportive connection with you.

We also promise to create a safe space — a space where you feel heard, valued, and free to share without judgment. This agreement is the foundation for our journey together.

6. What are the ten parts to the program?

The program is designed to provide a comprehensive learning journey that combines education, personal healing, practical application, mentoring, supervision, and professional certification. Rather than focusing only on theory, it supports participants in developing their own emotional well-being while building the confidence, skills, and experience needed to work effectively with clients. Each part of the program builds upon the previous one, creating a structured pathway from beginner to certified practitioner.

- A. EFT Fast Track Foundational: The journey begins with the EFT Fast Track Foundational training, where participants learn the core principles of Emotional Freedom Techniques (EFT) and the connection between emotions, the nervous system, and physical well-being. This stage introduces the basic tapping techniques, emotional regulation skills, and foundational concepts needed to begin using EFT safely and effectively for self-help and emotional wellness.

- B. EFT Fast Track Practitioner: The EFT Fast Track Practitioner training expands on the foundational knowledge by teaching participants how to apply EFT in a more structured and professional way. They learn advanced techniques, questioning skills, session flow, and ways to identify emotional root causes. This stage helps build confidence and competence in supporting others while maintaining a trauma-informed and client-centred approach.
- C. Six One-to-One Sessions with a Senior Practitioner for Self-Healing (with ICM): Participants receive six individual self-healing sessions with a Senior Practitioner, incorporating Inner Child Matrix (ICM) processes. These sessions provide an opportunity to work through personal emotional challenges, limiting beliefs, and unresolved experiences. By experiencing the process themselves, participants gain a deeper understanding of healing while developing greater empathy and authenticity when working with future clients.
- D. EFT Fast Track Training Portal: Participants are given access to the EFT Fast Track Training Portal, which serves as an ongoing learning resource throughout the program. The portal contains training recordings, manuals, worksheets, demonstrations, and additional educational materials that can be revisited at any time. This allows participants to reinforce their learning, revise concepts, and continue developing their skills at their own pace.
- E. Personal Peace: Self-Practice Worksheets: The Personal Peace component encourages participants to engage in regular self-

practice using structured worksheets and exercises. Rather than simply learning techniques intellectually, participants apply them to their own emotional experiences, helping to identify and release unresolved patterns. This ongoing personal development strengthens emotional resilience, self-awareness, and the ability to hold space for others from a grounded place.

- F. **Manuals, Slides, and Questions & Answers:** The program provides comprehensive manuals, presentation slides, and Questions & Answers resources that support both learning and future practice. These materials serve as valuable reference guides, allowing participants to review key concepts, clarify uncertainties, deepen their understanding, and build confidence in applying the techniques correctly long after the live training has finished.
- G. **EFT Fast Track Support (WhatsApp and Alumni Groups):** Participants become part of an ongoing WhatsApp and Alumni support community, providing a safe space to ask questions, share experiences, celebrate successes, and receive guidance from trainers and fellow practitioners. This continued connection helps maintain motivation, encourages collaboration, and provides reassurance throughout both the learning and certification journey.
- H. **Six One-to-One Mentoring Sessions with a Senior Practitioner (with ICM):** The program includes six personalised mentoring sessions with a Senior Practitioner, incorporating Inner Child Matrix principles. These mentoring sessions focus on developing

practitioner skills, reviewing client work, improving confidence, refining techniques, and receiving constructive feedback. They provide individual guidance to help participants integrate their learning into real-life therapeutic practice.

- I. Twenty-Seven Hours of Supervision and Mentoring (with ICM): Participants complete 27 hours of structured supervision and mentoring, giving them the opportunity to observe, discuss, and reflect on therapeutic work within a supportive environment. Supervision helps ensure ethical practice, strengthens clinical decision-making, develops trauma-informed skills, and provides ongoing professional support while participants build experience working with clients.
- J. Full Review of Case Studies and Certification (with ICM): The final stage of the program involves a comprehensive review of case studies and completion of the certification requirements. Participants submit their practical work, demonstrate their ability to integrate EFT, ICM, and related approaches into a coherent therapeutic process, and receive an assessment of their competency. Successful completion confirms that they have met the standards required for professional certification and are ready to practise with confidence and integrity.

The ten parts of the program create a complete and balanced pathway that combines personal healing, practical training, mentorship, supervision, and professional development. By progressing through

each stage, participants not only develop the technical skills needed to support clients effectively but also cultivate the self-awareness, confidence, and emotional resilience required to become compassionate, ethical, and competent EFT Advanced Practitioners.

7. What should be done in case help is required during the sessions?

If you need any assistance during the session, please consider the following options:

- A. WhatsApp group: You can post your queries on the designated WhatsApp group.
- B. Facebook group: Feel free to seek help on the Facebook group.
- C. Breakout rooms: You can ask for assistance during the breakout room discussions.
- D. Main room: Raise your questions directly in the main room.
- E. Assist team: Our assist team is available to help. Look out for team members with halos and 'Assist' in their names during the session.
- F. VLC contacts: For general support, you can contact:
 - Yogesh Vaja
- G. Portal support: If you require assistance with the portal, Pooja More will be happy to help.
- H. We are here to ensure your experience is seamless, so please don't hesitate to reach out.

The EFT Advanced Practitioner program provides multiple avenues for support—online groups, breakout rooms, main sessions, and dedicated

team members—so participants are encouraged to reach out whenever needed to ensure a seamless and productive experience.

8. What is the root cause of illness?

According to the Centres for Disease Control and Prevention (CDC) and the American Medical Association, 85% of illnesses are known to be stress-related. It was found that the root cause of illness isn't a genetic or physical issue; it is emotional upsets going on in life.

An emotional upset is caused by a traumatic incident in an individual's life. What constitutes trauma depends on the individual's belief system. To some people, trauma might mean something big, like an accident, the grief of losing someone, or physical or emotional abuse. To others, trauma might mean something quite different.

9. What are Adverse Childhood Experiences (ACEs)?

Adverse Childhood Experience (ACEs) are the experiences that occur in your life when you were a child which can have a tremendous impact on future violence victimisation and perpetration, and lifelong health and opportunity.

To put it simply, as a child, you might have witnessed a variety of events that have taken a toll on your health. You may not remember all of them correctly but unconsciously, these events and experiences become the reason behind your illness and diseases.

For your reference, here are the three components of ACEs:

- A. Abuse: Abuse includes all three forms of abuse: physical, mental and sexual.
- B. Neglect: Neglect and abandonment in both physical and mental form.
- C. Household dysfunction: Household dysfunction includes the following:
- Mental illness
 - Incarcerated relative (Imprisonment or confinement of a family member or relative)
 - Mother treated violently (by in-laws, spouse etc)
 - Substance abuse (cocaine and drugs)
 - Divorce

Give yourself a 1 for each of the sub-parts of components of ACEs and add them. Below I have mentioned, what your overall ACE score means:

I. ACE score 0

ACE score 0 implies low likelihood of facing adverse health conditions in adulthood. It also means that you have low chances of taking up smoking, attempting suicide, experiencing depression and participating in substance abuse.

II. ACE score 1-3

ACE score 1-3 implies that the use of illicit drugs increases from 11.3% to 21.5%. The association with alcoholism, depression and suicidal tendencies also go up

correspondingly. Social, emotional, and cognitive impairment is familiar with such individuals, as is the possibility of disrupted neurodevelopment.

III. ACE score 4+

The possibility of disease, disability, and social problems also substantially increases, and early death is also a likelihood.

Becoming an alcoholic increases fourfold, while the possibility of suffering from chronic depression triples.

The chance of heart disease and stroke doubles, while the likelihood of severe financial issues and problems while working will triple.

Therefore, if you have a disease, say diabetes or an autoimmune disease that is not shaking, you might have some Adverse Childhood Experiences standing in your way.

10. What are the health conditions associated with ACEs?

Adverse Childhood Experiences (ACEs) are potentially traumatic events that occur during childhood, such as abuse, neglect, or household dysfunction. The health conditions associated with ACEs are:

- A. Autoimmune disease: Among patients with lupus, 63 per cent reported having one or more ACEs, and nearly 20 per cent had four or more ACEs.

- B. Cardiovascular disease: There is a strong association between exposure to ACEs and cardiometabolic outcomes, including heart disease, hypertension, and obesity.
- C. Chronic obstructive pulmonary disease (COPD): The risk for COPD increased as the number of ACEs increased, suggesting that ACEs were an independent risk factor.
- D. Diabetes: ACEs exposure increases the risk of type 2 diabetes by 32 per cent compared to patients with no ACEs.
- E. Cancer: ACEs strongly predict behaviours that increase the risk of adult cancer.
- F. Depression: Having at least one ACE is associated with almost three times the odds of depressive symptoms among individuals reporting poor perceived social support.
- G. Substance use: According to a 2018 study, adults who experienced household abuse were 30 per cent more likely to binge drink alcohol than the general population.

ACEs can have a profound and lasting impact on long-term health, affecting both physical and mental well-being. Understanding these risks underscores the importance of early intervention, emotional support, and therapies like the EFT Advanced Practitioner program to mitigate the lasting effects of childhood trauma.

11. What are Emotional Freedom Techniques (EFT)?

Emotional Freedom Techniques (EFT), also known as tapping, is a widely recognised therapeutic tool that seamlessly blends acupressure with psychological intervention to address both emotional and physical challenges. This method involves gently tapping on specific meridian points on the body—energy pathways rooted in traditional Chinese medicine—while simultaneously verbalising concerns related to stress, trauma, or negative emotions, with the key benefits being a reduction of stress and cortisol levels, alleviation of anxiety and physical pain, and improvement in overall emotional and physical wellbeing. The goal is to release these issues by balancing the body's energy system, a process that has been shown through clinical studies to effectively lower cortisol levels, the stress hormone, while also reducing anxiety and physical pain, thereby enhancing overall well-being and making it a powerful tool for holistic healing.

12. How does EFT work scientifically?

The scientific foundation of Emotional Freedom Techniques (EFT) lies in its ability to influence both the body's energy systems and brain function, delivering measurable benefits for mental and physical health. EFT works by stimulating specific meridian points—energy pathways in the body—while the individual focuses on and verbalises emotional distress, creating a dual approach that produces significant physiological changes, with the key scientific effects being a 43% reduction in cortisol levels, significant lowering of anxiety and depression, and deactivation of

the amygdala, reducing fear and PTSD symptoms, as well as improvements in immune function, gene expression, and overall mental health. Research has demonstrated that this process can reduce cortisol levels by 43%, directly lowering stress, and significantly decrease anxiety and depression by calming the nervous system, while also deactivating the amygdala, the brain's fear and pain centre, which helps reduce hypervigilance and symptoms of post-traumatic stress disorder (PTSD), underscoring its efficacy as a scientifically supported therapeutic tool.

13. What are the clinical benefits of EFT?

Extensive clinical research has highlighted the wide-ranging benefits of Emotional Freedom Techniques (EFT) for various health conditions, positioning it as a versatile and effective therapeutic option. Studies have consistently shown that EFT is highly effective for conditions such as PTSD, with 90% of participants no longer meeting the disorder's criteria after just six sessions, illustrating its rapid impact, and for chronic pain, EFT reduces pain severity and improves mobility, offering a non-invasive alternative to conventional treatments, while in the realm of weight loss, it decreases cravings by 74%, supporting long-term weight management, and for autoimmune conditions, it helps regulate immune responses linked to stress, and for cardiovascular health, it lowers blood pressure and reduces heart disease risk, with the key advantages being a 90% reduction in PTSD symptoms after six sessions, significant relief from chronic pain and improved mobility, a 74% decrease in cravings aiding sustainable weight loss, help regulating immune responses linked to

stress in autoimmune conditions, and lowering blood pressure and reducing heart disease risk in cardiovascular health. These outcomes demonstrate EFT's holistic approach to enhancing health.

14. What is the connection between childhood trauma and illness?

The relationship between childhood trauma and later health outcomes has been thoroughly documented, particularly through the Adverse Childhood Experiences (ACEs) study, which establishes a clear link between early traumatic events and a range of chronic conditions. The study found that experiences such as abuse, neglect, or household dysfunction during childhood significantly increase the risk of developing chronic diseases like diabetes, heart disease, and cancer due to the physiological stress they impose, and these traumas also heighten the likelihood of mental health issues, including depression and addiction, as well as autoimmune disorders, which are often stress-related, and are associated with a higher risk of early mortality, with the key points being an increased risk of chronic diseases like diabetes, heart disease, and cancer, higher incidence of depression, addiction, and autoimmune disorders, and potential for early mortality, which EFT can help mitigate by addressing these stored emotional traumas and reducing their physiological impact.

15. What is Tantrum Release Tapping?

Tantrum Release Tapping is a specialised technique within Emotional Freedom Techniques (EFT) designed to safely discharge suppressed

emotions such as anger, frustration, or stress, preventing their accumulation and potential long-term health consequences. This method involves firmly tapping on the collarbone point, a key meridian location, while taking deep breaths and exhaling with a loud "Ah!" sound to facilitate the release of pent-up emotions, and optionally, individuals may stamp their feet if it is physically safe, further aiding in the discharge process, with the key features being tapping on the collarbone point to release suppressed emotions, use of deep breathing and vocalisation to facilitate emotional discharge, and prevention of chronic health issues caused by unaddressed stress. By allowing these emotions to surface and dissipate in a controlled manner, this technique helps prevent the buildup of stress and anger, which, if unaddressed, can contribute to chronic health issues like hypertension or anxiety disorders.

16. How does EFT compare to traditional therapies like CBT?

Comparing Emotional Freedom Techniques (EFT) to traditional therapies like Cognitive Behavioural Therapy (CBT) reveals both similarities and distinct advantages, particularly in terms of speed, duration of effects, and scope of impact. While CBT is a well-established and effective therapy that focuses on changing negative thought patterns, EFT offers several unique benefits, with research indicating that EFT produces faster results, such as reducing phobias in fewer sessions compared to CBT, and its benefits are longer-lasting, with studies showing sustained improvements over 1.4 years or more, and unlike CBT, which primarily targets cognitive and behavioural changes, EFT works holistically,

addressing emotional, physical, and energetic levels simultaneously, with the comparative advantages being faster results, such as quicker phobia reduction, longer-lasting effects sustained over 1.4+ years, and a holistic impact that works on emotional, physical, and energetic levels. This makes it a more comprehensive approach to healing.

17. Can EFT help with physical pain?

Emotional Freedom Techniques (EFT) have been shown to be highly effective in managing physical pain, providing a non-invasive and side-effect-free complement to conventional treatments. EFT achieves this by calming the amygdala, the brain's pain and fear centre, which can amplify pain perception when overactive, and by reducing activity in this area, EFT decreases the severity of conditions like fibromyalgia and muscle tension, while also improving mobility in individuals suffering from chronic pain, making daily activities more manageable, and it complements conventional pain management without side effects, with the key impacts being a reduction in fibromyalgia and muscle tension, improved mobility for chronic pain sufferers, and a safe, side-effect-free complement to conventional treatments. Unlike medications, EFT has no side effects and can be integrated with other pain management strategies, enhancing overall outcomes without the risks associated with pharmacological interventions.

18.What are the ethical guidelines for EFT practitioners?

Ethical guidelines are essential for Emotional Freedom Techniques (EFT) practitioners to ensure client safety, professionalism, and trust, maintaining high standards in their practice. Practitioners are required to uphold strict confidentiality, ensuring that no details of client sessions are shared outside of professional mentoring contexts, and they must also adhere to their scope of practice, using only those techniques for which they are trained, such as avoiding addiction therapy without proper certification, and additionally, practitioners must maintain professional boundaries, refraining from unethical solicitation practices, such as spamming potential clients through social media or messaging platforms like WhatsApp groups, to preserve the integrity of their work and protect their clients, with the key ethical requirements being strict confidentiality of client sessions, adherence to the scope of practice and proper training, and maintenance of professional boundaries to avoid unethical solicitation.

19.How can EFT boost immunity?

Emotional Freedom Techniques (EFT) can enhance the body's immune system, offering a natural and effective way to improve health and resilience against illness. This is achieved by tapping on the thymus point, located at the centre of the chest, while humming, which stimulates the production of white blood cells crucial for immune defence, and research has shown that this practice can increase immune markers by 113%, enhance the body's antiviral response, and speed up

recovery from illnesses, with the key immune benefits being a 113% increase in immune markers, enhanced antiviral response, and faster recovery from illnesses. The immune-boosting effect is largely due to EFT's ability to reduce stress, which otherwise suppresses immune function, making it a valuable tool for maintaining overall health.

20. What is the role of self-practice in EFT?

Self-practice is a fundamental aspect of Emotional Freedom Techniques (EFT), empowering individuals to independently maintain their emotional and mental health and build resilience over time. The Daily Personal Peace Procedure involves spending 10-15 minutes each day tapping on unresolved emotions to prevent emotional burnout and improve self-regulation, and this regular practice helps individuals maintain mental clarity and resilience by addressing stressors as they arise, rather than allowing them to accumulate, reducing the risk of overwhelm and enhancing overall wellbeing through proactive emotional management, with the key benefits being prevention of emotional burnout through regular tapping, improved self-regulation, and maintenance of mental clarity and resilience.

21. How does EFT aid weight loss?

Emotional Freedom Techniques (EFT) offer a unique approach to weight loss by targeting the emotional roots of overeating and cravings, leading to sustainable and effective results. EFT works by reducing emotional cravings linked to the amygdala, the brain's emotional centre, as

demonstrated by MRI scans showing a decreased brain response to triggers like junk food following EFT sessions, and studies indicate that participants lost weight sustainably without rebound gain, with the key impacts being decreased brain response to junk food triggers post-EFT and participants losing weight sustainably without rebound gain. This makes it a transformative tool for long-term weight management.

22. What should newcomers expect in an EFT training?

For those new to Emotional Freedom Techniques (EFT), training programmes are carefully designed to be supportive, structured, and safe, ensuring a positive and effective learning experience. Newcomers can expect to participate in safe, non-judgemental breakout rooms for practice, fostering a collaborative environment, and the training typically focuses on basics first, such as addressing physical tension before deep trauma, allowing participants to build confidence gradually, with support from senior practitioners for emotional challenges available throughout the process to help navigate any issues that may arise, with the key expectations being safe, non-judgemental breakout rooms for practice, focus on basics first such as physical tension before deep trauma, and support from senior practitioners for emotional challenges.

23. How does EFT help resolve the root cause of emotional stress, and what clinically proven evidence shows its effectiveness?

EFT (Emotional Freedom Techniques) is designed to do more than manage emotions—it aims to resolve the root cause of emotional stress.

Instead of treating symptoms like anxiety, anger, or overwhelm on the surface, EFT works with the body's energy system, emotional memory networks, and physiological stress responses to release disruptions at their source.

How EFT works to address the root cause:

- A. EFT integrates ancient acupuncture principles: EFT is grounded in the same meridian system used in traditional Chinese medicine for thousands of years. EFT uses these meridian points through tapping instead of needles, making the technique accessible, gentle, and safe.
- B. Emotional stress comes from a three-step process: EFT explains emotional suffering through a simple model:
 - A distressing memory or experience
 - Creates a disruption in the body's energy system
 - Resulting in emotional pain or negative emotions.Tapping directly calms this "energy disruption," allowing the emotional charge stored in the memory to neutralise. This is why people often report that:
 - The memory remains
 - But the emotional intensity disappears

This shift represents deep root-cause resolution.

- C. EFT rewires emotional and physiological responses: The tapping sequence sends calming signals to the amygdala and reduces activation in the limbic system. This means EFT not only changes

how you think about an event—it changes how your body responds to it. Clinically proven evidence for EFT's effectiveness:

I. PTSD recovery: Studies show dramatic improvements in trauma symptoms:

- ☐ 90% of participants no longer met PTSD criteria after just six EFT sessions

- ☐ This was vastly superior to a wait-list control group

This is one of the strongest research outcomes in the EFT field.

II. Cortisol reduction (stress hormone): A landmark study compared

three groups:

- ☐ EFT tapping

- ☐ Psycho-education

- ☐ Rest (no activity)

Results:

- EFT reduced cortisol by 43%
- Psycho-education by only 19%
- No activity by 2% This demonstrates a clear biological impact on the stress response.

III. Lower anxiety, depression & pain: Multiple studies show:

- Significant reduction in anxiety
- Decrease in depression symptoms
- Lower physical pain levels
- Improvements in emotional regulation and resilience

These outcomes are repeatedly validated through randomised trials.

IV. Improvement in performance: Research supports EFT's role in enhancing:

- Test performance
- Athletic performance
- Focus and confidence

This is attributed to reduced stress and improved cognitive clarity.

V. Reduction in addictions & cravings: Brain scan images illustrate:

- Overactivation in craving centres before EFT
- Normalisation of brain activity after four weeks of EFT tapping.

This suggests neurological changes in reward pathways related to addictive patterns. EFT has also shown reductions in emotional eating and improved weight management by calming limbic system reactivity to food cues

VI. Study on nursing students: A U.S. study using validated scales (STAI, PSS) found:

- Statistically significant reduction in anxiety
- Noticeable decrease in stress
- Reduced somatic symptoms
- Improved mental health and emotional well-being

Students also reported better emotional coping and clearer thinking.

VII. Impact of EFT on red blood cells: A research study explored how emotions affect red blood cell behaviour and whether EFT can influence this. Key findings from the report:

- Stress and emotional upset are associated with increased red blood cell clumping (a sign of poor blood flow).
- After EFT, red blood cells showed improved separation and healthier movement patterns, suggesting better oxygenation and reduced physical stress.

Reference link: EFT Universe – Emotions Affect Red Blood Cells:

<https://eftuniverse.com/research-studies/eft-research-emotions-affect-red-blood-cells/>

The research shows that EFT not only makes people feel better — it creates measurable changes in cortisol, brain activity, trauma symptoms, anxiety, cravings, and pain. Backed by clinical studies and decades of practice, EFT is a proven, complete method for transforming emotional patterns, healing past experiences, and restoring long-term mental and physical well-being.

24. What is the history of EFT, and how did it develop?

Emotional Freedom Techniques (EFT) is a therapeutic approach that combines gentle tapping on specific acupuncture points with focused attention on thoughts, emotions, and physical sensations. Although EFT is a relatively modern technique, its origins can be traced back thousands of years through the principles of Traditional Chinese

Medicine and the meridian system. Its development represents the integration of ancient healing wisdom with modern psychology, making it a widely used approach for emotional well-being and stress reduction. EFT has its roots in ancient acupuncture. The foundations of EFT lie in the meridian system used in Traditional Chinese Medicine, which has been practised for thousands of years. Ancient Chinese medical texts describe energy pathways flowing throughout the body, with specific acupuncture points used to restore balance and promote healing. Evidence of this ancient knowledge has also been found beyond China. Researchers have identified tattoo markings on a naturally mummified body discovered in the Alps, dating back to around 2300 BC, that closely correspond to acupuncture points, suggesting that similar healing practices may have existed in early human history.

Roger Callahan developed Thought Field Therapy (TFT). The modern development of EFT began with Dr Roger Callahan, a clinical psychologist who sought new ways to help clients overcome emotional distress. Drawing upon both psychotherapy and acupuncture principles, he developed Thought Field Therapy (TFT). TFT introduced the innovative concept that tapping on specific meridian points while focusing on emotional problems could rapidly reduce psychological distress. Dr. Callahan's work laid the foundation for the field of energy psychology and demonstrated promising results in the treatment of fears, anxiety, trauma, and phobias.

The Mary case that inspired further development. One of the most well-known stories in the history of TFT involved a client named Mary, who

had suffered from an intense and long-standing fear of water. Despite years of conventional therapy, her phobia remained. During treatment, Dr Callahan asked Mary to tap on an acupuncture point located beneath the eye while concentrating on her fear. According to the widely shared account, her emotional distress reduced rapidly, and her fear of water disappeared, allowing her to approach water without the overwhelming anxiety she had previously experienced. This remarkable case encouraged further exploration into the relationship between tapping and emotional healing.

Gary Craig simplified the process and created EFT. Building upon Dr. Callahan's work, Gary Craig, a Stanford engineering graduate and Certified Master Practitioner of Neuro-Linguistic Programming (NLP), studied Thought Field Therapy extensively. Craig observed that positive results often occurred even when the tapping sequence was not performed perfectly. Based on this insight, he simplified the complex TFT algorithms into a single universal tapping sequence that could be applied across a wide variety of emotional issues. This simplified approach became known as Emotional Freedom Techniques (EFT), making the method easier to learn, teach, and use both professionally and for self-help.

The worldwide growth of EFT. Following its development, Gary Craig dedicated himself to making EFT widely accessible by teaching practitioners around the world. Because of its simplicity and ease of application, EFT rapidly gained popularity among therapists, coaches, healthcare professionals, and individuals seeking tools for emotional

well-being. Today, EFT is used internationally to support people experiencing stress, anxiety, limiting beliefs, trauma-related symptoms, fears, performance challenges, and emotional regulation, often alongside other therapeutic approaches.

The history of EFT reflects the evolution of an ancient healing philosophy into a modern therapeutic technique. Rooted in the meridian principles of Traditional Chinese Medicine, advanced through Dr Roger Callahan's development of Thought Field Therapy, and simplified by Gary Craig into an accessible tapping method, EFT has grown into a widely recognised approach for emotional healing and personal development. Its combination of ancient wisdom and contemporary psychological understanding continues to make it a valuable tool for supporting emotional resilience and well-being.

25. Can EFT be self-taught?

While Emotional Freedom Techniques (EFT) can be learned independently to some extent, formal training offers significant advantages for ensuring proficiency, safety, and ethical practice, making it a more robust approach for most individuals. The basics of EFT can be self-learned, providing a starting point for beginners, but certification training ensures correct technique application, ethical client handling, and mastery of advanced protocols, such as trauma reversal, with the key considerations being basics can be self-learned but may lack depth, certification ensures correct technique application, and mastery of advanced protocols such as trauma reversal requires professional

training for safety and efficacy. Without proper guidance, there is a risk of misapplying techniques or overlooking important safety considerations, which could limit effectiveness or even be counterproductive.

26. What makes EFT unique?

Emotional Freedom Techniques (EFT) stand out among other therapeutic methods due to their holistic, root-cause approach and strong scientific validation, setting them apart as a comprehensive and effective healing modality. Unlike many therapies that focus solely on managing symptoms, EFT provides root-cause healing, addressing the underlying issues rather than just the symptoms, and it requires no medication or equipment, making it accessible and cost-effective for a wide range of individuals, while being scientifically validated for long-term mental and physical health, with the distinguishing features being root-cause healing unlike symptom-focused therapies, no medication or equipment needed, and scientifically validated for long-term mental and physical health. This solidifies its position as a unique and valuable tool.

27. What are the key steps in the EFT Basic Recipe?

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The EFT Basic Recipe is the foundational tapping sequence used in Emotional Freedom Techniques to help reduce emotional distress and support nervous system regulation. It involves tapping on a series of acupressure points while focusing on a specific emotional or physical issue. By combining mindful awareness with gentle tapping, the Basic Recipe aims to help release emotional intensity and restore a greater sense of calm and balance. It is particularly useful for beginners or whenever someone feels emotionally "stuck."

- A. Begin with the Karate Chop Point: Start by tapping on the Karate Chop point, located on the outer edge of the hand, while repeating a setup statement three times. The statement acknowledges the problem while introducing self-acceptance or compassion.
 - For example: "Even though I have this headache, I deeply and completely accept myself." This step helps identify the issue being addressed and prepares the mind and body for the tapping process.
- B. Tap the Facial Points: Next, gently tap 7–10 times on each of the facial acupressure points while maintaining focus on the issue or using a brief reminder phrase. The facial sequence typically includes:
 - Eyebrow point
 - Side of the eye
 - Under the eye

- Under the nose
- Chin point

These points are believed to correspond with energy meridians that may help regulate emotional and physical responses.

C. Continue with the Upper Body Points: After completing the facial points, continue tapping on the upper body points, again tapping approximately 7–10 times on each location. These include:

- Collarbone point
- Underarm point
- Top of the head

This part of the sequence supports the continuation of emotional processing while promoting relaxation throughout the body.

D. Tap the Finger Points and Gamut Point: The Basic Recipe then moves to the finger points, where each fingertip is tapped gently. After completing the fingers, tap on the Gamut point, located on the back of the hand between the ring finger and little finger. This stage further stimulates the meridian system and helps reinforce the emotional processing that has occurred throughout the sequence.

E. Complete the Sequence with the Karate Chop Point: To conclude the Basic Recipe, return to the Karate Chop point and repeat the original setup statement or an updated version that reflects any shift experienced during the tapping process.

This closing step reinforces the work completed during the sequence and allows the practitioner or client to notice changes in emotional intensity or physical sensations before reassessing the issue.

The EFT Basic Recipe provides a simple, structured, and accessible framework for addressing emotional and physical concerns through tapping. Beginning with the Karate Chop point, progressing through the facial, upper body, finger, and gamut points, and ending with a closing statement, the sequence offers a practical method for emotional regulation and self-awareness. Whether used for stress, anxiety, limiting beliefs, or everyday emotional challenges, it serves as the foundation upon which more advanced EFT techniques are built.

28. What is the connection between breathing patterns and emotions, and why is breathing important for emotional well-being?

Breathing and emotions are deeply interconnected. Every emotional state influences the way we breathe, and in turn, the way we breathe can influence how we feel. Changes in breathing patterns often reflect changes in the nervous system, making breath a powerful bridge between the body and the mind. By becoming aware of and consciously regulating our breath, we can help calm the nervous system, reduce emotional distress, and promote greater emotional well-being.

How breathing supports overall health: Breathing is essential for life and plays a vital role in maintaining the body's physical and emotional health.

Proper breathing:

- Supplies oxygen to every cell in the body, providing the energy needed for normal functioning.
- Removes carbon dioxide and other waste gases, helping maintain healthy body chemistry.
- Supports homeostasis, the body's natural ability to maintain internal balance.
- Assists the functioning of major organs, including the heart, brain, and lungs.
- Strengthens immune function by supporting healthy physiological processes.
- Enables efficient metabolic activity, allowing the body to convert nutrients into energy.
- Supports exercise, movement, and overall physical performance by ensuring adequate oxygen delivery.

Because breathing affects every system of the body, changes in breathing patterns can have a significant impact on both physical and emotional health.

The connection between breathing patterns and emotions. Our emotional state is often reflected in the way we breathe. Different emotions naturally create distinct breathing patterns:

- A. Stress and anxiety: When experiencing stress or anxiety, breathing often becomes rapid and shallow, sometimes leading to hyperventilation. This can increase physical symptoms such as

dizziness, muscle tension, and feelings of panic, creating a cycle that reinforces anxiety.

- B. Fear: Fear typically produces quick, shallow breaths as the body prepares for a perceived threat. This automatic survival response activates the sympathetic nervous system, preparing the body for fight or flight.
- C. Anger: During anger, breathing often becomes rapid, forceful, and intense. The body increases oxygen intake to prepare for action, which can contribute to heightened physiological arousal if left unregulated.
- D. Sadness: Sadness is commonly associated with slow, sighing breaths or deep exhalations. People may also notice heaviness in the chest or irregular breathing patterns as emotions are processed.
- E. Calmness and relaxation: When feeling calm, breathing naturally becomes slow, deep, and rhythmic. This pattern supports activation of the parasympathetic nervous system, encouraging relaxation, recovery, and emotional balance.
- F. Happiness and excitement: Positive emotions such as happiness and excitement are often accompanied by deep, steady, and sometimes slightly faster breaths, reflecting increased energy while remaining balanced and comfortable.

Conscious breathing allows individuals to intentionally influence their emotional state by regulating the nervous system. Slowing and

deepening the breath can help shift the body from a state of stress and hyperarousal into one of safety and relaxation. Regular conscious breathing practice may help to:

- Reduce feelings of stress, anxiety, and overwhelm.
- Calm the body's fight, flight, or freeze response.
- Improve emotional regulation and resilience.
- Increase present-moment awareness and mindfulness.
- Reduce physical tension and promote relaxation.
- Enhance focus, clarity, and decision-making.
- Create a greater sense of safety, grounding, and emotional stability.

Because breathing is always available, it becomes a simple yet powerful tool for supporting emotional health in everyday life. The role of breathing in therapeutic approaches. In approaches such as Energy Flow®, Emotional Freedom Techniques (EFT), and other trauma-informed therapies, breathing is often used alongside tapping and somatic practices to help regulate the nervous system before exploring difficult emotions. Conscious breathing creates a foundation of safety, allowing emotional processing to occur more gently and effectively while reducing the risk of overwhelm.

Breathing patterns and emotions constantly influence one another. Stress, fear, anger, sadness, calmness, and happiness each produce characteristic breathing patterns that reflect the body's internal state. By practising conscious breathing, individuals can actively support nervous

system regulation, reduce emotional distress, and enhance overall well-being. As both a physiological necessity and a therapeutic tool, the breath provides one of the most accessible and effective pathways to greater emotional balance, resilience, and healing.

29. What are the 7 steps of EFT, and how are they applied in practice?

Emotional Freedom Techniques (EFT) is a practical, evidence-based method for reducing stress, releasing emotional blocks, and enhancing well-being. It combines elements of cognitive therapy with acupressure (tapping on specific meridian points). The process follows seven structured steps that guide participants from identifying an issue to assessing their emotional shift. The 7 steps of EFT and their application:

A. Identify the issue or goal:

- Clarify what you want to address or change.
- Ask: What issue do I want to solve? How does it make me feel?
- This sets the intention and focus for the session.

B. Get a measure for it:

- Rate the intensity of the issue on a scale of 1–10.
- 10 indicates maximum discomfort, 1 indicates minimal discomfort.
- This gives a baseline to track progress during the tapping session.

C. Start EFT tapping on the side of the hand (karate chop point):

- Tap the side of your hand while repeating: “Even though I have [THIS PROBLEM], I deeply and completely love and accept myself.”
- Repeat three times.
- This begins the process of acknowledging the problem while reinforcing self-acceptance.

D. Tap on the upper body points:

- Tap on points across the head, face, torso, and hands while verbalising the problem.
- This helps release emotional or energetic blocks associated with the issue.

E. Close sequence:

- Return to the side of the hand (Karate Chop point).
- Repeat the initial phrase aloud again.
- Reinforces self-acceptance and completes the tapping cycle.

F. Relax:

- Pause, breathe deeply, sip water, and reflect on how you feel.
- This helps integrate the shift and relaxes the nervous system.

G. Test:

- Reassess the intensity of the issue on the 1–10 scale.
- Observe changes: worse, same, or better.

- Celebrate progress with a phrase like: “That’s great!”

The 7-step EFT process is a structured yet flexible method that empowers participants to address emotional and psychological challenges safely and effectively. By moving through identifying the issue, tapping on specific points, and testing the results, individuals can experience measurable shifts in emotions, stress levels, and overall well-being. EFT is both practical for self-use and highly effective in facilitated workshops or therapeutic settings.

ADDITIONAL QUESTIONS:

1. For the studies on amygdala regulation and weight reduction, are there specific EFT tapping points used, or are all the standard tapping points used throughout the sessions??

In the studies exploring amygdala regulation, stress reduction, and weight management, the standard EFT tapping sequence is typically used, rather than focusing on a few specific points. The approach involves tapping on all the standard EFT points in sequence, while addressing the relevant emotional issue, craving, stress response, or limiting belief. The therapeutic effect is considered to arise from the combination of cognitive focus on the issue and stimulation of the full tapping sequence, rather than from isolating a single point. Using the complete sequence helps support emotional regulation, reduce stress, and process the underlying emotional factors that may contribute to behaviours such as emotional eating or heightened anxiety.

2. Is the EFT Basic Recipe used only as a self-help technique, or is it also the starting point when working with clients in a session?

The EFT Basic Recipe is not only a self-help technique but also serves as the foundational process when working with clients in a therapeutic setting. It provides a structured framework for identifying an issue, assessing its emotional impact, and guiding the tapping process in a simple and systematic way. When working with a client, the practitioner begins by helping the client identify the presenting issue. For example, the client may report a physical symptom such as a headache or another source of discomfort.

The next step is to explore the emotional experience associated with the issue by asking questions such as, "How does this make you feel?" This helps identify the emotional component rather than focusing only on the physical symptom. Once the emotion has been identified, the client is asked to rate its intensity on a scale from 0 to 10. This rating provides a baseline and allows both the practitioner and client to monitor changes throughout the session.

The setup statement combines acknowledgement of the problem with self-acceptance. A typical example might be: "Even though I have this headache and feel restless at a level 7, I deeply and completely love and accept myself." This statement is repeated while tapping on the Karate Chop point to acknowledge the issue while fostering acceptance. As tapping continues through the EFT points, brief reminder phrases related to the issue are repeated, such as:

- "This headache."
- "Feeling restless."
- "This level 7 headache."

These concise phrases help maintain focus on the issue while tapping through the sequence. During the Nine Gamut procedure, reminder statements are generally not spoken. The client remains silent while completing the associated eye movements and other activities before continuing with the tapping sequence. After completing the sequence, the practitioner returns to the Karate Chop point and repeats the setup

statement before beginning another round if needed. This process continues until the emotional intensity decreases.

When the client's discomfort or emotional intensity has significantly reduced, positive or resourceful statements may be introduced. During the initial stages, however, the focus remains on acknowledging and processing the current issue rather than forcing positive thinking. The EFT Basic Recipe is far more than a self-help exercise—it is the core structure used in professional EFT sessions.

It guides practitioners through identifying the issue, exploring associated emotions, measuring intensity, applying tapping techniques, and tracking progress. By following this systematic approach, practitioners can help clients move from emotional distress toward greater relief and emotional balance in a safe and structured manner.

3. How many steps are there in the EFT Basic Recipe? I remember this being asked in a quiz, and I wanted to confirm the correct answer.

The EFT Basic Recipe is generally taught as a 7-step process, with an additional follow-up step of reassessing and repeating the process if needed. This is why some practitioners refer to it as 7 steps plus 1 review step, or 8 steps in total. The steps are:

- A. Identify the issue: Clearly define the problem or emotion to be worked on.
- B. Measure the intensity: Rate the emotional or physical intensity on a scale of 0 to 10 to establish a baseline.

- C. Create and repeat the setup statement: While tapping on the Karate Chop point, acknowledge the issue and pair it with a statement of self-acceptance (e.g., "Even though I have this headache, I deeply and completely love and accept myself.").
- D. Tap through the EFT points: Tap on each of the designated tapping points while using brief reminder phrases related to the issue.
- E. Perform the Nine Gamut procedure: Complete the Nine Gamut sequence while remaining silent during this part of the process.
- F. Complete the tapping round: Return to the tapping sequence, finish the round, and conclude with a deep breath and relaxation.
- G. Pause and re-centre: Take a deep breath, relax, and drink a sip of water before reassessing the issue.
- H. Reassess and repeat if necessary (follow-up step): Ask the client to rate the intensity again and note whether it feels better, the same, or worse. If needed, repeat the tapping process until the intensity reduces further.

If asked in a quiz, the safest answer is that the EFT Basic Recipe consists of 7 core steps, followed by an important reassessment step, making it effectively an 8-step process in practice. The reassessment allows the practitioner to monitor progress and decide whether additional rounds of tapping are needed for deeper emotional relief.

4. When repeating the EFT Basic Recipe after reassessing the intensity, do we include the 9 Gamut point again in the second round of tapping, or only in the first round?

The 9 Gamut point is optional when repeating the EFT Basic Recipe after reassessing the intensity. Whether it is included depends on the client's needs and the practitioner's judgment.

- A. In the traditional EFT Basic Recipe, the 9 Gamut procedure is included as part of the sequence because it is believed to help calm the nervous system and support emotional processing.
- B. In Simplified EFT, the 9 Gamut point is omitted entirely. The tapping sequence moves directly through the tapping points and returns to the setup statement, making the process quicker and easier to follow.
- C. After reassessing the intensity, practitioners may choose to include the 9 Gamut point again if the client appears emotionally overwhelmed, stuck, or highly activated, as holding this point can be deeply soothing and help the client relax.
- D. If the client is progressing well, many practitioners simply repeat the tapping sequence without the 9 Gamut point, following the simplified version of EFT.

The 9 Gamut point does not have to be repeated in every round of tapping. It is a flexible component that can be included when additional calming or nervous system regulation is needed, while many EFT sessions successfully use the simplified approach and omit it after the

initial round, or throughout the entire session. The choice depends on the client's presentation and the practitioner's clinical judgment.

5. When a client presents with multiple issues—such as physical symptoms and anxiety—how do we decide which issue to start working on first in an EFT session?

It is common for clients to present with multiple concerns, such as physical pain, anxiety, stress, or emotional distress. In EFT, the first step is to identify each issue separately and assess its intensity before deciding where to begin.

A. Assign a SUD Rating to Each Issue: Each concern is rated using the Subjective Units of Distress (SUD) Scale, typically from 0 to 10, where 0 represents no distress, and 10 represents the highest level of distress. For example:

- Knee pain – 6/10
- Anxiety – 8/10
- Stress about work – 5/10

This helps both the practitioner and the client understand the relative intensity of each issue.

B. Explore the Client's Preference: After rating the issues, the practitioner asks the client which issue they would like to begin working on. Client choice is important because they may feel more comfortable addressing one concern before another.

Collaboratively deciding where to start helps build trust and increases the client's engagement in the therapeutic process.

- C. Consider Starting with the Highest-Rated Issue: In many cases, practitioners may suggest beginning with the issue that has the highest SUD rating, as reducing the most intense distress can often create relief that positively influences other related concerns. However, this is not a rigid rule. The practitioner should always check with the client to ensure they feel ready and comfortable to begin with that issue.
- D. Recognise That Issues May Have Multiple Aspects: Many presenting problems have several interconnected aspects. For example, physical pain may be linked to anxiety, fear, frustration, or past experiences. As therapy progresses, these different aspects can be explored one at a time. Beginning with one issue often leads naturally into addressing related emotional or physical components.

When a client presents with multiple issues, the recommended approach is to rate each concern using the SUD scale, discuss the options with the client, and collaboratively decide where to begin. While practitioners often consider starting with the issue that has the highest intensity rating, the client's preference and readiness remain central to the decision-making process, ensuring a collaborative and client-centred EFT session.

6. If a client's SUDs score increases instead of decreases after tapping, suggesting an underlying issue has surfaced, how should we explain this to the client without causing concern?

During an EFT session, it is not uncommon for a client's Subjective Units of Distress (SUDs) score to remain the same or even increase after a round of tapping. Rather than viewing this as a setback, it can indicate that a deeper emotional layer or previously unprocessed issue has begun to surface. Normalise the experience. If the client's distress increases, reassure them that this can be a normal part of the therapeutic process. You might explain: "It seems that something deeper has been touched and is beginning to come to the surface. This gives us valuable information about what may need attention next." Presenting the experience as part of the healing process helps reduce fear and builds trust. Stay curious rather than concerned. Instead of assuming something has gone wrong, respond with openness and curiosity by asking questions such as:

"Can you tell me more about what you're experiencing now?" "What are you noticing?" "What feels different?" This allows the client to explore the emerging emotions without judgment. Use the client's own words. As the client describes their experience, reflect back and use their exact language when continuing the tapping process. This helps the client feel understood and ensures that the tapping remains specific to their experience.

Help regulate the nervous system. If the client becomes highly distressed or emotionally overwhelmed, it may be helpful to pause deeper

exploration and focus on grounding. One approach is to guide the client to tap on the under-eye, collarbone, and under-arm points while taking slow breaths. This sequence is often used to help calm the nervous system and reduce emotional intensity, allowing the client to regain a sense of safety before continuing. Continue exploring once the client feels settled.

After the client's emotional intensity has reduced, gently explore what surfaced during the tapping. The newly emerged thoughts, memories, or feelings may represent important aspects or root causes that can become the focus of subsequent EFT work. If the intensity remains the same. When there is no noticeable change in the SUDs score, invite the client to elaborate by asking, "Tell me more." Their response may reveal additional aspects, beliefs, or emotions that were not initially apparent and can guide the next round of tapping.

An increase in a client's SUDs score after tapping should not automatically be viewed as a negative outcome. It may indicate that a deeper emotional issue has become accessible for healing. By normalising the experience, maintaining a calm and curious stance, using the client's own words, and providing grounding techniques when needed, practitioners can help clients feel safe while continuing to explore and address the underlying issues that emerge.

MODULE 2 EFT FAST TRACK TRAINING WITH SONAL SINHA, **QUESTIONS & ANSWERS, 10th JUNE 2026**

MAIN TOPICS COVERED:

1. What are the 7 steps of EFT, and how are they applied in practice?

Emotional Freedom Techniques (EFT) is a practical, evidence-based method for reducing stress, releasing emotional blocks, and enhancing well-being. It combines elements of cognitive therapy with acupressure (tapping on specific meridian points). The process follows seven structured steps that guide participants from identifying an issue to assessing their emotional shift. The 7 steps of EFT and their application:

A. Identify the issue or goal:

- Clarify what you want to address or change.
- Ask: What issue do I want to solve? How does it make me feel?
- This sets the intention and focus for the session.

B. Get a measure for it:

- Rate the intensity of the issue on a scale of 1–10.
- 10 indicates maximum discomfort, 1 indicates minimal discomfort.
- This gives a baseline to track progress during the tapping session.

C. Start EFT tapping on the side of the hand (karate chop point):

- Tap the side of your hand while repeating: “Even though I have [THIS PROBLEM], I deeply and completely love and accept myself.”
- Repeat three times.
- This begins the process of acknowledging the problem while reinforcing self-acceptance.

D. Tap on the upper body points:

- Tap on points across the head, face, torso, and hands while verbalising the problem.
- This helps release emotional or energetic blocks associated with the issue.

E. Close sequence:

- Return to the side of the hand (Karate Chop point).
- Repeat the initial phrase aloud again.
- Reinforces self-acceptance and completes the tapping cycle.

F. Relax:

- Pause, breathe deeply, sip water, and reflect on how you feel.
- This helps integrate the shift and relaxes the nervous system.

G. Test:

- Reassess the intensity of the issue on the 1–10 scale.
- Observe changes: worse, same, or better.
- Celebrate progress with a phrase like: “That’s great!”

The 7-step EFT process is a structured yet flexible method that empowers participants to address emotional and psychological challenges safely and effectively. By moving through identifying the issue, tapping on specific points, and testing the results, individuals can experience measurable shifts in emotions, stress levels, and overall well-being. EFT is both practical for self-use and highly effective in facilitated workshops or therapeutic settings.

2. How does EFT work for physical tension or pain?

Emotional Freedom Techniques (EFT) can be used to help release physical tension by combining gentle tapping on specific meridian points with focused awareness of bodily sensations. Rather than trying to force the discomfort away, the practitioner guides the client to acknowledge and observe the tension with curiosity and compassion. As the session progresses, the intensity of the discomfort is regularly measured, and the tapping phrases are updated using the client's own words, allowing the process to follow the body's natural shifts. The process involves:

- A. Locate the tension: "Take a gentle breath in & out." Pause and breathe with them. Then say, "Just scan your body now and ask yourself where in the body is there any tension or physical discomfort. Once you have a sense or knowing of it, focus all your energy there, and let me know the location."
- B. Measure the SUD: Repeat their words back, "Thank you for sharing. The tension or discomfort is in [BODY PART]." Now ask,

"Can you measure it on a scale of 1 to 10, where 10 is high intensity and 1 is low intensity or discomfort? Let me know the number." (Optional: Ask for feeling.)

- C. Start tapping – karate chop: "Even though I have this tension, and it's in my [body part], and it's at a number [number], and it makes me feel [feeling], I love and accept myself." (You can also lead with the number and then the body part.)
- D. Reminder phrase: Tap on the face, upper body, and finger points using the reminder phrase, "This [body part], this [feeling], this [location]," and repeat.
- E. Close: Tap on the karate chop, "Even though I have this tension, and it's in my [body part], and it's at a number [number], and it makes me feel [feeling], I love and accept myself."
- F. Breathe: Pause and say, "Take a gentle breath in & out, and take a sip of water." Do it along with them.
- G. Test: Ask, "What happened?" or "What is the number at now?" Listen to their response. (Pain may shift—this is called chasing the pain.) Measure the new location and intensity.
- H. Ask more questions: Explore further, "Are there any colours, shapes, sounds, textures, sensations, and feelings associated with the tension or discomfort? If yes, describe it to me."
- I. Listen: Carefully note their descriptions but keep notes minimal to stay focused on the client. Example, "Pain, SB, 7, Red" (where SB = Shoulder Blade).

- J. Start tapping again: Use the client's exact words, "Even though I have this tension, and it's in my [body part], and it's at a number [SUD], and it's a [colour, texture, size, feeling, sensation, sound], I love and accept myself."
- K. Reminder phrase: Tap on the face, upper body, and fingers using: "this [body part], this [feeling], this [location], this [colour], this [texture], this [sound], this [sensation]," and repeat.
- L. Close: Tap on the karate chop, "Even though I have this tension and it is in my [body part], and it's at a number [SUD], and it's a [colour, texture, size, feeling, sensation, sound], i love and accept myself."
- M. Breathe: Pause and say, "Take a gentle breath in & out, and take a sip of water." Do it along with them.
- N. Test: Ask, "What happened?" or "What is the number at now?" (Optional: "How does it make you feel?") Measure the new intensity.
- O. Breathe: Pause and say, "Take a gentle breath in & out, and take a sip of water." Do it along with them.
- P. Test: Ask again, "What happened?" or "What is the number at now?" (Optional: "How does it make you feel?")
- Q. Reassure: No matter what they share, thank them and say, "Great!"
- R. Continue: Repeat the process using their updated words until SUD reaches 3 or below.

- S. Step by step: Work on one area at a time, test, then move to the next area.
- T. Remaining tension: When the SUD lowers, say: "Even though I have this remaining tension, and it is at a number [SUD], this remaining number [SUD] tension, I deeply and completely love and accept myself."
- U. Close: "Take a gentle breath in & out, and take a sip of water." Do it together. Then ask, "How are you feeling?" Acknowledge their progress, reassure, thank them, and close.

Using EFT to release physical tension is a structured yet flexible process that combines mindful awareness, gentle tapping, regular reassessment, and compassionate listening. By identifying the location of discomfort, measuring its intensity, using the client's own words throughout the tapping process, and following changes as they arise, practitioners can support both physical and emotional release. The process emphasises pacing, collaboration, and nervous system regulation, helping clients experience gradual and lasting shifts in tension and wellbeing.

Here's the link for Self-Practice: Physical Tension with Simplified EFT:

<https://vitalitylivingcollege.info/wp-content/uploads/2025/04/Physical-Tension-with-Simplified-EFT-Self-Practice-Worksheet-03.04.2025.pdf>

3. How do you carry out a deeper exploration when working with a client?

A deeper exploration helps move beyond the surface symptom to uncover the emotional experiences, memories, beliefs, or stress patterns that may be contributing to the client's discomfort. Rather than focusing only on reducing the physical sensation or emotional intensity, the practitioner remains curious and follows the client's experience with compassion and without judgment. The aim is to gently identify the underlying contributors while allowing the client to process at a pace that feels safe and supportive.

A. After EFT, notice what changed

- Worse or better?
- Changed nature or quality?
- Changed location?

B. Chasing the pain

- As energy moves, the pain may move – This is great!
- Test the original area

C. Explore the underlying contributors

- What does the pain remind you of?
- When have you felt the emotion associated with the pain before?
- When have you felt this kind of pain before?
- If the pain could speak, what would it say – how does that make you feel?

D. Explore triggers

- Who is the pain in the neck?
- When did it start?
- When is it worse?
- When is it better?

E. Be open to choosing the miracle!

A deeper exploration is about gently following the client's emotional and physical experience to uncover the root causes beneath the presenting symptom. By observing changes after EFT, following shifts in the body, exploring emotions and triggers, and remaining open to new insights, practitioners can facilitate deeper healing rather than simply reducing symptoms. This client-led, compassionate approach supports lasting transformation while respecting the individual's pace and readiness for change.

4. **What is calibration, and why is it important?**

Calibration is the process of carefully observing and responding to a client's behavioural, emotional, and physiological cues in order to better understand their internal experience. It involves becoming highly attuned to both verbal and non-verbal communication so that the practitioner can adjust their approach to meet the client's needs. In coaching, therapy, and trauma-informed practice, effective calibration helps create safety, deepen rapport, and guide interventions with greater sensitivity and accuracy.

- A. Understanding calibration: Calibration means observing and picking up on subtle cues while remaining sensitive to everything that is happening with the client. Rather than listening only to the words being spoken, the practitioner pays attention to the client's facial expressions, posture, body movements, breathing patterns, voice tone, energy levels, and emotional shifts. It is the ability to notice what is happening beneath the surface and respond with curiosity rather than assumption.
- B. Observe both verbal and non-verbal communication: A large proportion of communication occurs through non-verbal channels. Therefore, effective calibration requires practitioners to pay attention not only to what the client says but also to how they say it and how their body responds while speaking. By observing the whole person, practitioners gain a more complete understanding of the client's emotional and nervous system state.
- C. Notice inconsistencies: One important aspect of calibration is recognising when a client's words do not match their body language. For example, a client may say, "I'm fine," while clenching their fists, avoiding eye contact, or holding visible tension in their body. These inconsistencies may indicate that deeper emotions are present and provide opportunities for gentle exploration without making assumptions.
- D. Adjust your communication style: Calibration allows practitioners to adapt their own communication to support the client's emotional state. This may involve slowing the pace of the

conversation, softening the tone of voice, allowing silence, or responding with greater warmth and compassion. A soothing, calm, and non-judgmental presence helps clients feel safe enough to explore difficult emotions and experiences.

E. Observe physiological changes: Effective calibration also involves noticing changes in the client's physiology that may reflect emotional activation or regulation. Practitioners should remain aware of shifts such as:

- Changes in breathing patterns.
- Alterations in skin tone or facial flushing.
- Muscle tension or relaxation.
- Tearfulness or emotional release.
- Fidgeting, freezing, or withdrawal.
- Changes in posture, facial expression, or energy.

These subtle cues can indicate when a client is becoming overwhelmed, feeling safer, or processing important emotional material.

F. Respond without making assumptions: Calibration is not about interpreting or diagnosing the client's experience. Instead, it involves observing what is happening and responding with curiosity and collaboration. Rather than assuming meaning, practitioners can gently ask questions such as: "I noticed your breathing changed just then. What are you noticing inside?" This

approach allows the client to remain the expert on their own experience while the practitioner stays attuned and supportive.

Calibration is a fundamental skill in coaching, therapy, and trauma-informed practice. It involves carefully observing the client's words, body language, emotions, and physiological responses while remaining present, compassionate, and non-judgmental. By staying attuned to subtle changes and responding appropriately, practitioners can better understand the client's needs, build a strong therapeutic relationship, and support healing in a safe, collaborative, and respectful manner.

5. What are past events?

Most of our emotional and physical problems are caused (or contributed to) by our unresolved events. Past events are experiences from an individual's life that continue to influence their thoughts, emotions, behaviours, and beliefs in the present. In trauma-informed practice, these events often refer to negative, disempowering, or traumatic experiences that have not been fully processed or resolved. Exploring past events helps practitioners understand the possible root causes of current challenges and supports clients in releasing unresolved emotional patterns.

- A. Understanding past events: Past events refer to experiences that have had a significant emotional impact on an individual. These experiences may involve trauma, loss, rejection, neglect, betrayal, failure, abuse, or other situations that left the person feeling

unsafe, powerless, or overwhelmed. Although the event itself occurred in the past, its emotional imprint may continue to affect the person's daily life, relationships, and decision-making.

B. How past events shape beliefs and behaviours: Unresolved past experiences can influence the beliefs people develop about themselves and the world around them. For example, a painful childhood experience may lead someone to believe:

- "I am not good enough."
- "I am not safe."
- "People cannot be trusted."
- "I don't deserve love."

These limiting beliefs can shape behaviours, emotional responses, and coping strategies well into adulthood, often without the individual being consciously aware of their origin.

C. The impact of unresolved past events: When emotional wounds remain unhealed, they may contribute to a variety of difficulties, including:

- Limiting beliefs and negative self-perception.
- Fears and phobias.
- Anxiety and emotional distress.
- Addictive or self-destructive behaviours.
- Relationship difficulties.
- Low self-esteem and lack of confidence.
- Chronic stress and emotional overwhelm.

Physical symptoms or illnesses that may be influenced by prolonged stress and unresolved emotions. These patterns often represent the mind and body's attempt to adapt to earlier experiences.

- D. The importance of exploring past events: In therapeutic work, exploring past events is not about reliving trauma but about understanding how earlier experiences continue to influence the present. By identifying and processing unresolved emotional imprints, clients can begin to release limiting beliefs, develop healthier coping strategies, and create new perspectives that support healing and growth. The exploration should always be conducted gently, at the client's pace, and within a safe and supportive environment.

Past events are negative, disempowering, or traumatic experiences that can significantly shape an individual's beliefs, emotions, and behaviours. When left unresolved, they may contribute to limiting beliefs, fears, phobias, addictions, emotional distress, and even physical health challenges. By compassionately exploring these experiences in a trauma-informed way, practitioners can help clients understand the roots of their current difficulties and support them in moving toward greater healing, resilience, and emotional freedom.

6. What is the "Tell the Story" technique in EFT?

The "Tell the Story" technique is a structured process used in Emotional Freedom Techniques (EFT) to help individuals process past negative or traumatic experiences and reduce their emotional intensity. Rather than recounting an entire event all at once, the person tells the story gradually while stopping whenever emotional distress arises. Tapping is then used to reduce the emotional charge before continuing. This gentle, step-by-step approach allows difficult memories to be processed safely and effectively. The steps for the techniques are as follows:

- A. Give the story a name (be specific) and measure the intensity.
- B. Using simplified EFT, complete as many rounds of tapping as needed.
- C. Bring down the SUDs to a manageable level.
- D. Then, begin telling the story of the event, uncovering specifics.
- E. As soon as any emotional disturbance is detected, stop and scale the emotion – tap using exact words. For high emotional disturbance, use the Triple Point Calmer.
- F. Test by re-telling the previous part of the story.
- G. When it feels calmer, continue telling the rest of the story.
- H. Stop and tap whenever an emotional disturbance is detected.
- I. Finally, test by telling the entire story; from start to finish.
- J. Stop when the story can be told fully; while remaining calm.

Benefits of this technique:

- Reduces the emotional intensity of past negative experiences.
- Helps process fears, phobias, limiting beliefs, and traumatic memories.
- Can lead to profound shifts in mindset and emotional well-being.
- Allows individuals to work on memories safely without re-traumatisation.

The "Tell the Story" technique is a gentle, structured EFT process designed to help individuals safely process emotionally charged memories. By naming the event, reducing initial distress, telling the story gradually, pausing to tap whenever emotions arise, and repeatedly testing progress, practitioners can help clients release the emotional charge attached to past experiences. This trauma-informed approach supports healing, emotional freedom, and lasting transformation while respecting the client's pace and sense of safety.

Here's the link for Self-Practice Tell the Story:

<https://vitalitylivingcollege.info/wp-content/uploads/2026/06/Self-Practice-Tell-the-Story.pdf>

ADDITIONAL QUESTIONS:

1. In EFT, what is the significance of asking clients to describe their emotions or experiences in terms of colour, texture, size, or shape?

In EFT, inviting clients to describe their emotions or physical sensations in terms of colour, texture, size, shape, weight, or movement helps them connect more deeply with their internal experience. Rather than thinking about the problem intellectually, the client begins to experience it through sensory awareness, which can make the tapping process more specific and effective.

Asking clients to describe their emotions or experiences in terms of colour, texture, size, or shape helps deepen awareness, shift attention from thinking to feeling, increase specificity, and track changes throughout the session. These sensory descriptions can provide valuable insights and often make the EFT process more focused and effective by uncovering important aspects of the issue being addressed.

2. Can EFT be used to help people overcome phobias, such as fear of heights or fear of water and swimming?

Yes, Emotional Freedom Techniques (EFT) can be used to support individuals experiencing various phobias and irrational fears, including fear of heights, fear of water or swimming, fear of lizards, rats, insects, and other specific situations or objects. EFT can address a wide range of phobias. EFT is commonly applied to fears and phobias by helping individuals process the emotional distress associated with the feared

object or situation. Whether the fear involves heights, water, animals, or other triggers, the tapping process aims to reduce the emotional intensity connected to that fear.

Many EFT practitioners use specialised worksheets or protocols designed for working with fears and phobias. These resources help identify triggers, emotional responses, limiting beliefs, and underlying experiences so that tapping can be targeted more effectively. EFT can be a valuable approach for helping people manage and reduce the emotional intensity associated with phobias such as fear of heights, fear of water or swimming, and other specific fears. By working with both the immediate emotional reaction and any underlying contributing factors, EFT aims to help individuals feel calmer, more confident, and better able to face situations that once felt overwhelming. Here's the link for the Fears and Phobias Worksheet: <https://vitalitylivingcollege.info/wp-content/uploads/2022/02/5.-Fears-and-Phobias-Worksheet.pdf>

3. If, after tapping, the original pain decreases, but the pain shifts to a new location with a higher intensity, should we tap on both areas or focus only on the new, more intense pain?

When pain shifts after tapping, it can indicate that another aspect or layer of the issue has become more prominent. Rather than combining multiple issues into one tapping statement, the practitioner should ask the client: "Which pain or discomfort is bothering you more right now?" The client's response guides the direction of the session. Focus on the client's priority. If the newly emerged pain is more intense or distressing,

it is generally appropriate to focus on that new pain first, provided the client is comfortable doing so.

The practitioner might ask: "Since this new pain is bothering you more, would it be okay if we work on this first?" This ensures that the client remains in control of the process. Let the client lead. A key principle in EFT is to meet the client where they are. While the practitioner facilitates the session, the client is encouraged to guide the focus based on their present experience. This collaborative approach helps build safety and trust. Reassess as the session progresses.

After addressing the more intense issue, the practitioner can reassess the original pain. It may have reduced further, changed, or resolved altogether, or it may still need attention in a later round of tapping. If pain moves to a new location after tapping, focus on the issue that is currently the most distressing to the client rather than tapping on both at once.

Confirm that the client is comfortable proceeding with that focus, allow them to lead the session, and continue reassessing as new aspects emerge. This client-centred approach helps ensure that EFT addresses the most relevant emotional or physical experience at each stage of the session.

4. When working with a client, how do we decide whether to start with physical tension using Simplified EFT or move into deeper exploration, and what guides that choice?

When working with a client, the decision to begin with Simplified EFT for physical tension or move into deeper exploration depends on the client's presenting concern, the intake process, and where the client wishes to begin. The techniques are not separate approaches but are part of the same therapeutic process. Start with the client's presenting issue. If a client comes with a physical discomfort or tension, it is appropriate to begin by working directly with that physical symptom using EFT.

Physical tension can serve as an accessible entry point into the session and often opens the door to deeper emotional work. Deeper exploration evolves from the physical issue. Deeper exploration is considered an extension of working with physical tension rather than a completely different process. As the session unfolds, underlying emotions, memories, or beliefs connected to the physical symptom may emerge naturally, allowing the practitioner to explore them when appropriate.

The 'Intake Process' guides the choice. In a full EFT session, the practitioner first gathers information through an intake process to understand:

- The client's main concerns.
- Which issue feels most important to address.
- Where the client would like to begin.

This assessment helps determine whether to start with a physical symptom, an emotional issue, or another aspect of the client's experience. Training modules are learned separately but integrated in practice. Basic Recipe, Simplified EFT, and deeper exploration are often taught as separate modules for learning purposes. However, in an actual client session, they are integrated into one flexible process. The practitioner chooses the most appropriate technique based on the client's needs and the direction of the session.

The choice between starting with Simplified EFT or moving into deeper exploration is guided by the client's presenting issue, the intake assessment, and the client's priorities. Physical tension is often an effective starting point, and deeper exploration naturally follows as underlying aspects emerge, allowing the practitioner to tailor the session to the client's unique experience.

5. When a client first comes in, how much time should we spend understanding their issue before beginning the EFT session, and how do we decide when to start tapping?

When a client first comes in, there is no fixed amount of time that should be spent understanding their issue before beginning EFT. Instead, the practitioner first gathers enough information to understand the client's presenting concern, identify the starting point, and determine how best to structure the session. Begin with understanding the client. Before tapping begins, the practitioner seeks to understand:

- What issue the client wants to work on.
- How the problem is affecting them.
- Which aspect of the issue feels most important to address first.

This initial understanding provides the foundation for an effective EFT session. The 'Intake Process' guides the session. A comprehensive EFT approach includes learning:

- How to conduct a consultation call.
- How to complete an intake form.
- How to understand the client's background and goals.
- How to decide where to begin and how to move the session forward.

These assessment skills help the practitioner know when the client is ready to start tapping. Start tapping once a clear focus is established. Rather than spending excessive time gathering information, the goal is to identify a clear starting point and begin tapping. As the session progresses, new emotions, memories, or physical sensations may emerge, and the practitioner adapts accordingly.

For example, a session may begin with physical tension, but a significant memory may arise that becomes the new focus. Alternatively, a session may begin with a memory, and physical discomfort may surface later, requiring attention. EFT is designed to be flexible, allowing the practitioner to follow the client's experience as it unfolds. Learning to navigate these shifts.

Knowing how to work with emerging memories, physical sensations, or multiple aspects of an issue is part of advanced practitioner training.

These skills help practitioners break complex problems into manageable pieces and guide the client safely through the process.

The decision to begin tapping is based not on a predetermined time limit but on having enough understanding of the client's presenting issue to establish a clear focus. Once that focus is identified, tapping can begin, with the practitioner remaining responsive to whatever emotions, memories, or physical sensations emerge during the session.

6. Is the 'Tell the Story' technique in EFT recommended only when the emotional intensity is 7 or below, and if the intensity is higher (such as 9 or 10), should a different approach be used first?

Yes. The "Tell the Story" technique in EFT is generally recommended for memories with an emotional intensity (SUDs) of 7 or below, particularly while learning and practising the technique. This helps ensure that the client can remain engaged with the memory without becoming overwhelmed.

- A. Why is a SUDs score of 7 or below recommended? The technique involves revisiting a past event in a structured way while tapping. If the emotional intensity is moderate (7 or less), the client is more likely to stay within their window of tolerance and process the memory effectively. Using lower-intensity memories also helps

practitioners understand the method and build confidence before working with more emotionally charged events.

- B. What if the Intensity Is 9 or 10? If a memory has a very high intensity, such as 9 or 10, it is generally advisable not to begin with the "Tell the Story" technique immediately, especially for beginners. Instead, another EFT approach or preparatory technique may be used first to reduce the emotional intensity to a more manageable level. Once the intensity decreases, the memory can be revisited using the "Tell the Story" technique more safely and effectively.
- C. Choice of technique depends on training and assessment: As practitioners gain more experience and learn additional EFT methods, they develop the ability to assess each situation and choose the most appropriate technique. The selection depends on factors such as:
- The client's emotional intensity.
 - The nature of the memory.
 - The client's ability to remain regulated during the process.
 - The healing goals of the session.

The "Tell the Story" technique is best used with memories rated at a SUDs level of 7 or below, particularly during training and early practice. For memories with a higher emotional intensity, it is generally recommended to use other EFT strategies first to reduce distress before

applying the technique, ensuring a safer and more effective therapeutic process.

7. Could you walk through the 'Tell the Story' steps again? After tapping on the story title, should the client tell the entire story once before tapping, or should we stop and tap as soon as the first emotional intensity arises?

In the "Tell the Story" technique, the client does not narrate the entire story before tapping. Instead, the story is processed in small sections, with tapping occurring whenever an emotional charge is detected.

- A. Step 1: Give the story a name: Begin by asking the client to give the incident a specific title or name. This helps identify the event that will be worked on.
- B. Step 2: Measure the initial intensity: Ask the client to recall the memory and rate the emotional intensity (SUDs). Tap on this initial emotional intensity until it comes down to a manageable level before proceeding.
- C. Step 3: Begin narrating the story: Once the intensity has reduced, invite the client to start telling the story from the beginning.
- D. Step 4: Stop at the first emotional peak: The client should not continue through the entire story uninterrupted. As soon as the practitioner notices the first sign of emotional activation—such as a change in voice, facial expression, body language, eye movement, or other cues—they stop the client. The practitioner

then asks what the client is experiencing at that moment and taps on the emotion that has surfaced.

- E. Step 5: Reduce the emotional intensity: Focus the tapping on the emotion or experience that emerged at that point in the story until its intensity decreases.
- F. Step 6: Restart the story from the beginning: After tapping, ask the client to retell the story from the beginning, rather than continuing from where they stopped. As they narrate again, observe for the next emotional peak. When another emotionally charged moment appears, pause again, process it with tapping, and reduce its intensity.
- G. Step 7: Repeat until the story can be told calmly: This process continues—retelling the story from the beginning and stopping at each emotional hotspot—until the client can recount the entire event without significant emotional intensity or visible distress.
- Optional Closure: Once the story can be shared comfortably, the practitioner may choose to end with a positive statement or resource if it feels appropriate. However, the essential completion of the technique is reached when the client can tell the full story without emotional activation.

The "Tell the Story" technique is a gradual process. After tapping on the story title and reducing the initial intensity, the client begins narrating the story but is stopped at the first emotional peak rather than telling the entire story at once. Each emotional hotspot is processed

individually through tapping, and the client repeatedly retells the story until it can be narrated calmly and without distress.

8. In the first round of the 'Tell the Story' technique, when we ask the client for the name of the story and its intensity, should we also ask them to identify the emotion they are feeling at that stage, or only assess the intensity?

In the first round of the "Tell the Story" technique, the essential steps are to give the story a name, be specific about the incident, and measure its intensity. Identifying the emotion is optional, but it can be helpful if the client needs assistance in rating the intensity. At the outset, the client is asked to: Give the memory or incident a simple, specific name. Rate the emotional intensity (SUDs) associated with recalling that story. These two elements are sufficient to begin the tapping process.

Is it necessary to ask for the emotion? It is not mandatory to identify the emotion at this stage. If the client can easily give the story a name and assign an intensity rating, that information alone is enough to proceed. For example: Story: "The Pencil Incident" Intensity: 7/10. The tapping can begin using the story name and intensity without first identifying a specific emotion. When asking about the emotion can help, if the client is unsure how to rate the intensity, the practitioner may ask: "What do you feel when you recall this memory?"

"Does it make you feel sad, angry, scared, or something else?" Once the client identifies the emotion, they can often more easily assign a SUDs rating. For example: Story: "The Pencil Incident" Emotion: Sadness

Intensity: 7/10. The tapping statement can then incorporate both the story and the emotion if appropriate. Purpose of naming the story and measuring intensity.

The goal of the initial tapping is to reduce the emotional charge associated with the memory before the client begins narrating it.

Lowering the intensity first helps the client approach the story with greater calm and stability, making it easier to process the memory without becoming overwhelmed.

In the first round of the "Tell the Story" technique, the primary focus is on naming the story and assessing its intensity. Asking the client to identify the emotion is optional rather than required and is mainly used to help clarify or measure the intensity when needed. The objective is to reduce the emotional charge of the memory before moving into the storytelling process.

9. When using the 'Tell the Story' technique, if the client becomes absorbed in narrating and stops tapping, should the practitioner continuously redirect the client to keep tapping while telling the story?

No. During the "Tell the Story" technique, the client does not need to keep tapping continuously while narrating the story. In fact, when the client is retelling the story, the practitioner's primary focus is on listening and calibrating the client's emotional responses. As the client recounts the story, allow them to speak naturally without worrying about tapping. This gives the practitioner an opportunity to observe:

- Changes in tone of voice.
- Facial expressions.
- Body language.
- Eye movements.
- Other signs that indicate an emotional charge has arisen.

The purpose at this stage is to identify the next emotional hotspot in the story. As soon as the practitioner notices a significant emotional reaction, the narration is paused. The practitioner explores what the client is experiencing at that moment and then begins tapping on the identified emotion. During this phase, the client can talk and tap simultaneously, elaborating on the emotion while tapping through the EFT points.

While tapping, it is important to use the client's own language and descriptions rather than reinterpreting or replacing them with different wording. Staying close to the client's exact words helps maintain accuracy and connection with their experience.

When using the "Tell the Story" technique, there is no need to continually redirect the client to keep tapping while narrating the story. Allow the client to tell the story uninterrupted so you can accurately observe emotional activation. Once an emotional peak is identified, pause the narration, tap on that emotion—using the client's own words—and then resume the process by having the client retell the story from the beginning.

10. If a client says during an EFT session, 'It's not working,' how should the practitioner respond and proceed?

If a client says, "It's not working," the practitioner should treat this statement as valuable information rather than a setback. The response should be curious and exploratory, using the client's experience to guide the next step in the EFT process. Tap on the statement itself. One simple approach is to use the client's statement directly as the focus of tapping. For example: "It doesn't work." This allows the resistance or frustration itself to become the target of the tapping.

The practitioner can gently ask: "If it's not working, how does that make you feel?" This helps uncover the emotion beneath the statement, such as frustration, disappointment, hopelessness, sadness, or fear. Once the emotion is identified, tapping can focus on that emotional experience. A useful follow-up question is: "Where else in your life have you experienced trying so hard and feeling like it wasn't working?" This may reveal earlier memories or recurring patterns that are contributing to the client's current experience. Addressing these underlying issues can often move the session forward.

As new emotions or memories emerge, the practitioner should continue tapping using the client's exact language, staying closely aligned with their experience rather than introducing different interpretations. When a client says, "It's not working," the practitioner should not view it as a failure of the process. Instead, it can become the next aspect to explore. By tapping on the statement itself, investigating the emotions it evokes, and identifying similar experiences from the client's past, the

practitioner can uncover deeper issues and continue the EFT session in a meaningful and productive way.

11. In your experience, do clients ask about the meaning and function of the EFT meridian points, and as practitioners, how important is it to understand and explain the connection of each point to specific organs or meridians?

As you begin working with clients, it is natural to wonder whether you need to thoroughly understand the meaning of every EFT meridian point and be able to explain the connection between each point and specific organs or energy meridians. While this knowledge can deepen your understanding over time, it is not essential to have every detail memorised from the beginning.

Some clients may ask about the significance of the EFT tapping points and the meridian system, while many may simply be interested in the process and its results. As a practitioner, it is perfectly acceptable if you do not immediately remember the function of every meridian point. The meridian system is extensive, and learning the connections between all the points and their associated organs or energy pathways takes time and experience.

It is something that develops gradually as you continue studying and practising EFT. If a client asks a question that you are unsure about, it is completely appropriate to respond honestly by saying that you would like to review the information and get back to them with an accurate answer. This demonstrates professionalism and a commitment to

providing reliable information rather than guessing. Over time, as you work with more clients and your own curiosity grows, your understanding of the meridian system will naturally deepen.

Repeated use and continued learning will help you become more confident in explaining the role of the tapping points and their underlying principles. While having knowledge of the EFT meridian system is valuable, it is not necessary to memorise every detail before working with clients.

Focus on mastering the EFT process and supporting your clients effectively. As your experience grows, so will your understanding of the meridian points, and when needed, it is always acceptable to research a question and provide an informed answer later.

MODULE 3 EFT FAST TRACK TRAINING WITH SONAL SINHA, **QUESTIONS & ANSWERS, 16th JUNE 2026**

MAIN TOPICS COVERED:

1. What is Personal Peace?

Personal Peace is a self-healing process in Effective Emotional Freedom Techniques (EFT) that involves systematically working through unresolved memories from the past to reduce their emotional intensity and free the mind and body from the effects of old experiences.

- A. Make a list of your 100 past events: Begin by writing down significant memories from your life that still carry emotional charge. These may include experiences of rejection, criticism, embarrassment, grief, fear, anger, guilt, shame, or disappointment. The goal is to create a "memory inventory" of unresolved events that may still influence your present life.
- B. Tap on at least one per day using 'Tell the Story' method: Choose one memory from your list and work through it using EFT. Give the memory a specific title, rate its emotional intensity (SUD level), and tap whenever distress arises while telling the story until the emotional charge decreases.
- C. Keep tapping on one memory a day: Rather than jumping between multiple issues, stay with a single event until it feels calm and neutral. Addressing one "tree" thoroughly often creates changes throughout the "forest" of related experiences.

- D. Go on to the next memory: Once one event no longer triggers significant emotion, continue with another memory from your list. Each resolved event removes another layer of emotional burden and may also reduce the intensity of connected memories.
- E. In one year, you have resolved as many as 365 memories: By working on one memory each day, you could process as many as 365 memories in a year. Over time, this can lead to significant reductions in emotional triggers, limiting beliefs, stress responses, and behavioural patterns rooted in past experiences.

By gently addressing one memory at a time with EFT, unresolved emotions gradually lose their charge, creating space for greater peace, resilience, and personal growth. Over time, this step-by-step approach can transform not only individual memories but also the patterns and beliefs that have shaped a person's life.

2. What is the EFT process flow, and why is specificity important?

Effective Emotional Freedom Techniques (EFT) work is not simply about tapping on a problem once. It is a dynamic process of identifying the issue, testing the results, uncovering different aspects, and continuing until genuine emotional relief is achieved. A key principle of EFT is that the more specific you are, the more effective the results tend to be.

Using the client's exact words and emotional experience helps target the root of the issue rather than just its surface symptoms.

A. Identify the problem: The first step is to clearly identify the issue the client wants to work on. This may include:

- A physical sensation or pain
- An emotion such as fear, anger, or sadness
- A specific memory or event
- A limiting belief
- A triggering situation

The practitioner should encourage the client to describe the experience using their own language, rather than interpreting or changing it.

B. Begin tapping: Once the issue is identified, EFT tapping begins using the client's own words and experience. The setup statement and reminder phrases should focus on:

- The specific problem
- The location of any physical discomfort
- The associated emotions
- The intensity of the experience

Using the client's exact language helps maintain a strong emotional connection to the issue being processed.

C. Test the results: After each round of tapping, reassess the issue by asking questions such as:

- "What happened?"
- "What do you notice now?"
- "Has anything changed?"

- "What number is it now?"

Testing allows both practitioner and client to observe shifts in emotional or physical intensity.

D. Complete relief: If the emotional intensity has significantly reduced or resolved, the practitioner checks for any remaining aspects. Questions may include:

- "Is there anything else still present?"
- "Does anything else come up when you think about this?"
- "Is there another memory connected to this feeling?"

Even when relief is achieved, there may be additional layers to explore.

E. Partial relief: Sometimes the intensity decreases but does not disappear completely. This often indicates that another aspect of the issue remains unresolved. The practitioner should continue exploring:

- Different emotions
- Different memories
- Different beliefs
- Different body sensations
- Different triggers

Each aspect can then be addressed with additional rounds of tapping.

F. No relief: If no change occurs after tapping, it does not necessarily mean EFT is ineffective. Instead, it may suggest that:

- The issue is not specific enough.
- A deeper root cause has not yet been identified.
- Another memory or emotion is connected to the problem.
- The client is focusing on the wrong aspect.

The practitioner returns to further exploration before tapping again.

G. Explore more aspects: Many emotional issues consist of multiple interconnected aspects. For example, anxiety about public speaking may involve:

- Fear of rejection
- Embarrassment from a childhood event
- Fear of making mistakes
- Perfectionism
- Self-doubt

Addressing each aspect individually often leads to deeper and more lasting change.

H. Be specific for better results: A fundamental EFT principle is: For results that are terrific, it's best to be specific.

- Instead of tapping on: "I have anxiety." Be more specific: "I felt embarrassed when my teacher laughed at me during my presentation in Year 8."
- Instead of: "I'm afraid of success." Use: "I'm afraid people will judge me if I become successful."

Specific memories and emotions activate the exact emotional pattern that needs healing, making tapping more effective.

- I. Use the client's own language: Practitioners should use the client's exact words and emotional expressions throughout the session.

This means:

- Listening carefully without interrupting
- Reflecting their phrases back to them
- Avoiding changing or interpreting their language
- Respecting the emotional tone of their experience

Even if the client speaks another language, the emotional quality of their words often carries important meaning.

The focus should not be on analysing every detail of the story but on creating a safe space where the client feels heard, accepted, and emotionally supported.

- J. Focus on the emotion rather than the story: While clients may want to explain what happened, the therapeutic focus should remain on the emotions and sensations connected to the memory rather than the factual content. The practitioner should:

- Listen with presence and compassion
- Notice emotional shifts
- Hold a space of acceptance
- Allow the client to process naturally
- Avoid becoming distracted by unnecessary details

By working with the emotional energy rather than the narrative alone, clients often experience meaningful shifts, greater clarity, and reduced emotional distress.

The EFT process is a continuous cycle of identifying the issue, tapping, testing the results, and exploring additional aspects until meaningful relief is achieved. Success depends on being specific, using the client's own words, and focusing on the emotions rather than the story itself. By creating a safe, accepting environment and addressing one aspect at a time, practitioners can help clients uncover deeper root causes and facilitate lasting emotional healing and transformation.

3. What is the Forest and Tree metaphor in EFT and trauma-informed practice?

The forest metaphor is a powerful way of understanding a client's presenting problem and the deeper emotional patterns that may lie beneath it. Rather than trying to "fix" the client's problem or provide solutions, the practitioner's role is to create a safe and supportive space where the client can explore their own experiences and discover their own answers. Healing occurs by addressing the underlying emotional roots, one aspect at a time.

A. The forest represents the presenting problem: The forest symbolises the overall issue or challenge that brings the client to therapy. Examples include:

- Anxiety

- Stress
- Relationship difficulties
- Chronic pain
- Fear of public speaking
- Low self-esteem

Clients often see only the "forest"—the large, overwhelming problem they want removed. However, this forest is usually made up of many individual experiences, emotions, memories, and beliefs.

B. The trees represent individual aspects: Each tree within the forest represents a specific aspect contributing to the overall problem. A tree may be:

- A painful memory
- A limiting belief
- A traumatic experience
- An unresolved emotion
- A fear or insecurity
- A particular trigger

By working on one tree at a time, the emotional intensity of the entire forest often begins to reduce. Sometimes healing one significant tree can create shifts across the whole forest, while at other times gradual work on multiple trees is needed.

C. The role of the practitioner: A practitioner is not there to rescue, fix, or tell the client what to do. Instead, their role is to:

- Hold a safe and compassionate space
- Listen deeply
- Ask empowering questions
- Open possibilities for exploration
- Support the client's own insights and discoveries
- Follow the client's pace and priorities

The aim is to help clients access their own inner wisdom rather than becoming dependent on the practitioner for answers.

D. Work on what the client wants: The primary focus should always be what the client wants to explore. Whether working with a client or using EFT for Personal Peace, attention should be given to the issue that feels most important or emotionally charged at that moment. Healing becomes more meaningful when it is client-led and aligned with the client's goals.

E. Understanding the trigger: A trigger is an external event, situation, person, or stimulus that activates an emotional response.

Examples include:

- An argument with a family member
- Someone not returning a phone call
- Feeling rejected or ignored
- Physical pain or illness

- Seeing or hearing something associated with a past experience

For example, someone with a rat phobia may become anxious simply by hearing the word "rat" or seeing a picture of one. The trigger activates emotions such as fear, anxiety, or stress.

F. Understanding the root cause: The root cause lies beneath the trigger and often consists of:

- Past memories
- Childhood experiences
- Trauma
- Limiting beliefs
- Emotional wounds
- Learned patterns of behaviour

While the trigger occurs in the present, the emotional response is often connected to unresolved experiences from the past. Healing becomes deeper when these root causes are gently explored and processed.

G. The importance of emotions: Emotions act as signals that point towards unresolved experiences. Common emotions include:

- Fear
- Anxiety
- Anger
- Sadness

- Shame
- Guilt
- Hurt
- Rejection

Rather than suppressing these emotions, EFT encourages acknowledging and processing them with acceptance and compassion.

H. Exploring experiences: Personal experiences shape beliefs and emotional responses. Questions that support deeper exploration include:

- What happened?
- When did this begin?
- What does this remind you of?
- Have you felt this way before?
- What belief about yourself came from this experience?

These questions help uncover the connection between present-day triggers and past emotional experiences.

I. Borrowing Benefits: Borrowing Benefits is an EFT process where participants can experience emotional shifts while tapping along with another person's issue.

- A simple example might be: "Even though what triggers me is _____, and it makes me feel _____, I deeply and completely love and accept myself."

- As the tapping continues, the affirmation may gently shift towards possibility: "Even though this trigger is present, I am open to the possibility of relaxing now."
- "Allowing myself to relax with this trigger, while accepting and loving myself." This process encourages emotional regulation, acceptance, and openness to change.

J. From Trigger to Experience: An effective EFT session often follows this progression: Trigger → Root Cause → Emotion → Experience.

For example:

- Trigger: Someone ignores my message.
- Root Cause: Childhood memories of rejection or abandonment.
- Emotion: Hurt and anxiety.
- Experience: Feeling left out.

By addressing the deeper root rather than only the surface trigger, more lasting emotional transformation can occur. The forest metaphor reminds practitioners that the presenting problem is often only the visible part of a much deeper emotional landscape. Rather than trying to remove the entire forest at once, practitioners work collaboratively with clients to explore one "tree" or aspect at a time, uncovering triggers, emotions, experiences, and root causes. Through compassionate questioning, EFT, and a client-led approach, individuals can release emotional burdens, gain new insights, and create lasting healing and transformation.

4. What are aspects?

Aspects are a specific part or trait of something. Every problem has a series of aspects. In EFT, we recommend working through one aspect at a time. Begin with the aspect that is most present for the client, i.e., the one that has the highest emotional charge. As the SUDs of the original aspect lower, move to the next aspect. Sometimes you will notice aspects are inter-related. Never assume you know your client's aspects. Work with their aspects using their words, at the pace they are comfortable with. At times, when the intensity goes up, it is usually a new aspect that has emerged. When this happens, begin afresh, and treat it as a new part of the problem. Example: If a client came to see you regarding their fear of flying, you have to understand that this problem can have many aspects, like fear of crowds, fear of the dark, fear of small spaces because of being shut up as a child, fear of family, fear of crashing, fear of death, helplessness, and claustrophobia.

5. How do you carry out a deeper exploration when working with a client?

A deeper exploration helps move beyond the surface symptom to uncover the emotional experiences, memories, beliefs, or stress patterns that may be contributing to the client's discomfort. Rather than focusing only on reducing the physical sensation or emotional intensity, the practitioner remains curious and follows the client's experience with compassion and without judgment. The aim is to gently identify the

underlying contributors while allowing the client to process at a pace that feels safe and supportive.

A. After EFT, notice what changed

- Worse or better?
- Changed nature or quality?
- Changed location?

B. Chasing the pain

- As energy moves, the pain may move – This is great!
- Test the original area

C. Explore the underlying contributors

- What does the pain remind you of?
- When have you felt the emotion associated with the pain before?
- When have you felt this kind of pain before?
- If the pain could speak, what would it say – how does that make you feel?

D. Explore triggers

- Who is the pain in the neck?
- When did it start?
- When is it worse?
- When is it better?

E. Be open to choosing the miracle!

A deeper exploration is about gently following the client's emotional and physical experience to uncover the root causes beneath the presenting

symptom. By observing changes after EFT, following shifts in the body, exploring emotions and triggers, and remaining open to new insights, practitioners can facilitate deeper healing rather than simply reducing symptoms. This client-led, compassionate approach supports lasting transformation while respecting the individual's pace and readiness for change.

6. What are past events?

Most of our emotional and physical problems are caused (or contributed to) by our unresolved events. Past events are experiences from an individual's life that continue to influence their thoughts, emotions, behaviours, and beliefs in the present. In trauma-informed practice, these events often refer to negative, disempowering, or traumatic experiences that have not been fully processed or resolved. Exploring past events helps practitioners understand the possible root causes of current challenges and supports clients in releasing unresolved emotional patterns.

- A. Understanding past events: Past events refer to experiences that have had a significant emotional impact on an individual. These experiences may involve trauma, loss, rejection, neglect, betrayal, failure, abuse, or other situations that left the person feeling unsafe, powerless, or overwhelmed. Although the event itself occurred in the past, its emotional imprint may continue to affect the person's daily life, relationships, and decision-making.

B. How past events shape beliefs and behaviours: Unresolved past experiences can influence the beliefs people develop about themselves and the world around them. For example, a painful childhood experience may lead someone to believe:

- "I am not good enough."
- "I am not safe."
- "People cannot be trusted."
- "I don't deserve love."

These limiting beliefs can shape behaviours, emotional responses, and coping strategies well into adulthood, often without the individual being consciously aware of their origin.

C. The impact of unresolved past events: When emotional wounds remain unhealed, they may contribute to a variety of difficulties, including:

- Limiting beliefs and negative self-perception.
- Fears and phobias.
- Anxiety and emotional distress.
- Addictive or self-destructive behaviours.
- Relationship difficulties.
- Low self-esteem and lack of confidence.
- Chronic stress and emotional overwhelm.

Physical symptoms or illnesses that may be influenced by prolonged stress and unresolved emotions. These patterns often

represent the mind and body's attempt to adapt to earlier experiences.

- D. The importance of exploring past events: In therapeutic work, exploring past events is not about reliving trauma but about understanding how earlier experiences continue to influence the present. By identifying and processing unresolved emotional imprints, clients can begin to release limiting beliefs, develop healthier coping strategies, and create new perspectives that support healing and growth. The exploration should always be conducted gently, at the client's pace, and within a safe and supportive environment.

Past events are negative, disempowering, or traumatic experiences that can significantly shape an individual's beliefs, emotions, and behaviours. When left unresolved, they may contribute to limiting beliefs, fears, phobias, addictions, emotional distress, and even physical health challenges. By compassionately exploring these experiences in a trauma-informed way, practitioners can help clients understand the roots of their current difficulties and support them in moving toward greater healing, resilience, and emotional freedom.

7. What is the "Tell the Story" technique in EFT?

The "Tell the Story" technique is a structured process used in Emotional Freedom Techniques (EFT) to help individuals process past negative or traumatic experiences and reduce their emotional intensity. Rather than

recounting an entire event all at once, the person tells the story gradually while stopping whenever emotional distress arises. Tapping is then used to reduce the emotional charge before continuing. This gentle, step-by-step approach allows difficult memories to be processed safely and effectively. The steps for the techniques are as follows:

- A. Give the story a name (be specific) and measure the intensity.
- B. Using simplified EFT, complete as many rounds of tapping as needed.
- C. Bring down the SUDs to a manageable level.
- D. Then, begin telling the story of the event, uncovering specifics.
- E. As soon as any emotional disturbance is detected, stop and scale the emotion – tap using exact words. For high emotional disturbance, use the Triple Point Calmer.
- F. Test by re-telling the previous part of the story.
- G. When it feels calmer, continue telling the rest of the story.
- H. Stop and tap whenever an emotional disturbance is detected.
- I. Finally, test by telling the entire story; from start to finish.
- J. Stop when the story can be told fully; while remaining calm.

Benefits of this technique:

- Reduces the emotional intensity of past negative experiences.
- Helps process fears, phobias, limiting beliefs, and traumatic memories.

- Can lead to profound shifts in mindset and emotional well-being.
- Allows individuals to work on memories safely without re-traumatisation.

The "Tell the Story" technique is a gentle, structured EFT process designed to help individuals safely process emotionally charged memories. By naming the event, reducing initial distress, telling the story gradually, pausing to tap whenever emotions arise, and repeatedly testing progress, practitioners can help clients release the emotional charge attached to past experiences. This trauma-informed approach supports healing, emotional freedom, and lasting transformation while respecting the client's pace and sense of safety.

Here's the link for Self-Practice Tell the Story:

<https://vitalitylivingcollege.info/wp-content/uploads/2026/06/Self-Practice-Tell-the-Story.pdf>

8. What are the steps for guiding a client through the Physical Tension with 'Tell the Story' technique in an EFT session?

The Physical Tension with "Tell the Story" technique combines Emotional Freedom Techniques (EFT) with gentle exploration of physical sensations and past experiences. The process begins by reducing physical tension through tapping and then, when appropriate, explores whether the tension is connected to unresolved memories or emotional events. This

structured approach allows practitioners to work safely, collaboratively, and at the client's pace while uncovering deeper root causes.

- A. Locate the physical tension: Begin by helping the client become aware of their body. Invite them by saying: "Take a gentle breath in and out. Just scan your body now and ask yourself where there is any tension or physical discomfort. Once you have a sense of it, focus your attention there and let me know the location." This helps the client connect with the present bodily experience.
- B. Measure the SUD (Subjective Units of Distress): Reflect back what the client has shared and measure the intensity. For example: "Thank you for sharing. The tension is in your shoulder. On a scale of 1 to 10, where 10 is the highest intensity, and 1 is the lowest, what number would you give it?" This provides a baseline for measuring progress throughout the session.
- C. Describe the tension: Invite the client to describe the tension in greater detail. Explore questions such as:
 - What colour is it?
 - What shape is it?
 - What texture does it have?
 - Is there a sound associated with it?
 - What sensation does it create?
 - What feeling comes with it?These descriptions provide valuable information for personalised EFT setup statements.

D. Listen carefully: Listen attentively and make only brief notes. For example:

- Pain
- Shoulder blade
- SUD 7
- Red
- Heavy

Keeping notes minimal allows the practitioner to remain fully present with the client rather than becoming focused on documentation.

E. Start tapping: Guide the client through EFT using their own words.

A setup statement may be: "Even though I have this tension in my shoulder, and it is a 7 out of 10, and it feels heavy and red, I deeply and completely love and accept myself." Continue tapping through the EFT points using reminder phrases based on the client's specific descriptions.

F. Test the changes: After one or more rounds of tapping, pause and invite the client to breathe. Encourage them to take a sip of water if appropriate. Then ask:

- "What happened?"
- "What do you notice now?"
- "What number is it now?"
- "How does it feel?"
- This helps assess whether the intensity has shifted.

G. Explore any changes: Notice whether the tension has changed.

Explore whether:

- The intensity is lower or higher.
- The location has changed.
- The quality or sensation has changed.

Sometimes the pain moves to another part of the body. This is often referred to as "chasing the pain", where the practitioner follows the new location and continues working with it.

H. Continue tapping: Continue tapping using the client's updated experience. Repeat the cycle of:

- Tapping
- Breathing
- Testing
- Reassessing

Work with one aspect at a time until the SUD reduces to 3 or below, or until the client reports meaningful relief.

I. Begin deeper exploration: Once the physical tension has reduced, explore whether there is an emotional connection. Questions may include:

- "What does this pain remind you of?"
- "When have you felt this emotion before?"
- "When have you experienced this kind of pain before?"
- "If this pain could speak, what would it say?"

- "Who or what does this pain remind you of?"

These questions help identify underlying emotional contributors and potential root causes.

J. Explore past memories using "Tell the Story": If a significant memory emerges, use the Tell the Story technique. The process involves:

- Giving the memory a specific title.
- Measuring its SUD level.
- Beginning to tell the story slowly.
- Pausing whenever emotional intensity increases.
- Using EFT tapping on that specific emotional moment.
- Continuing only when the emotional intensity has reduced.

The story is gradually processed until it can be recalled calmly from beginning to end.

K. Address remaining aspects: After processing one memory or sensation, check for any remaining tension. Ask:

- "Is the location still the same?"
- "Has the sensation changed?"
- "Is there anything else that still feels uncomfortable?"

If another aspect appears, repeat the EFT process using the client's updated words and experience.

L. Close the session: Bring the session to a gentle conclusion. Invite the client to:

- Take a slow breath in and out.

- Have a sip of water.
- Notice how they are feeling now.

Acknowledge their efforts and any progress they have made. Offer reassurance and thank them for their openness and willingness to engage in the process, helping them leave the session feeling grounded, supported, and emotionally safe.

The Physical Tension with "Tell the Story" technique is a structured yet flexible EFT process that begins with physical symptoms and gradually explores the emotional memories and experiences connected to them. By locating the tension, measuring its intensity, tapping using the client's own words, and gently exploring deeper memories when appropriate, practitioners can help clients reduce emotional and physical distress while uncovering and addressing underlying root causes. The emphasis on testing, collaboration, and working at the client's pace supports a safe and effective healing journey.

9. How does EFT aid weight loss?

Emotional Freedom Techniques (EFT) offer a unique approach to weight loss by targeting the emotional roots of overeating and cravings, leading to sustainable and effective results. EFT works by reducing emotional cravings linked to the amygdala, the brain's emotional centre, as demonstrated by MRI scans showing a decreased brain response to triggers like junk food following EFT sessions, and studies indicate that

participants lost weight sustainably without rebound gain, with the key impacts being decreased brain response to junk food triggers post-EFT and participants losing weight sustainably without rebound gain. This makes it a transformative tool for long-term weight management.

10. What is the three-level iceberg model that explains how addictions operate?

A three-level iceberg model of addictions illustrates how addictions often operate on deeper psychological and emotional layers than what is visible on the surface. Here's a breakdown of each level:

- A. Surface cravings help cope with stress: These are the visible behaviours or urges, such as craving a cigarette, junk food, or alcohol. At this stage, the addiction is used as a tool for quick relief from day-to-day stress or anxiety.
- B. Middle level helps suppress negative emotions: Addictions work to suppress negative emotions such as sadness, anger, fear, guilt, or shame. This level explains why a person might habitually return to the addictive behaviour—it numbs or distracts from difficult inner emotions.
- C. Deep down, they provide comfort, love, safety, security: The emotional core: At the deepest level, addictions are unconsciously trying to meet emotional needs—like a longing for comfort, love, safety, security. The addiction substitutes for the lack of

emotional connection or unmet needs from earlier life experiences.

Addictions are not just about the surface cravings; they are often symptoms of deeper emotional wounds. Addressing only the cravings (top level) without understanding and healing the underlying pain (middle and deep levels) may not lead to lasting recovery. This model is often used in emotional freedom techniques (EFT) and trauma healing to show why deep inner work is essential for true transformation.

11. What is the step-by-step guide for working with addictive cravings using EFT?

The step-by-step guide on working with addictive cravings shows how to guide a client to become aware of and reduce their cravings by exploring the sensory and emotional dimensions of their addiction.

- A. Assess current cravings on a 0-10 scale for the substance.
- B. Get the client to smell, touch, feel, and look at the substance, without consuming it.
- C. Then ask what the substance tastes, smells, feels, and looks like.
For example, "It is so crunchy and sweet!"
- D. Then tap exactly on the experience of the client in response to the substance.
- E. Conduct as many rounds of EFT as are necessary to reduce current craving.
- F. Notice if the substance tastes, smells, or feels any different.

G. Many times, the substance is filling something that is missing, for example, comfort, safety, love, or protection. The question you ask is, "When have you not felt that emotion?"

This process goes beyond just removing the craving—it aims to understand the emotional root of the addiction and gently release its grip through awareness, tapping, and reflection.

12. What are the key findings from the EFT trial on cravings?

The key findings from the EFT trial on cravings are:

- A. 4500 people wanted to participate in the trial, showing strong interest in addressing cravings, particularly among those dealing with weight-related challenges.
- B. A 4-week program, EFT can provide short-term benefits in managing weight-related challenges, particularly when participants are guided through a structured program.
- C. 96 clinically obese participants. The trial specifically focused on 96 clinically obese participants, which provided a clear, relevant group to measure the impact of EFT on weight loss and cravings
- D. 2 hours of EFT Tapping in group sessions showed promise in helping participants manage cravings. The emotional aspect of eating could be addressed through EFT, which focuses on tapping specific points while dealing with emotional issues tied to cravings.

- E. Average weight loss was 5 kg; EFT Tapping was not only effective in reducing cravings but also led to a measurable weight loss outcome in the trial group.

The trial showed that EFT Tapping can be an effective method for managing cravings, with participants losing an average of 5 kg over a 4-week period. This indicates that emotional and psychological factors influencing eating behaviour, such as cravings, can be addressed through EFT, leading to both emotional and physical benefits.

ADDITIONAL QUESTIONS:

1. **In the Personal Peace Procedure, do we focus only on the ‘Tell the Story’ technique and resolving memories, or should we also include practices like Simplified EFT, Physical Tension, Relaxed Breathing, Tantrum Release, and the Immunity Booster as part of the process?**

The Personal Peace Procedure is designed to help individuals gradually release the emotional burdens of past experiences and cultivate greater emotional well-being. While working through unresolved memories using the ‘Tell the Story’ technique is a key component, it is not the only practice that can support the process. Other EFT-based techniques may also be incorporated to promote emotional regulation and daily self-care. ‘Tell the Story’ is a core method for resolving memories.

A major focus of the Personal Peace Procedure is identifying and working through emotionally charged memories. Creating a list of significant past events and addressing one memory at a time using the ‘Tell the Story’ technique provides a structured way to reduce the emotional intensity associated with those experiences. This systematic approach helps individuals gradually clear emotional triggers that may be affecting their present life.

Daily practices like Tantrum Release and the Immunity Booster can be included. Practices such as Tantrum Release and the Immunity Booster can be incorporated into a daily routine alongside the Personal Peace Procedure. These exercises take very little time and can help release suppressed emotions while supporting overall emotional and physical

well-being. Making them part of a regular self-care practice can complement deeper emotional work.

Physical Tension and 'Tell the Story' can be used according to need.

When working through personal issues, you may choose to use either Physical Tension techniques or the 'Tell the Story' method, depending on what is most appropriate for the issue you are addressing. As your understanding of EFT grows, you may also learn approaches that combine the two methods in a single process.

The choice depends on whether the issue is presenting primarily as a physical sensation, an emotional memory, or both. The goal is to work through memories gradually. The recommendation to create a list of many significant memories is intended to make the process manageable. By selecting and working on one memory each day, you can steadily reduce emotional blocks and unresolved triggers without becoming overwhelmed.

This gradual approach supports long-term emotional healing. Seek support when needed. Although many memories can be worked through independently using the techniques learned, there may be situations where the emotional intensity is too great to manage alone. In such cases, seeking support from a qualified EFT practitioner is recommended to ensure a safe and supportive healing process.

The Personal Peace Procedure is not limited to the 'Tell the Story' technique alone. While resolving past memories remains its central focus, complementary practices such as Tantrum Release, the Immunity Booster, and techniques addressing Physical Tension can also be

integrated into a daily routine to support emotional balance and overall well-being.

2. If two or three issues or emotions arise simultaneously during a session, how do we decide which one to focus on first?

It is common during an EFT session for multiple emotions, physical sensations, or aspects of an issue to emerge at the same time. Rather than trying to address everything simultaneously, the practitioner should follow a structured process that prioritises the client's experience while allowing the session to unfold naturally. Assess the SUD for each issue. Begin by asking the client to rate the intensity of each issue or emotion using the Subjective Units of Distress (SUD) scale.

This helps identify which aspect is causing the greatest level of distress and provides a clear starting point for the session. Generally, start with the highest intensity. As a general guideline, practitioners work with the aspect that has the highest SUD score. Addressing the most intense issue often brings the greatest relief and can make it easier to work through other related aspects afterwards. Always seek the client's consent. Even if one issue has the highest intensity, it is important to check with the client before proceeding.

Ask whether they feel comfortable focusing on that particular issue and allow them to decide where they would like to begin. Never assume the client's experience. Practitioners should avoid making assumptions about what the client is feeling or what a particular symptom represents.

Instead, ask open questions, clarify their experience, and use the client's

own words throughout the tapping process. Start a new round if an aspect changes.

If a different emotion or issue emerges while tapping—for example, stress changes into sadness or anger—treat it as a new aspect. Return to the setup statement and begin a fresh round of tapping focused on the newly emerged issue. Work at the client's pace. The session should always progress at a pace that feels safe and comfortable for the client. Follow their lead, respect their readiness, and allow them to guide the direction of the work while you facilitate the process.

Recognise that aspects may be interconnected. Many presenting problems consist of multiple interconnected aspects. For example, a fear of flying may include fear of enclosed spaces, fear of crashing, fear of death, or childhood memories associated with confinement. As one aspect is resolved, other related aspects may also reduce in intensity. When several issues arise during an EFT session, the practitioner should assess the intensity of each, generally begin with the highest-rated aspect, and confirm the client's willingness to focus there. By using the client's exact words, respecting their pace, and addressing new aspects as they emerge, the practitioner creates a safe and effective pathway for emotional healing.

3. Can EFT help change unhealthy habits and cravings, such as sugar cravings or substance use that may develop into addiction, and how can it be used for these issues?

Yes, EFT can be used to work with unhealthy habits and cravings, including food cravings and other behaviours that may become problematic over time. Rather than focusing solely on the habit itself, EFT helps identify and address the emotional factors connected to the behaviour. EFT is commonly applied to cravings for specific foods, particularly those that people feel compelled to binge on or consume excessively.

By tapping while focusing on the craving, individuals can often reduce the emotional intensity and urge associated with the food. The first step is to clearly identify the habit or behaviour that is causing difficulty.

Whether it is excessive sugar consumption, emotional eating, or another unwanted habit, bringing awareness to the specific behaviour creates a starting point for the EFT process. Many habits are linked to underlying emotions.

EFT encourages individuals to identify the feelings connected to the craving or behaviour, such as stress, boredom, sadness, frustration, anxiety, or comfort-seeking. These emotional connections often play a significant role in maintaining the habit. Once the emotions connected to the habit have been identified, EFT can be used to tap on those emotions and reduce their intensity. As the emotional charge decreases, the urge to engage in the unwanted behaviour may also become less compelling.

The goal is not simply to eliminate the craving but to understand what is driving it. By working on the emotional triggers and unresolved issues associated with the habit, individuals can begin creating healthier responses and choices. As individuals learn more EFT techniques, they gain additional tools for working with cravings, habits, and emotional triggers.

The process becomes more effective as they learn to recognise patterns, identify underlying emotions, and address them systematically. EFT can be a useful approach for addressing unhealthy habits and cravings, including food cravings and other behaviours that may become problematic. By identifying the habit, uncovering the emotions connected to it, and reducing the emotional intensity through tapping, EFT helps individuals work toward lasting behavioural and emotional change.

4. When should we use the Physical Tension and 'Tell the Story' techniques together in an EFT session, and when should they be used separately?

Physical Tension and 'Tell the Story' are two complementary EFT techniques. They can be used independently or combined during a session, depending on what emerges for the client. The practitioner's choice is guided by the client's experience and the natural flow of the session.

When a client presents with physical pain or bodily discomfort, it is appropriate to begin with the Physical Tension technique. During this

process, the practitioner can ask deeper questions to explore whether the physical sensation is connected to any emotions or memories.

The 'Tell the Story' technique is specifically designed to work with emotionally charged memories. If a client recalls a significant event or past experience during the session, the practitioner can shift focus and use this technique to process the memory and reduce its emotional intensity.

In an organic EFT session, a client may begin by working on physical tension, and as they tap, a memory may spontaneously arise. In such cases, the practitioner can naturally transition from Physical Tension to 'Tell the Story', combining both techniques within the same session.

If the client is experiencing only physical discomfort without any associated memory, the session may remain focused on Physical Tension.

Likewise, if the client comes specifically to process a past event or emotional memory, the practitioner may work directly with 'Tell the Story' without first addressing physical sensations.

Rather than rigidly following a sequence, practitioners should remain attentive to the client's experience. As the session unfolds, they can intuitively decide whether to continue with the current technique or transition to another based on what naturally emerges.

The ability to know when to combine or switch between these techniques develops through experience. With regular practice, practitioners become more comfortable recognising the appropriate moments to move from physical sensations to memories and back again.

Physical Tension and 'Tell the Story' can be used either separately or together. Begin with the client's presenting issue, remain open to what emerges during tapping, and allow the session to evolve naturally. As practitioners gain experience, they develop the confidence and intuition to integrate both techniques effectively for deeper healing.

5. If the pain moves from one location (such as the hand) to another (such as the leg), should we begin tapping on the new location before closing the session?

When pain shifts from one location to another during an EFT session, the practitioner should first check in with the client rather than automatically changing the focus. Ask the client which area is bothering them more and whether they would like to work on the new location. This ensures that the client remains actively involved in guiding the session and gives informed consent before shifting focus.

In addition to exploring the new pain location, the practitioner should ask deeper questions to understand whether the shift is connected to an underlying emotion or memory. Physical sensations can sometimes lead to emotional aspects that require attention. If a significant memory or emotional issue emerges during this exploration, the practitioner should work on the memory first using the appropriate EFT process.

Addressing the underlying emotional aspect may naturally reduce or eliminate the physical pain. After processing the memory, reassess the client's physical symptoms to determine whether the pain in the new location is still present or has changed in intensity. Rather than closing

the session immediately, the practitioner should follow the client's experience, address the most relevant aspect with the client's agreement, and reassess before deciding the next step.

6. When using the 'Tell the Story' technique, do we begin by tapping three times on the setup statement, complete the full tapping sequence, and then repeat the three setup taps again for the next round, or is there a different process to follow?

When using the 'Tell the Story' technique, practitioners should begin each round with the setup statement tapped three times on the Karate Chop point. The setup statement includes the issue being worked on, along with the phrase, "I love and accept myself." For example: "Even though I have this issue, I love and accept myself." This setup statement is repeated three times before moving to the tapping points. After completing the setup, the practitioner taps through the full sequence of EFT points, using reminder phrases related to the issue or emotion being processed. At the end of the tapping round, when returning to the Karate Chop point, the setup statement is said only once to close that round, rather than repeating it three times. For beginners and practitioners in training, it is recommended to consistently repeat the setup statement three times at the start of each new round before proceeding through the tapping points. This structured approach helps build confidence and ensures the process is followed correctly. With greater experience, practitioners may naturally simplify later rounds by briefly acknowledging the issue at the Karate Chop point and then

moving directly into the tapping sequence. However, while learning, the recommended practice is to use the full three-time setup statement at the beginning of every round and a single statement when closing the round.

7. If a client feels better after working on the surface issue but is uncomfortable exploring the deeper aspects of the story, should we respect their readiness and stop there, or should we encourage further exploration?

The client's readiness and comfort should always guide the session. If a client is not comfortable exploring deeper aspects of a story, the practitioner should respect that and avoid pushing them further. In the 'Tell the Story' technique, the story is first given a name and tapped on before entering the details. This helps reduce the emotional charge around the memory, making it easier and safer for the client to revisit it. As the client narrates the story, the practitioner watches for signs of emotional intensity. When an emotional peak is noticed, the client is gently stopped, the emotion is identified, and tapping is used to reduce its intensity. If, during this process, the client says they do not want to continue exploring the story, the practitioner should stay with the client, help them regulate their emotions, and support them in feeling calm and safe rather than encouraging them to go deeper.

The goal is to reduce stress and create emotional safety before exploring deeper material. In ongoing therapeutic work across multiple sessions, deeper aspects can be addressed gradually as the client becomes more

comfortable and prepared. Throughout the session, the practitioner should continually assess the client's level of comfort and proceed only with their willingness and consent.

Respecting the client's pace helps build trust and supports more effective long-term healing. Sometimes, gentle exploratory questions such as "What is the pain trying to communicate to you?" can help the client gain insight naturally, but these should be offered without pressure and only if the client is ready to explore further.

8. If an emotional story emerges while exploring physical tension, should we switch to the 'Tell the Story' technique or continue focusing on the physical tension first?

When an emotional story emerges while exploring physical tension, you can transition into the 'Tell the Story' technique if it appears to be the client's primary focus. The key is to follow the client's experience and where the emotional intensity is strongest. If a memory surfaces, you may pause the client and ask them to give the memory a name and a SUDs number, then tap on the name and intensity first. This helps reduce the emotional charge before moving deeper into the story.

After lowering the initial intensity, invite the client to narrate the story. As soon as you notice an emotional peak through their words, tone, or body language, gently stop them, explore what they are feeling, and tap specifically on that emotion. Once the intensity of that emotion decreases, ask the client to retell the story from the beginning. Repeat this process, stopping at each emotional peak and tapping until they can

tell the story with little or no emotional charge. At the same time, remain flexible.

If the client naturally wants to speak without interruption, it is appropriate to hold space and listen first, adapting to their needs. During practice sessions and certification, however, it is recommended to follow the structured Tell the Story steps to build confidence and demonstrate understanding of the process. Overall, the guidance is to allow the emerging memory to guide the session, use the Tell the Story framework when appropriate, and balance the structured process with sensitivity to the client's pace and readiness.

MODULE 4 EFT FAST TRACK TRAINING WITH SONAL SINHA, **QUESTIONS & ANSWERS, 17th JUNE 2026**

MAIN TOPICS COVERED:

1. How to work with addictive cravings using EFT?

Emotional Freedom Techniques (EFT) can be used to reduce addictive cravings by helping individuals process both the immediate urge and the underlying emotional needs driving the addiction. Rather than relying on willpower alone, EFT works by tapping on the emotional and sensory experiences associated with the craving, allowing the nervous system to calm and creating space for healthier choices. Steps for working with addictive cravings using EFT:

- A. Assess current cravings on a 0-10 scale for the substance.
- B. Ask to, "Smell, touch, feel, and look at the substance; without consuming it."
- C. Then ask what the substance tastes, smells, feels, and looks like.
For example, "It is so crunchy and sweet!"
- D. Then tap exactly on the experience of the client in response to the substance.
- E. Conduct as many rounds of EFT as are necessary to reduce current craving.
- F. Notice if the substance tastes, smells, and feels any differently.

G. Many times, the substance is filling something that is missing, for example, comfort, safety, love, or protection. The question you ask is, “When have you not felt that emotion?”

Working with addictive cravings using EFT involves more than reducing the immediate urge; it aims to uncover and heal the emotional needs beneath the craving. By tapping on the client's present sensory experience and then exploring the deeper feelings of comfort, safety, love, or protection that may be missing, EFT supports lasting emotional change.

2. How is the Movie Technique used?

The Movie Technique is an EFT approach used to safely process emotionally charged memories by allowing the client to view the event as though it were a movie rather than reliving it. The technique helps reduce emotional intensity one scene at a time by tapping whenever distress arises, making it a gentle yet powerful method for working with traumatic or upsetting experiences. Steps of the Movie Technique:

- A. Identify: Ask for the movie name and SUD (Subjective Units of Distress), and start tapping until the SUDs are manageable.
- B. Movie screen: Place the past event on an imaginary movie screen in front of you (dissociation). Instead of stepping into the memory, the client watches it from a distance, creating a greater sense of safety and reducing the risk of becoming overwhelmed.

- C. Control: Draw the curtains and have the remote control in the hand (so they know they are in charge). This reminds the client that they can pause, stop, rewind, or fast-forward whenever needed, giving them a sense of control over the memory.
- D. Play: Play the movie from start to finish, identifying emotional peaks.
- E. Lowest peak: Start with the lowest peak, tapping until intensity decreases. Rather than beginning with the most traumatic moment, EFT works through the less intense scenes first, building emotional regulation and confidence.
- F. Tap: Tap on the incident using continuous tapping as needed. Each emotional aspect is tapped on separately using the client's own words until the emotional charge reduces.
- G. Test: Test and keep tapping until the intensity comes down and then move to the next peak. After each round, the practitioner checks whether distress remains before progressing to another part of the memory.
- H. Repeat: Continue until all emotional peaks are down. Every significant emotional aspect is addressed individually until the client can view each scene calmly.
- I. Check: Test by retelling the story and tap on any remaining emotion.
- J. Close: Close the process when all emotions have calmed. The session concludes when the client can recall the memory with little or no emotional disturbance and feels emotionally settled.

Movie Technique – "Keyhole Surgery" Principle:

The Movie Technique is often compared to keyhole surgery, meaning that the practitioner works with precision rather than trying to process everything at once. The key principles are:

- Diagnose the exact problem – identify the specific emotional aspect that is causing distress.
- Get straight into the problem – focus directly on that issue instead of talking around it.
- Clear the problem – use EFT tapping until the emotional intensity reduces.
- Get out of the site – avoid staying longer than necessary once the issue has been resolved.
- Test functionality – check whether the client can recall the memory without emotional activation.

This focused approach makes the process efficient while helping the client process difficult memories safely.

The Movie Technique enables clients to process painful memories gradually by viewing them from a safe distance and tapping on each emotional peak as it arises. By working through one aspect at a time and continually testing the emotional intensity, clients can transform overwhelming experiences into memories that can be recalled calmly, allowing healing, resolution, and emotional freedom to emerge.

3. What is Tearless Trauma, and how is it used in EFT?

Tearless Trauma is an EFT approach designed to help clients work with traumatic memories without becoming overwhelmed or re-traumatised. Instead of asking the client to fully relive the experience, the technique creates emotional distance from the memory while gradually reducing its intensity through tapping. This allows healing to occur in a gentle, safe, and controlled manner. Steps of the Tearless Trauma technique:

- A. Identify the traumatic incident: Begin by asking the client to identify a traumatic event they would like to work on. At this stage, they do not need to describe the details of the memory.
- B. Guess the emotional intensity: Rather than picturing the event, ask the client to guess how intense the memory would feel on a SUD (Subjective Units of Distress) scale from 0 to 10. This helps maintain emotional distance while providing a starting point.
- C. Develop a reminder phrase: Create a simple reminder phrase that refers to the event without describing it in detail, such as: "That incident." "That memory." "That private event." The phrase should feel safe and non-triggering for the client.
- D. Tap until the guessed SUD reduces: Use EFT tapping while repeating the reminder phrase until the client's guessed intensity begins to decrease. The goal is to calm the nervous system before approaching the memory.
- E. Imagine the incident: Once the emotional charge has lowered, gently invite the client to briefly imagine or think about the

incident. Because much of the emotional intensity has already been reduced, they are often able to access the memory with greater calm.

- F. Tap on any remaining emotion: If any emotions arise while imagining the event, continue tapping on those specific feelings until the remaining emotional intensity subsides.

Safety principles of Tearless Trauma: To minimise the risk of re-traumatisation, practitioners should follow several important safety guidelines:

- Break the memory into small, manageable chunks rather than processing the entire event at once.
- Work only on the parts the client feels ready and safe to address.
- Create distance from the memory, such as imagining it happening in another city or on a distant movie screen.
- Respect the client's boundaries and pace, allowing them to stay in control throughout the process.
- Reassure the client that you will not go anywhere they are not ready to go.
- Ask the client to give the memory a private or unrelated keyword, and tap on that word instead of the event itself.
- If an abreaction or strong emotional response occurs, immediately use the Triple Point Calmer. You may also guide the client to imagine tapping down the spine or on the feet to help restore regulation and safety.

The Tearless Trauma technique provides a safe and compassionate way to process traumatic memories while reducing the risk of emotional overwhelm. By working indirectly, respecting the client's readiness, and gradually lowering emotional intensity through EFT tapping, practitioners can help clients heal difficult experiences in a way that promotes safety, empowerment, and lasting emotional transformation.

4. What are the different EFT approaches for working with memories, and when should each technique be used?

When working with memories in EFT, it is important to choose a technique that matches the client's level of emotional intensity and readiness. Different approaches provide varying degrees of safety and emotional distance, allowing the practitioner to process difficult experiences without overwhelming the client. The goal is always to reduce emotional distress while maintaining a sense of safety and control.

A. Tell the Story Technique – For SUDs 7 and below: This technique is suitable for memories that carry moderate emotional intensity (7 or below).

- Give the memory a specific title and measure the SUD level.
- Ask the client to tell the story slowly from beginning to end.
- As soon as any emotional disturbance arises, stop the story.
- Tap using the client's exact words until the intensity decreases.

- Resume the story and repeat the process whenever emotions increase.
- Continue until the client can tell the entire story calmly with little or no emotional charge.

This method helps process memories step by step while preventing emotional overwhelm.

B. Movie Technique – For SUDs 10 and below: The Movie Technique allows clients to view the memory as though watching a film, creating emotional distance while processing difficult experiences.

The key steps include:

- Identify: Ask for the movie name and SUD, and start tapping until the SUD becomes manageable.
- Movie Screen: Place the past event on an imaginary movie screen in front of the client, creating dissociation.
- Control: Draw imaginary curtains and place a remote control in the client's hand so they know they are in charge.
- Play: Play the movie from start to finish while identifying emotional peaks.
- Lowest Peak: Begin tapping on the lowest emotional peak until the intensity decreases.
- Tap: Continue tapping on the incident as needed.
- Test: Retest each emotional peak and continue tapping until it reduces.

- Repeat: Continue until all emotional peaks have been addressed.
- Check: Retell the story and tap on any remaining emotions.
- Close: Finish the process when the entire memory feels calm and emotionally neutral.

This technique helps the client safely process distressing memories while maintaining a sense of control.

C. Tearless Trauma Technique – For SUDs 10 and higher: Tearless Trauma is designed for highly traumatic memories (SUD 10 or above) where directly recalling the event may be too overwhelming. Its purpose is to prevent re-traumatisation by allowing the client to remain dissociated from the event. Safety principles include:

- Break the memory into small, manageable pieces.
- Work only on the part the client feels safest exploring.
- Imagine the memory happening far away, such as in another city.
- Respect the client's boundaries and pace.
- Reassure them that you will not go where they are not ready to go.
- Give the memory a private or unrelated keyword.

If an abreaction occurs, use the Triple Point Calmer or imagine tapping down the spine or on the feet. Steps:

- Identify the traumatic incident.

- Guess the emotional intensity without picturing the event.
- Develop a reminder phrase.
- Tap until the guessed SUD decreases.
- Imagine the incident briefly.
- Tap on any remaining emotions.

This gradual approach allows trauma to be processed safely while minimising emotional flooding.

Each memory-processing technique serves a different purpose depending on the client's emotional intensity and readiness. Tell the Story is effective for moderate memories, the Movie Technique creates emotional distance while processing events, Tearless Trauma provides maximum safety for highly traumatic experiences, and the Box Technique breaks complex trauma into manageable pieces. Selecting the appropriate technique helps create a safe, respectful, and effective therapeutic process while supporting lasting emotional healing.

ADDITIONAL QUESTIONS:

- 1. While doing the Personal Peace Procedure, if a memory has an intensity greater than 7, should we first use Simplified EFT to reduce it to 7 or below before using the 'Tell the Story' technique?**

Yes. If a memory in the Personal Peace Procedure has an intensity greater than 7, it is recommended to first use Simplified EFT or another calming technique to reduce the intensity to 7 or below before using the 'Tell the Story' technique. The reason for this guideline is that high-intensity memories can overwhelm or fluster the nervous system, making it difficult to process the memory safely and effectively.

You can begin by tapping on the surface symptoms or present emotions until you feel calm enough to approach the memory. Once the intensity has reduced and you feel comfortable, you can break the memory into smaller parts, identify the emotions involved, and then use the 'Tell the Story' technique. It is also important to gauge whether you are in a position to work through the memory by yourself.

If the memory feels too overwhelming, seeking support from a practitioner is advisable rather than processing it alone. For beginners, the recommendation is to use the 'Tell the Story' technique only with memories rated at 7 or below. If the intensity is higher, use other tools—such as Simplified EFT, Energy Flow®, or other calming practices—to regulate the nervous system first, and then proceed with the memory work.

2. Why do we tap on the top of the head first, and then move to the facial point?

When doing a positive tapping round, the practice is to begin at the Top of the Head before moving to the facial points because the top of the head is believed to contain thousands of meridian points, helping the positive statements become integrated throughout the energy system. Starting at the Top of the Head is also said to have a grounding and calming effect.

Simply placing the hand there can help the person feel more centred and relaxed before continuing with the tapping sequence. In the standard EFT sequence, practitioners often begin with the regular tapping points and move through the body. However, for positive rounds, it is common in this training approach to start at the Top of the Head and then continue to the facial points.

There is no strict or specific rule requiring this order. It is simply the preferred approach used in the EFT because it supports grounding and the integration of positive affirmations.

3. When uncovering the first memory in the Movie Technique, should we ask the client to replay only the first part of the memory rather than the entire event?

Yes. In the Movie Technique, the memory is broken down into smaller parts, and the client is asked to replay only the first manageable section, rather than the entire event at once. The idea is to address one segment at a time. The practitioner taps on the emotions associated with that

specific part until the SUDs level decreases, and only then moves on to the next section of the memory.

If, during a shorter practice session or breakout room, one part of the memory remains unresolved, the practitioner can focus exclusively on that unresolved section, asking the client to replay only that part and continue tapping until its intensity reduces. This gradual approach prevents the client from becoming overwhelmed. Instead of confronting the most emotionally intense part of the memory immediately, the process works through lower-intensity aspects first, which often causes the higher-intensity aspects to lessen naturally as well.

The technique also encourages the client to observe the memory from a distance rather than relive it. They may be invited to imagine watching it on a screen, making it black and white, placing it far away, or using a remote control to pause whenever needed. This creates emotional distance and helps regulate the nervous system.

As the emotional charge decreases through repeated tapping, clients often find that they can talk about the memory more calmly, viewing it as an event that happened rather than re-experiencing its emotional impact. This gradual, step-by-step process makes the Movie Technique both safe and effective.

4. When guiding an EFT session, should the practitioner strictly use only the client's own words and statements without adding or interpreting any details?

Yes. When guiding an EFT session, the practitioner should primarily use the client's own words and expressions rather than adding their own interpretations or assumptions. Using the client's exact language helps ensure that the tapping addresses their unique experience and emotional reality, making the process more accurate and personally meaningful. The practitioner should avoid tweaking, rephrasing, or assigning meanings that the client has not expressed.

Instead, they should reflect back the client's own words and use those in the setup and reminder phrases. This approach also prevents the practitioner from making assumptions about what the client is feeling or thinking. If clarification is needed, it is better to ask gentle questions rather than interpret the client's experience. "We always stick to the words of the clients—we don't tweak them." By following the client's language and allowing them to lead the process, the practitioner creates a safe, collaborative, and client-centred EFT session.

5. After resolving one emotional peak in the 'Movie Technique', should we ask the client to replay the entire scene before working on the next peak, or proceed directly to tapping on the next emotional intensity?

After resolving one emotional peak in the Movie Technique, you do not ask the client to replay the entire movie before moving to the next peak. Instead, you ask them to revisit only the next specific scene or segment

that contains the next emotional peak. The Movie Technique works by breaking one incident into several smaller parts or "aspects." Each part is treated separately, almost like looking through a keyhole—focusing only on that one section rather than the whole event.

Before beginning, the memory is given a name and a SUDs rating, and the practitioner taps on the name and number first. The memory is then imagined on a movie screen (double dissociation), helping the client observe it from a safe distance. Once the first emotional peak has been resolved, the practitioner asks the client to play only the second scene or portion, identify the emotion that arises, and tap on that specific emotion or aspect. The process continues one segment at a time until all significant peaks have been addressed.

Only at the end, after all identified sections have been worked through, should the practitioner ask the client to watch the entire movie from beginning to end. This final review checks whether any emotional peaks remain. If the client can view the whole memory without significant emotional activation, the process is considered complete. If any residual intensity appears, that remaining aspect can then be addressed separately.

6. During the 'Tell the Story' technique, if new layers or emotions keep emerging with each round of tapping and the original intensity rapidly dissolves, should we continue working with each new aspect as it unfolds?

Yes. During the 'Tell the Story' technique, it is normal for new layers, emotions, or aspects to emerge as the session progresses. As one emotional peak is resolved through tapping, another related emotion or memory may naturally surface. The practitioner should continue working with each new aspect as it unfolds, addressing it one at a time. This gradual process allows the emotional charge attached to the memory to dissolve layer by layer.

It is common to observe that, after tapping on one emotion, something else comes up, and after working on that, another layer appears. As these aspects are processed, the original intensity often reduces rapidly and naturally. Eventually, the memory loses its emotional charge and becomes "just a story" rather than an emotionally overwhelming experience.

The client can recall and talk about it without being significantly activated. The key is to follow the client's experience as it unfolds, working gently with each emerging aspect until the memory can be revisited with little or no emotional intensity.

7. If a client is uncomfortable expressing themselves openly during an EFT session, can we ask them to mute themselves and privately express their emotions while continuing the process?

Yes. If a client is uncomfortable expressing themselves openly during an EFT session, the practitioner can offer them the option to mute themselves or even turn off their video while continuing the process. Providing this choice can help clients feel safer and more comfortable, especially when working with deeply personal or emotionally intense memories. However, the practitioner should never assume that muting or turning off the video will make the client willing to share.

Some clients may still feel that they are not ready to express or revisit the experience, even privately. The guiding principle is to respect the client's comfort level and readiness. If the client does not wish to verbalise the memory, the practitioner should not push for disclosure but instead hold space and work at a pace the client feels comfortable with.

While muting or switching off the camera is a valid option, the client's willingness to use that option depends on their personal sense of safety. The process should always remain client-led, compassionate, and consent-based.

8. During an EFT session, when is the appropriate time to offer the client a sip of water—only as part of the standard sequence, or also whenever the client becomes emotionally overwhelmed or uncomfortable speaking?

A sip of water can be offered both as part of the EFT process and whenever it helps regulate the client during the session. It is not limited to a fixed point in the sequence. When emotions become very intense or the client appears stuck or overwhelmed, techniques such as deep breathing, holding the 9 Gamut point, or drinking water can help interrupt the emotional pattern and promote regulation. These interventions help break the pattern or stuckness before continuing. Hold the 9 Gamut point for a few rounds and then invite the client to drink water, using hydration as part of the relaxation and grounding process. It is also perfectly appropriate to offer or take a sip of water during periods of heavy emotional expression or venting. In fact, if the practitioner drinks water themselves, they are modelling healthy self-regulation and self-care, which naturally encourages the client to do the same.

An important reminder for practitioners is to stay well hydrated throughout the session. By taking care of themselves and demonstrating healthy habits, they create a calm and supportive environment for the client. In summary, water can be used flexibly—as part of the standard relaxation process, after grounding techniques such as the 9 Gamut hold, or whenever the client or practitioner needs a brief pause to regulate emotions and restore balance.

9. If a client becomes too emotional to speak during an EFT session, should they continue tapping silently until they are able to speak again?

Yes. If a client becomes too emotional to speak during an EFT session, it is perfectly appropriate for them to continue tapping silently until they feel able to speak again. The practitioner can calmly hold space, listen, and allow the tapping to support emotional regulation. If the client is becoming highly overwhelmed or entering a state of shock, the practitioner may also use the Triple Point Calmer technique to help settle the nervous system and promote a sense of safety.

In situations where the client is unable to tap themselves, the practitioner can encourage them to simply remain present while the practitioner taps on themselves or uses energetic tapping techniques, particularly in online sessions. The focus is on helping the client regain calm before continuing. For face-to-face sessions, with the client's explicit permission, the practitioner may gently tap on the client's Triple Calmer Point.

Consent should always be obtained before any physical contact. The guiding principle is to prioritise the client's sense of safety and emotional regulation. Whether through silent tapping, the Triple Warmer technique, or simply holding compassionate space, the practitioner supports the client until they are calm enough to continue expressing themselves.

10. If a client is unwilling to use a word associated with a memory, can they choose an unrelated keyword (such as 'rose flower') and still tap effectively using the Keyword Approach?

In the Keyword Approach, if a client is unwilling or unable to use a word directly associated with the memory, they can choose an unrelated keyword, such as "rose flower", and still tap effectively. The reason this works is that the client is still holding the memory in their mind, even though they are using a neutral or unrelated word. The chosen keyword acts as a placeholder while the tapping process continues to address the emotional charge connected to the memory.

Using an unrelated keyword can actually create greater dissociation from the memory, making it feel safer to approach. As the client taps while keeping the memory in their awareness, the emotional intensity gradually reduces, even without explicitly naming the event. As the emotional charge decreases, the client often finds it easier to revisit or view the memory without becoming overwhelmed or retraumatised. The process helps them move from emotionally reliving the experience to observing it with greater calm and distance. It is also important to recognise that healing may occur in layers. A significant aspect of the memory may resolve quickly, providing noticeable relief, while other aspects may emerge and require further work in future sessions. Each round can release another layer, allowing the client to experience increasing calm and closure over time.

Finally, the facilitator's experience highlights that simply visualising, gently verbalising, and tapping—while using the client's own chosen

keyword—can produce a profound sense of release, even when the client had never previously spoken about the memory. The goal is not to force disclosure but to create a safe process through which the emotional intensity naturally dissolves.

11. While doing the Personal Peace Procedure, should we simply visualise the selected issue or actively tap on it, and what safety guidelines should we follow during the process?

During the Personal Peace Procedure, you should actively tap while working on the selected issue, following the worksheet and the EFT process, rather than simply visualising the memory without tapping. If you feel comfortable and resourced enough to work on the incident by yourself, it is recommended to stick closely to the worksheet, focusing on the identified emotion and its Subjective Units of Distress (SUD) rating. Following the structured process helps maintain clarity and prevents becoming overwhelmed. A key safety guideline is that if the memory has a high intensity (around 8 or above), you should first work on reducing the intensity using appropriate EFT or calming techniques before stepping more deeply into the memory. This helps prevent the nervous system from becoming overly activated.

When working on yourself, it is also important to stay focused on the chosen memory and emotion. As you tap, many related memories or aspects may emerge, leading your attention in multiple directions. Until you have developed greater confidence and experience, it is best to stick

to the worksheet, the identified emotion, and the current SUD level rather than following every new association.

If a memory becomes too intense or feels unsafe to continue exploring, the recommended approach is to use a "box technique"—placing the memory (not the emotion) into an imagined container and setting it aside to return to later when you feel more prepared or have additional support. Overall, the guidance is to tap actively on manageable pieces of the issue, reduce high intensity before deeper work, stay structured, and prioritise emotional safety throughout the Personal Peace Procedure.

12. When should we introduce a safety word during an EFT session, and in which situations is it recommended?

A safety word should be introduced before working with highly intense or potentially traumatic material, particularly when using techniques such as the Movie Technique or other memory-based EFT processes. It is especially recommended when the practitioner anticipates that the client may experience abreaction, a state in which emotions become overwhelming, and the client appears to lose emotional control. Signs of abreaction may include:

- Bursting into tears uncontrollably.
- Shouting or becoming highly distressed.
- Feeling suddenly hot or physically overwhelmed.
- Wanting to shut down or withdraw.

Any other reaction where emotions become difficult to regulate.

By establishing a safety word in advance, the practitioner and client have a clear way to pause the process, regain emotional stability, and return to a sense of safety if the intensity becomes too high. The facilitator also recommends using a safety word whenever you are working with very intense memories, even before any signs of distress appear. It serves as a protective measure that helps the client feel more secure and in control throughout the session.

In summary, a safety word is best introduced at the beginning of work involving highly charged memories or trauma and is particularly valuable in techniques like the Movie Technique, where there is a possibility of emotional flooding or abreaction. It supports a trauma-informed approach by ensuring the client knows they can pause the process whenever needed.

13. How should we handle a recent, highly intense memory in an EFT session if the client becomes overwhelmed and starts losing emotional control?

During an EFT session, if a client becomes overwhelmed by a recent or highly intense memory, the practitioner should handle it the same way as any other traumatic memory. The focus should be on helping the client feel safe rather than pushing them into the experience. For memories with an intensity above 10, it is recommended to use the Tearless Trauma approach. Instead of asking the client to relive the

event, give the memory a keyword or neutral name and tap on that to gradually reduce the emotional charge.

The goal is to first reduce the distress associated with simply thinking about the memory. Once the client feels calmer and can bring the memory into awareness without becoming overwhelmed, the practitioner can decide whether to use the Movie Technique or Tell the Story technique. If the client starts crying intensely or loses emotional control, do not force them to continue.

Slow the process down, keep tapping on the associated feelings or keyword, and help them regain a sense of safety before moving any further. The practitioner should also respect the client's readiness. If the client says they do not want to work on the memory, their choice should be honoured.

Tearless Trauma can be used to gently help them become comfortable approaching the memory without requiring them to relive it. The overall principle is to reduce the emotional intensity first, create safety, and only then gradually approach the memory, ensuring the client remains within a manageable emotional state throughout the session.

14. Is there an age limit for using EFT, and can we safely work with clients over 84 years old by guiding them to recall and process past memories?

There is no specific age limit for using EFT. The deciding factors are the client's openness, readiness, and willingness to engage, rather than their chronological age. Yes, EFT can be used with clients over 84 years old if they are willing to explore their emotions and memories. The

practitioner should respect the client's pace and not force exploration of past memories. Many older adults have deeply ingrained beliefs and conditioning, so building trust gradually is important. The recommended approach for elderly clients is to start gently. Begin with present-day physical tension or discomfort rather than deep emotional memories. Physical sensations are often an easier gateway to emotional awareness. Use the client's own language. Reflect their exact words during tapping instead of interpreting or reframing their experience. Help them experience small successes. Use simple tapping and breathing exercises so they can personally feel the benefits before introducing deeper work. Explore memories only if they are comfortable. If they become curious or a memory naturally emerges, you can gently work with it. If they are resistant, continue working with current emotions or physical sensations instead. Working with past memories. If an older client is open to recalling past experiences, guide them gradually rather than asking them to relive the entire event. If the memory carries high emotional intensity, first reduce the distress using gentler approaches before moving into more detailed memory-processing techniques. Follow the client's readiness at every step. Working with family members. New practitioners should avoid working deeply with close family members. Family dynamics can interfere with the therapeutic process, and unresolved personal issues may make it difficult to remain objective. As your skills and confidence grow, and if the family member is comfortable, this may become more appropriate. For an 84-year-old client, a safe progression would be:

- Begin with physical tension or current discomfort.
- Tap on the present experience until some relief is felt.
- Ask gentle questions such as, "When else have you felt like this?"
- Allow related memories to emerge naturally rather than pushing for them.
- Proceed deeper only if the client feels safe and wants to continue.

The overall principle is that age itself is not a limitation—readiness, safety, and the client's willingness to engage guide the process.

MODULE 5 EFT FAST TRACK TRAINING WITH SONAL SINHA, **QUESTIONS & ANSWERS, 23RD JUNE 2026**

MAIN TOPICS COVERED:

1. How do you choose the appropriate EFT technique when working with memories?

When working with past events, emotional memories, or trauma, the most important consideration is the client's level of emotional intensity and sense of safety. EFT offers several approaches that allow practitioners to meet clients where they are emotionally, rather than pushing them into memories they are not ready to revisit. As the intensity of a memory increases, the level of distance and safety should also increase.

A. Tell the Story Technique – SUD 7 and lower: The Tell the Story Technique is best used when the memory has a manageable emotional intensity, typically 7/10 or lower. The client tells the story in small sections rather than all at once. Whenever an emotional reaction arises, the practitioner stops the story and taps on the specific emotion or aspect until the intensity reduces. Once calm, the client continues telling the next part of the story.

This technique is useful when:

- The client can comfortably discuss the event.
- The emotional charge is moderate.

- The client remains present and regulated while recalling the memory.
- The goal is to process specific aspects of the event.

B. Movie Technique – SUD 10 and lower: The Movie Technique is suitable for memories that are more emotionally intense, often up to 10/10, but where the client can still tolerate imagining the event. The client places the memory on an imaginary movie screen and watches it as though it were a film. This creates emotional distance and helps prevent becoming overwhelmed. Emotional peaks are identified and tapped on one at a time until the movie can be watched calmly from beginning to end. This technique is useful when:

- The memory is highly emotional.
- Additional dissociation and distance are needed.
- The client can imagine the event without becoming flooded.
- There are clear emotional peaks within the memory.

C. Tearless Trauma – SUD 10 and higher: The Tearless Trauma Technique is used when the emotional intensity is extremely high, typically 10/10 or higher, and direct recall may be overwhelming or re-traumatising. The purpose of this approach is to prevent re-traumatisation by allowing the client to remain dissociated from the event initially. Key principles include:

- Guess the emotional intensity without visualising the memory.

- Keep the event at a distance.
- Work only with what feels safe.
- Allow the client to choose how much they wish to share.
- Use unrelated keywords if necessary.
- Reassure the client that they will not be asked to go anywhere they are not ready to go.

Trauma-informed safety guidelines: When using Tearless Trauma:

- Break the memory into small chunks.
- Work on the safest part first.
- Distance the memory (for example, place it in another city or on a distant screen).
- Respect the client's boundaries and pace.
- Ask the client to give the event a private or unrelated keyword.
- If an abreaction occurs, use the Triple Point Calmer and grounding techniques.

Steps of Tearless Trauma:

- Identify a traumatic incident.
- Guess the emotional intensity without picturing the scene.
- Develop a reminder phrase.
- Tap until the guessed SUD reduces.
- Imagine the incident gently.
- Tap on any remaining emotional intensity.

The goal is to gradually reduce distress before approaching the actual memory

D. Box Technique – High trauma and long memories: The Box Technique is particularly useful when the trauma is both highly intense and extensive in duration. Some clients are not dealing with a single event but with:

- Years of abuse.
- Multiple traumatic incidents.
- Complex trauma.
- Long-term emotional experiences.

In these situations, opening the entire memory at once can be overwhelming. The Box Technique allows the client to contain the memory and work with one manageable section at a time while keeping the rest safely stored away until they are ready. This approach provides:

- Greater emotional safety.
- Better pacing.
- Improved nervous system regulation.
- Reduced risk of overwhelm.

Choosing the right EFT memory technique depends on the client's emotional intensity, safety, and readiness. Tell the Story is ideal for manageable memories, the Movie Technique creates helpful distance for stronger emotions, Tearless Trauma offers a highly trauma-informed approach for overwhelming experiences, and the Box Technique

provides containment for complex or long-term trauma. The guiding principle is always to work at the pace of the client, creating safety first and allowing healing to unfold gradually.

2. What are the key considerations in maintaining an effective practitioner–client relationship?

A strong practitioner–client relationship is the foundation of effective therapeutic or coaching work. In EFT and similar modalities, outcomes are deeply influenced by the level of trust, safety, and rapport established between practitioner and client. Beyond techniques, it is the quality of presence, attunement, and respect for the client’s experience that determines how effectively change can occur.

A. Build trust and rapport:

- Match and mirror positive body language.
- Bring awareness to change of emotions.
- Practice empathy – be present for them.
- Tune into your intuition.

B. Respect the other person’s model of the world.

C. Every behaviour has a positive intention.

D. Everyone is doing the best they can with the resources they have available - people are not their behaviours.

E. Resistance is a sign of lack of rapport.

F. The client is in control – it is their process.

G. Calibrate.

H. Be aware of their body language, eye movements, voice, and skin tone.

Maintaining an effective practitioner–client relationship requires more than technical skill. It is built through trust, rapport, empathy, calibration, and respect for the client’s individual experience. By staying present, observing subtle cues, respecting resistance, and allowing the client to remain in control, practitioners create a safe and supportive space where meaningful emotional work can take place.

3. What is Psychological Reversal (PR), and how do we identify and clear it during a session?

Psychological Reversal (PR) is a concept in EFT that refers to a subconscious block or internal resistance that can interfere with progress and change. It is sometimes described as having the body's energy system "switched backwards," making it harder for EFT or other interventions to produce results. PR is not something that clients consciously choose; rather, it operates beneath awareness and can show up as resistance, self-sabotage, or difficulty moving forward despite a desire for change.

A. What is Psychological Reversal? Psychological Reversal is:

- A subconscious block to healing or progress.
- An energetic reversal that may reduce the effectiveness of EFT.

- A form of internal resistance that can prevent change from occurring.
- Something that can appear and disappear quickly.
- It is often described metaphorically as having the batteries in backwards or "sdrawkcaB" (backwards spelled backwards), meaning the system is not functioning in its optimal direction.

B. How does PR show up? Psychological Reversal may appear as:

- Resistance to change.
- Lack of progress despite repeated tapping.
- Self-sabotaging behaviours.
- Feeling stuck.
- Difficulty following through on goals.
- PR is commonly observed in situations involving:
 - I. Depression.
 - II. Addictions and cravings.
 - III. Chronic physical illness.
 - IV. Long-standing emotional issues.
- It is important to remember that resistance is not a sign of failure but rather information that helps guide the practitioner.

C. How do we identify PR? In practice, EFT practitioners do not usually spend significant time testing for Psychological Reversal.

The reason is simple:

- Most people have some level of PR around most issues.
- PR can change from moment to moment.
- It is quicker and more effective to clear it as part of the standard EFT process than to test extensively for its presence.
- For this reason, correcting PR is already built into the EFT Setup Statement.

D. How do we clear Psychological Reversal? Several EFT points are commonly used to clear PR:

- Karate Chop Point: The Karate Chop Point is the most widely used PR correction point and forms part of the standard EFT setup: "Even though I have this problem, I deeply and completely love and accept myself."
- Sore Spot: The Sore Spot is located on the upper chest and can be rubbed while repeating the setup statement. Some clients respond particularly well to this point.
- Upper Chest Point: Tapping or gently touching the upper chest area can help correct PR and support emotional regulation.
- Collarbone Point: The collarbone point is another commonly used location for reducing energetic resistance and encouraging flow.

E. Finding Your Point: Over time, practitioners often notice that certain clients respond more strongly to one PR correction point than another.

- You may hear clients say: "I really felt it when I tapped this spot." When this happens, that point can often be used more frequently because it appears to create a stronger energetic shift for that individual.

F. Touch and Breathe Alternative: Some clients may:

- Have physical pain.
- Feel uncomfortable tapping.
- Feel embarrassed about tapping in public.
- Be unable to tap due to injury or mobility issues.
- In these situations, a simple alternative is:
 - I. Touch and Breathe: The client gently places a hand on the chosen point and takes slow, conscious breaths while focusing on the issue. This often provides many of the same calming and regulating benefits as tapping.

Psychological Reversal (PR) is a subconscious block or resistance that can interfere with progress during EFT work. It is common, can fluctuate rapidly, and is often present in issues involving depression, addictions, and chronic conditions. Rather than spending time testing for it, EFT practitioners typically clear PR as part of the standard setup process using points such as the Karate Chop, Sore Spot, Upper Chest, and

Collarbone points. By addressing PR at the beginning of a session, practitioners help create the conditions for smoother emotional processing and more effective results.

4. Why are issues like puzzles?

Issues are like puzzles refers to the complexity of our emotional experiences and how they can be interconnected and difficult to unravel. Just as a puzzle is made up of many different pieces that fit together to create a complete picture, your emotional issues can be made up of multiple experiences, memories, and beliefs that are interconnected and can be difficult to separate and understand. For example, someone may have a fear of public speaking that seems to come out of nowhere, but upon closer examination, it may be connected to a childhood experience of being ridiculed in front of others or a belief that they are not good enough to be heard.

In EFT, the goal is to identify and address the underlying emotional issues that are contributing to your current challenges. By releasing emotional blocks and addressing negative beliefs, you can begin to unravel the puzzle of your emotional experiences and gain clarity and understanding. So, 'Issues are like puzzles' means taking a comprehensive approach to healing and understanding the complex nature of your health condition. The other aspect is that the treatment protocol may not be simplistic. For example, if someone with cancer comes to you for help, you don't know how you are going to help them unless you do some exploration

first, because there are so many aspects to it. The treatment is not going to be a straight line but more like a puzzle.

5. What are shifting aspects?

Aspects are a specific part or trait of something. Every problem has a series of aspects. In EFT, we recommend working through one aspect at a time. Begin with the aspect that is most present for the client, i.e., the one that has the highest emotional charge. As the SUDs of the original aspect lowers, move to the next aspect. Sometimes you will notice that aspects are interrelated. Shifting aspects are naturally shifting memories, scenes or emotions where one memory, scene or emotion throws up another memory, scene or emotion. If there is a shift happening, you can ask questions such as “What does it remind you of?” or “When have you felt like that before?” These are known as linkage questions which uncover the root of the presenting surface problem.

6. How do you perform Simplified EFT?

Simplified EFT (Emotional Freedom Techniques) is a structured process that helps reduce emotional distress, physical discomfort, and limiting beliefs by combining focused attention with tapping on specific acupressure points. The goal is to identify the issue, measure its intensity, tap while using the client's exact words, and then test the results until the emotional charge has significantly reduced.

A. Become aware of the problem:

- Ask questions and get information by saying, “Tell me more”.
- Identify the exact issue.
- Identify the intensity or the subjective unit of distress (SUD).

B. Set-up with specific words to balance:

- Tap on the Karate Chop, sore spot, and the upper chest.

C. Say the reminder phrase to clear.

- Tap on the facial points, collarbone, under the arm, and the finger points.

D. Do the Karate Chop to close the sequence.

E. Breathe, and take a sip of water.

F. Testing:

- Check for the intensity, observe changes, cognitive shifts, and aspects.
- “What happened? What is the number at now? How do you feel about that issue now?”

G. Repeat till the intensity is low, and then tap to close (reframes):

- “Even though I have this remaining problem....I love and accept myself!”
- “Even though this happened...THAT was THEN... THIS is NOW... I love and accept myself!”
- “Even though this happened... I WAS DOING THE BEST I COULD... I love and accept myself!”

Testing the results:

- It can be done:
 - I. At the beginning or at the end of the session.
 - II. After every round of EFT.
 - III. Whenever there has been a switch or a shift in the aspect.
- Testing methods:
 - I. SUDs
 - II. Verbal and non-verbal signals
 - III. Tell the Story again
 - IV. Cognitive shifts

Simplified EFT follows a clear process: identify the problem, measure the intensity, create a specific setup statement, tap through the EFT points, breathe, test the results, and repeat as necessary. Consistent testing throughout the session ensures that progress is measurable and helps the practitioner identify remaining aspects that need attention. The more specific the issue and language used, the more effective the EFT process tends to be.

7. What are the borrowing benefits?

Borrowing Benefits is a unique and powerful phenomenon in EFT where a person experiences emotional relief or positive shifts simply by tapping along while someone else is being guided through an EFT session. Even though the session is focused on another person's issue, participants

often find that their own emotional intensity decreases and insights emerge. This makes Borrowing Benefits particularly valuable in group EFT demonstrations and workshops. Borrowing Benefits occur when you:

- Listen to another person's EFT process.
- Tap along using their words and reminder phrases.
- Keep your own issue or memory in mind while tapping.
- Experience a reduction in emotional intensity, stress, or discomfort.

In many cases, participants discover that issues similar to their own begin to shift, even though they are not the primary focus of the session. The idea is simple: While someone else is receiving EFT, you "borrow" the benefits of the tapping process by participating fully. Many participants are surprised to find their number has reduced, even though the session was focused on someone else's story. Benefits of Borrowing Benefits:

- Allows multiple people to experience relief simultaneously.
- Provides learning through observation and participation.
- Helps individuals process issues they may not yet feel ready to discuss.
- Creates a sense of connection and shared healing within a group.
- Demonstrates the effectiveness of EFT in a practical and experiential way.

Borrowing Benefits is the process of receiving emotional and energetic shifts by tapping along while someone else is being guided through EFT. By focusing on their own issue while participating in the demonstration, individuals often experience reductions in intensity, emotional relief, and valuable insights. This makes Borrowing Benefits a powerful tool for group EFT sessions, workshops, and training environments, allowing many people to benefit from a single demonstration.

8. What is an abreaction?

Abreaction is a normal but intense reaction to a specific stimulus. This is when someone cries because they intense emotions that are buried or repressed. When someone has an abreaction, stay calm and continue tapping with the client. Tap under the eye, collar bone, and under the arm. Ask the client's permission to tap on them. Hold the 9 Gamut after the tapping round on trauma. Be there for your client and say: "Stay with me, stay with me... Keep tapping... Breathe." Encourage and reassure the person who is abreacting.

9. How do you do safety tapping?

Safety Tapping is a simple EFT-based calming technique used when a client becomes emotionally overwhelmed, highly activated, distressed, or disconnected from the present moment. Its primary purpose is to help regulate the nervous system, restore a sense of safety, and bring the client back into the here and now. Here are the steps for safety tapping:

A. Tap under the eye, collar bone and under the arm:

- Breathe, breathe, breathe
- Stay with me, stay with me, stay with me
- Drink water
- Hold the 9 Gamut and breathe.

Safety Tapping is a grounding and regulation technique used to help clients feel safe, present, and emotionally settled during EFT sessions. By tapping on the Under Eye, Collarbone, and Under Arm points, encouraging gentle breathing, drinking water, and holding the 9-Gamut Point, practitioners can help clients regulate their nervous systems and create the stability needed for deeper therapeutic work when appropriate.

10. How do you do spine tapping?

Spine Tapping is a gentle supportive technique used to promote feelings of safety, reassurance, grounding, and emotional regulation. It is often used when a client is feeling vulnerable, overwhelmed, emotional, or in need of additional support. The combination of physical tapping, encouraging words, and compassionate presence can help calm the nervous system and create a sense of being supported and cared for. Here are the steps for spine tapping:

A. Tap down the spine

- Ask permission to touch
- Down the spine: top to down

- You are doing great
- Energy of you are doing great

B. Hug and tap down the spine.

Spine Tapping is a nurturing technique designed to help clients feel supported, safe, and emotionally regulated. By asking permission, gently tapping down the spine, offering reassuring words such as "You are doing great," and holding an energy of compassion and encouragement, practitioners can help create a calming experience that supports emotional healing and nervous system regulation.

11. How do you do feet tapping?

Feet tapping is a gentle grounding and relaxation technique used to help calm the nervous system, promote energy flow, and support emotional and physical regulation. It is often used when clients need additional grounding, reassurance, or support in releasing tension held in the body.

Steps for Feet Tapping:

- A. Ask permission to touch.
- B. Tap gently on the top of both feet.
- C. Tap around the ankles (outside and inside).
- D. Tap from the calf down towards the toes.
- E. Encourage gentle breathing throughout.
- F. Offer reassurance:
 - "You are safe."
 - "You are doing great."

G. Continue as needed and reassess.

Note: Not recommended for pregnant women. Some practitioners use this technique to support relaxation and energy flow, including when working with discomfort associated with UTIs.

Feet Tapping is a simple yet effective grounding technique that involves gently tapping the feet, ankles, calves, and toes while encouraging calm breathing and reassurance. It can help clients feel more relaxed, present, supported, and connected to their bodies during or after emotional work.

12. What is the Box Technique?

The Box Technique is an EFT approach used when working with high-intensity trauma, complex trauma, or long memories containing multiple distressing events and emotions. Rather than asking the client to revisit the entire memory at once, the technique breaks the experience into smaller, manageable pieces. This helps maintain emotional safety, prevents overwhelm, and allows healing to occur at a pace the client's nervous system can comfortably tolerate. Box Technique – For high trauma and long memories:

- A. The Box Technique is useful for very complex trauma or lengthy memories that contain many distressing components.
- B. The client imagines placing the overwhelming memory into a secure box or container.
- C. Only one manageable piece is taken out and processed at a time.

D. After tapping, that piece is safely placed back before moving to another section.

The Box Technique is a trauma-informed EFT approach designed for high trauma and lengthy memories. By placing the memory into a secure container and working on one small piece at a time, clients can process difficult experiences safely and effectively without becoming overwhelmed. The technique emphasises safety, pacing, and emotional regulation, making it an invaluable tool when working with complex or deeply distressing memories.

13. What are the steps for using the Keyword Approach in EFT?

The Keyword Approach is a gentle EFT technique used to work with emotionally charged memories or traumatic experiences without requiring the client to disclose the full details. By focusing on a simple keyword instead of the entire event, the practitioner can help reduce emotional intensity while maintaining the client's sense of safety and control. This approach is especially useful when a client feels uncomfortable talking about a painful experience. Step-by-step instructions.

A. Identify a keyword that represents the problem: Ask the client to choose a single word or short phrase that represents the issue or memory they want to work on. For example:

* "Bridge"

* "Red"

- * "Tuesday"

- * "Storm"

The keyword acts as a safe reference point for the emotional experience.

B. The keyword can be unrelated: The chosen keyword does not have to describe the actual event. It can be completely unrelated, allowing the client to maintain privacy while still accessing the emotional charge associated with the memory. This helps reduce the risk of becoming emotionally overwhelmed or re-traumatized.

C. Identify the emotions associated with the keyword and tap: Ask the client what emotions arise when they think of the keyword. For example:

- * Fear

- * Sadness

- * Anger

- * Shame

- * Anxiety

- * Guilt

Use these emotions in the EFT setup statement and reminder phrases, tapping until the emotional intensity begins to decrease.

D. When the client is ready to share more, use all other skills as appropriate: As emotional safety increases, the client may naturally feel comfortable revealing more about the memory. At this stage, the practitioner can introduce other appropriate EFT techniques such as:

- * Physical Tension work

- * Tell the Story
- * Movie Technique
- * Deeper exploration questions
- * Root cause exploration

The client should always determine the pace and depth of the session.

E. Identify a new keyword after each round: After one round of tapping, ask whether another word, image, or phrase now represents the issue. As different aspects of the memory emerge, select a new keyword and continue tapping on that specific emotional experience.

F. Test and tap as necessary: Regularly test the emotional intensity associated with the keyword. If distress persists, continue tapping until the emotional charge diminishes or resolves. Repeat the process with new keywords as needed until the client feels calmer and more regulated.

The Keyword Approach is a safe and effective EFT technique that enables clients to process difficult emotions without having to disclose or relive painful memories in detail. By working with a simple keyword, tapping on the associated emotions, and gradually exploring deeper aspects only when the client feels ready, practitioners can facilitate healing while respecting the client's boundaries, pace, and emotional safety.

Here's the link for Keyword Technique – Self-Practice Worksheet:

<https://vitalitylivingcollege.info/wp-content/uploads/2023/09/Keyword-Technique-Worksheet-23.09.2023.pdf>

14. How to practice the Daily Personal Peace?

Achieving daily personal peace requires consistent self-care and mindfulness. A powerful method to help you stay grounded and at peace is through Truthbrush and Positive Tapping. These practices allow you to address emotions, body tension, and thoughts, while also nurturing positive energy and self-love. Here's how you can incorporate these practices into your daily routine:

A. Truthbrush

- Emotions: Begin by exploring any emotions or feelings you are experiencing. Whether it's happiness, sadness, frustration, or fear, acknowledge them without judgment. Tap through the emotions to release any negativity or blockages associated with them.
- Body tension: Pay attention to any physical tension or discomfort in your body. This could be feelings of anxiety, tightness, or other symptoms of stress. Use tapping on relevant points (such as the Karate Chop, Collarbone, or Under the Arm) to ease these physical sensations and restore calm.
- Mind or thinking: Take a moment to explore your thoughts. Are they racing, overwhelming, or negative? Tap through any distressing thoughts, shifting your focus to a more balanced or neutral mindset.

B. Positive Tapping

- Self-love: Focus on nurturing a positive self-relationship. Celebrate your worth and tap to reinforce self-love. This practice helps to strengthen your inner confidence, affirming that you are worthy of peace, success, and happiness.
- Health: Tap on the areas related to your health and well-being. This can include specific goals like improving your blood pressure (BP), boosting energy levels, or enhancing overall physical health. By focusing on what you want to achieve, you send positive signals to your body and mind to support those goals.

Incorporating Truthbrush and Positive Tapping into your daily routine can help you maintain emotional balance, ease physical tension, and foster positive thinking. These simple yet effective techniques ensure you stay grounded, confident, and at peace every day.

14. What are the steps for the daily Truthbrush?

The steps for the daily Truthbrush are as follows:

- A. Look in the mirror and ask yourself, “How are you feeling today?”
- B. Wait for a response. If the response is:
 - Emotional - Go to the Emotional Truthbrush
 - Physical or body related - Go to the Body Truthbrush
 - Thoughts or mind related - Go to the Mind Truthbrush

- C. Start tapping. "Even though I feel/ I have / I think _____, I love and accept myself."
- D. Tap using the reminder phrase on the upper body, facial, and finger points.
- E. Complete the heart hold, hold the 9 Gamut, and breathe in and out.
- F. Then, look at yourself in the mirror and ask yourself, "How are you feeling now?" Repeat as necessary.
- G. When complete or after 5 minutes, look at yourself in the mirror and say, "You did amazing!".

By following these steps each day, you'll create a ritual that supports emotional release, physical relaxation, and mental clarity, leaving you with a sense of peace and self-empowerment.

15. What are the "Emotional Truthbrush" affirmations?

The Emotional Truthbrush is a daily EFT practice that helps you acknowledge and clear emotional energy stored in the body. Here's the sequence with the affirmations you can use:

- Karate Chop: Even though I am feeling_____ and I can feel it in my_____ and it's at a number_____, I love and accept myself.
- Eyebrow: Feeling_____
- Side of eye: In my_____
- Under the eye: It's at a number_____
- Under the nose: Feeling _____

- Chin: It's in my ____
- Collarbone: At a number ____
- Under the arm: Feeling ____
- Thumb: It's in my ____
- Index finger: At a number ____
- Middle finger: Feeling ____
- Little finger: It's in my ____
- Karate Chop: Even though I am feeling ____ and it's at a number ____ and it's in my ____, I love and accept myself anyway.

This sequence can be repeated until the intensity lowers. It gently guides you to tune in, process, and clear emotional stress—just like brushing your teeth, but for emotional hygiene.

16. What are the "Body Truthbrush" affirmations?

The Body Truthbrush is a powerful daily EFT practice to help you release physical tension and acknowledge the emotions behind it. Just like brushing your teeth, this helps you clean your energetic body and return to balance. Here's the Body Truthbrush – Tapping script for physical tension:

- Karate Chop: Even though I have this body tension, it's in my ____ and it's at a number ____, and it makes me feel ____ I love and accept myself.
- Eyebrow: Body tension in my _____
- Side of the eye: Makes me feel _____

- Under the eye: At a number _____
- Under the nose: Body tension in my _____
- Chin: At a number _____
- Collarbone: Makes me feel _____
- Under the arm: Body tension in my _____
- Thumb: Makes me feel _____
- Index finger: Body tension in my _____
- Middle finger: Makes me feel _____
- Little finger: Body tension in my _____
- Karate Chop: Even though I have this body tension in my _____, it makes me feel _____, I love and accept myself anyway.

The Body Truthbrush is a simple yet effective daily tool to acknowledge and release physical tension while embracing your emotional truth.

17. What are the "Mind Truthbrush" affirmations?

The Mind Truthbrush helps clear negative or repetitive thoughts by acknowledging them honestly and gently tapping through the emotional response. Use the following structure during your tapping:

- Karate Chop: Even though I am thinking _____ and it makes me feel _____, and it is at a number _____ I love and accept myself.
- Eyebrow: I am thinking _____
- Side of the eye: It makes me feel _____
- Under the eye: In my _____
- Under the nose: At a number _____

- Chin: These thoughts
- Collarbone: Make me feel _____
- Under the arm: In my _____
- Thumb: At a number _____
- Index finger: These thoughts
- Middle finger: Make me feel _____
- Little finger: At a number _____
- Karate Chop: Even though I am thinking ____ and it makes me feel _____, and it is at a number ____ I love and accept myself.

By tapping through each point with honesty and compassion, you allow your mind to shift from cluttered thinking to a more peaceful state.

Practising this regularly nurtures self-acceptance and builds emotional resilience, one thought at a time.

18. What are the "Positive Tapping" health affirmations?

The Positive Tapping health affirmations are designed to reframe your mindset around your health and well-being, using gratitude and intention to support healing:

- Karate Chop: Even though my _____ (reading, test, result) is at _____, I choose it to be at ____, I love and accept myself.
- Eyebrow: I am so grateful
- Side of the eye: My health _____ (reading, test, result) are at _____
- Under the eye: I am so grateful.

- Under the nose: My health _____ (reading, test, result) are at _____
- Chin: I am really grateful.
- Collarbone: I am so grateful.
- Under the arm: I am really grateful.
- Thumb: I love how my health _____ (reading, test, result) are coming into normal.
- Index finger: I am so grateful my health _____ (reading, test, result) are coming into normal.
- Middle finger: I love how my health _____ (reading, test, result) are coming into normal.
- Little finger: I am grateful my health _____ (reading, test, result) are coming to normal.
- Karate Chop: Even though my health _____ (reading, test, result) may not have been normal, that was then, this is now, I choose them to be normal now.

Positive Tapping for health helps you anchor healing through gratitude, love, and conscious intention. By affirming well-being while tapping, you reinforce your body's natural capacity to shift towards balance.

ADDITIONAL QUESTIONS:

1. What is the difference between the Tearless Trauma Technique and the Keyword Approach, and when should each be used?

The key difference between the Keyword Approach and Tearless Trauma Technique is not secrecy, but the level of emotional intensity and proximity to the memory.

Keyword Approach: The Keyword Approach is used when the client can think about the event but does not want to disclose the details. With

Keyword:

- The client knows exactly which memory they are working on.
- They can access the memory internally.
- They use a word, phrase, number, or title instead of describing the event.
- The practitioner does not need to know the details.
- The client remains connected enough to the memory to measure intensity and process it.

Example:

A client thinks about a painful childhood event and simply calls it "The School Incident" without sharing what happened. The practitioner taps using the chosen keyword while the client processes internally.

Tearless Trauma Technique: Tearless Trauma is used when even approaching the memory feels overwhelming. The client does not step into the memory itself. Instead, they:

- Think about talking about the memory.
- Estimate how upsetting it would be if they were to discuss it.
- Stay at a safe distance from the event.
- Gradually reduce the emotional charge before entering the memory.

A simple way to remember: Keyword Approach = Close enough to think about the memory, but not disclose it. Tearless Trauma = Too overwhelmed to enter the memory, so create more distance first. The facilitator's role is to assess: "How close can this client safely get to the memory right now?" If the client can access the memory but wants privacy, use the Keyword Approach. If the client becomes flooded or overwhelmed even thinking about the memory, use Tearless Trauma to create safety before processing.

2. When should we use the 9-Gamut Point and the full 9-Gamut procedure in EFT, and is it necessary to include steps like eye movements, counting, and humming every time we work with a client?

In EFT sessions, practitioners often wonder whether the 9-Gamut procedure should be used regularly or only in specific situations. While it is a powerful part of the original EFT Basic Recipe, it is not a compulsory step in every round. Its use depends more on clinical judgment, client response, and the flow of the session. When the 9-Gamut is most useful.

The 9-Gamut procedure is especially helpful when the process feels stuck or the emotional intensity is not shifting.

It is particularly useful when:

- The SUD level is not reducing despite tapping rounds
- The client appears emotionally stuck or “frozen” in the memory
- The session feels like it is not moving forward
- The memory being processed is highly intense or traumatic

A shift in internal state is needed before continuing work. It is often used in deeper emotional material where processing seems blocked or slow.

Why does it work in such moments? The additional actions in the 9-Gamut—eye movements, humming, counting—can help shift the system out of rigidity. It is linked in practice to working with strong stress responses, including what is often described as the Triple Warmer energy, associated with survival states like fight, flight, or freeze. These added movements may help interrupt fixed patterns and support emotional processing. It is not mandatory in every session. A key point is that the 9-Gamut is optional, not required. Practitioners are encouraged to stay flexible and not treat it as a fixed rule. Modern simplified use in sessions. In many current EFT practices, the full traditional sequence is often simplified. Instead of always using eye movements, counting, and humming, practitioners may:

- Hold the Gamut Point briefly
- Use the tapping round as usual
- Support with steady or coherent breathing

- Return to standard EFT tapping rounds

This keeps the process lighter while still being effective in many cases.

The 9-Gamut procedure is best understood as an optional enhancement tool rather than a mandatory step in EFT. It is most valuable when there is stuckness, high emotional intensity, or lack of progress. At other times, it can be skipped without affecting the quality of the session.

3. When working with Tearless Trauma or similar approaches, can we choose any technique (like Tell the Story or Movie Technique) based on the client's response and SUDs level, or is there a specific method we must always follow?

In EFT trauma processing approaches like Tearless Trauma, practitioners often wonder whether they must follow a fixed structure (such as Tell the Story or Movie Technique), or whether they can flexibly choose methods based on the client's response and SUD levels. The guidance shared in training clearly supports flexibility, with the client's experience and readiness guiding the process rather than a rigid sequence.

Flexibility based on client response. The core principle is that the work should adapt to the client, not the other way around. This means the practitioner's focus is on how the client is engaging with the memory—whether directly, partially, or not at all. Different entry points into the memory are valid. In Tearless Trauma and related methods, clients may not need to fully narrate the memory for processing to happen.

This shows that even indirect processing—working with keywords, sensations, or emotions—can be effective. Tools like Movie Technique or Tell the Story are supportive, not compulsory. Techniques such as Tell the Story, Movie Technique, or Tearless Trauma are best understood as “entry pathways” into the memory. This means these methods help regulate emotional intensity and allow safer access to the experience—but they are not rigid steps that must always be followed in the same way. Physical or non-verbal processing is also valid.

Clients do not always need verbal detail for EFT to work. This includes somatic release, sensations, or emotional shifts without detailed storytelling. Working until resolution, not perfection of method. The emphasis is on continuing until there is a sense of relief or shift, regardless of how it appears. This reinforces that resolution matters more than technique precision.

There is no single mandatory method that must always be followed in Tearless Trauma or similar EFT approaches. Techniques like Tell the Story, Movie Technique, or even keyword-based tapping are flexible tools rather than fixed rules. The guiding principle is responsiveness—choosing the approach that best matches the client’s emotional state, SUD level, and ability to engage safely with the memory. Whether the client verbalises the experience or processes it silently, the focus remains on supporting emotional shift and regulation rather than strict adherence to one method.

MODULE 6 EFT FAST TRACK TRAINING WITH SONAL SINHA, **QUESTIONS & ANSWERS, 24TH JUNE 2026**

MAIN TOPICS COVERED:

1. How do you use the keyword approach to work on fears and phobias?

Fear is an emotional reaction to a perceived or real threat. Fears are frequent and are often normal, or at the very least, harmless reactions to items or occurrences. A phobia is an illogical fear, with the addition that the anxiety felt is so severe that it affects one's quality of life and/or capacity to operate. The process for working on fears and phobias using the keyword approach is as follows:

- A. Give the feeling a keyword.
- B. Check the intensity.
- C. Tap on it.
- D. Check the intensity.
- E. Give it a new keyword.
- F. Tap on it.
- G. Check the intensity.
- H. Give it a new keyword.
- I. Tap on it.
- J. Check the intensity of the original keyword.
- K. Give it a new keyword.
- L. Tap on it.
- M. Check the intensity.

N. End with positive tapping.

In this approach, you don't need to tap three times on the Karate Chop. If you get stuck with something, you might want to do it three times. You have the flexibility to ask for emotion or not because you are already so tuned in with the feeling. You can go with your gut because this is a safe space to try new things. You don't have to know what's going on with the client. Just play with the words and let the client do the work. It may or may not work, so just go with what's coming up. Some people will respond positively to *"That was then, this is now"* and some will not, and that's okay. End with positive tapping.

2. What are examples of fears and phobias?

People have many different fears. The number one fear is fear of public speaking followed by death, fear of spiders, fear of darkness, fear of heights, lightning and thunder, fear of snakes, fear of crossing roads, or fear of death.

Two in every 10 people have fears and phobias. It's a type of anxiety. Phobias can affect anyone regardless of age, sex and social background. Simple phobias start during early childhood; complex phobias usually start later in life. Social phobias often begin during puberty.

3. What is the clinical study on phobias?

In a clinical study on phobias, where participants received 30 mins of EFT and 45 minutes of discussing fears, the EFT group improved on SUDs following and during treatment. And the EFT group was better on the fear and the 'Fear of Animals' questionnaire. The major difference was that the effects of EFT persisted 1.4 years later.

4. What is the process of working on fear and phobias?

The process of working on fears and phobias is as follows:

- A. Identify the fear and name it.
- B. Get the intensity, test, and tap.
- C. Identify aspects related to the emotion, and tap.
- D. Identify events related to the emotion and/or fear, and tap.
- E. Use Tearless Trauma, if needed.
- F. Introduce reframes that fit.
- G. Re-enact the scene.
- H. Test with imagining.
- I. Test in reality.
- J. Close the process when all the emotions have calmed down

Your whole focus should be on fear and phobias, not to bring the intensity down to zero. Just work enough on the fear and phobias before you reframe. Reframes may or may not work, so get creative, and persist with it until you get there. End with positive tapping.

5. What is testing in EFT, and how to establish it for fears and phobias?

Testing is an essential part of EFT because it helps determine whether the emotional charge around an issue has truly reduced. Rather than assuming a problem has been resolved, testing allows the practitioner and client to verify the results and identify any remaining aspects that may still need attention.

A. Establishing the Test: Before tapping, ask the client to connect with the issue and notice how they experience it through different channels:

- Image – What picture or memory comes to mind?
- Picture – What do you see when you think about it?
- Reality – Imagine the situation happening right now.

Ask Questions such as:

- "What would you give the charge you're feeling on the issue?"
- "If you were to be in this situation, what would it feel like for you?"
- "What is the issue in your mind now?"
- "When was the last time you faced this fear? What happened?"

These questions help activate the emotional response so it can be accurately measured and worked on.

B. Examples of Tests: After tapping, you can test by asking the client to imagine or interact with the feared situation. Examples include:

- Fear of dogs.
- Fear of the ocean.
- Fear of heights.
- Fear of water.

The client may imagine the situation, view a picture, recall a memory, or mentally step into the experience and then measure their emotional intensity.

C. Examples of Reframes: As the emotional intensity decreases, clients often begin to naturally experience cognitive shifts or reframes. Examples include:

- "Even though I don't like dogs, I love how many can behave."
- "Even though I am scared of water, I am not scared of drinking water."
- "Even though I am scared of water, I know I'm bigger than water."
- "Even though I am scared of dogs, they're scared of me too."
- These shifts indicate that the client's perception of the issue is changing and becoming more balanced.

Testing is how we verify that EFT is working. By asking clients to reconnect with the issue through images, memories, imagination, or real-life scenarios, we can measure any remaining emotional charge.

Effective testing often reveals cognitive shifts and reframes, showing that



the client is beginning to see the situation differently and respond with greater calm, flexibility, and confidence.

ADDITIONAL QUESTIONS:

- 1. How can we use EFT to work with fears such as fear of uncertainty and fear of failure, and what is the best approach for uncovering and addressing the underlying emotional aspects of these fears?**

Fears such as fear of uncertainty and fear of failure are common concerns that clients bring into EFT sessions. While these fears can be tapped on directly, they are often more effectively addressed by exploring and clearing the limiting beliefs that maintain them. This allows practitioners to work at a deeper level rather than only reducing the surface emotion. Focus on the underlying limiting beliefs.

When discussing fears such as fear of uncertainty and fear of failure, the recommendation was to approach them through the lens of limiting beliefs. Rather than treating the fear itself as the primary issue, it can be helpful to identify the beliefs that create or reinforce the fear.

Explore what the fear means to the client. Fear of uncertainty and fear of failure often have deeper emotional meanings attached to them.

Practitioners can gently explore questions such as:

- What feels uncertain?
- What do you fear might happen?
- What would failure mean about you?
- What is the worst part of that?
- What belief do you have about yourself in this situation?

These questions can help uncover the core beliefs driving the emotional response. Look for emotional roots and past experiences. Many limiting beliefs are connected to earlier experiences, memories, or repeated messages received throughout life. As the beliefs emerge, practitioners can explore whether there are specific events that contributed to them and use EFT to address those aspects. This helps reduce both the emotional charge of past experiences and the limiting beliefs that developed from them.

When working with fear of uncertainty, fear of failure, and similar concerns, the most effective EFT approach is often to move beyond the fear itself and identify the limiting beliefs underneath it. By uncovering the meanings, assumptions, and beliefs driving the fear, practitioners can use EFT to create deeper emotional shifts and help clients develop greater confidence, resilience, and flexibility in the face of uncertainty and challenges.

2. What is a phobia, how is it different from a fear, and can you provide some examples of common phobias?

Fear and phobia are often used interchangeably in everyday conversation, but they are not the same. During the discussion, phobias were described as fears that are much more intense, irrational, and disproportionate to the actual danger posed by the object or situation. Understanding this distinction helps practitioners recognise when a client's response goes beyond a normal fear. A phobia is an intense and often irrational fear of a specific object, situation, or experience, where

the level of fear is far greater than the actual threat. Phobias are irrational fears. The person often recognises that the fear does not make logical sense, yet still experiences a strong emotional and physical reaction. You yourself know that your fear is irrational. A fear is usually connected to a real or understandable threat. For example:

- Fear of being bitten by a dog after having been bitten before.
- Fear of death.
- Fear before an important presentation.
- Fear when walking alone in a genuinely unsafe environment.

These fears have a logical basis and can serve a protective function. A phobia, on the other hand, involves a level of fear that is much greater than the actual danger. The intensity of your fear is far greater than the object that could really harm you. The person may experience:

- Extreme anxiety
- Panic symptoms
- Avoidance behaviors
- Strong physiological reactions

even when there is little or no real threat present. Other common examples include:

- Fear of spiders
- Fear of flying
- Fear of enclosed spaces
- Fear of needles

- Fear of certain animals
- Fear of public speaking when the reaction is extreme and disabling

The role of repeated experiences. Another perspective shared was that a phobia may develop when fear becomes repeated and generalised over time. Over time, the fear can become automatic and create a strong phobic reaction whenever the person encounters similar situations.

A fear is generally a response to a real or understandable threat, whereas a phobia is an intense, often irrational fear that is out of proportion to the actual danger. The individual may recognise that the fear does not make logical sense, yet still experience significant emotional and physical distress.

3. How do we work with an issue in EFT when there is no specific memory or event that the client can recall?

A common concern in EFT sessions is what to do when a client experiences a strong emotion, belief, or recurring issue but cannot identify a specific memory connected to it. The good news is that EFT does not always require a clear event to begin the work. By exploring the client's present experience, underlying beliefs, and emotional responses, the relevant aspects often emerge naturally during the session. Start with the issue that is present now. When a client cannot recall a specific memory, begin with what they are currently experiencing. This may be:

- A recurring fear
- A limiting belief

- A physical sensation
- An emotional reaction
- A life pattern that keeps repeating

Rather than searching immediately for a memory, focus on the client's current experience and emotional intensity. Follow whatever emerges. Often, as tapping continues, memories, emotions, images, sensations, or beliefs begin to surface spontaneously. The process does not always start with a memory; sometimes the memory appears later as the emotional charge decreases and the client feels safer exploring the issue. The practitioner's role is to remain curious and follow the client's experience rather than forcing a search for a specific event. Work with beliefs and emotions directly. Even if no memory emerges, EFT can still be effective. For example, if the issue relates to failure or success, the practitioner can tap on:

- The fear itself
- The emotional response
- The limiting beliefs associated with it
- The physical sensations that arise

This allows meaningful progress even without identifying a particular event. Trust the process. Many issues are connected to experiences that are not immediately accessible to conscious awareness. By working with the current emotional experience, the relevant aspects often reveal themselves when the client is ready. When a client cannot identify a specific memory, EFT can still be highly effective.

Start with the present issue, emotion, belief, or sensation and explore the themes connected to it. As tapping progresses, deeper aspects may emerge naturally. Rather than searching for a memory, focus on what is available in the moment, trusting that the underlying material will often reveal itself as the emotional charge begins to shift.

4. Could you please share the EFT setup statement or script that includes the phrase, “I’m open to the possibility of releasing this now”?

In EFT, the setup statement is used at the beginning of a tapping round to acknowledge the issue while creating acceptance and openness to change. As highlighted in the session, a softer phrasing like “I’m open to the possibility of releasing this now” is especially useful when the emotional intensity has already reduced (typically when SUDs is around 3 or below).

A. Basic EFT Setup Script: Karate Chop Point (Side of Hand):

- Even though I still have this feeling of _____,
- I deeply and completely accept myself,
- and I’m open to the possibility of releasing this now.

B. Alternative Variations (same intent, flexible wording)

- Even though I still feel _____,
- I accept how I feel right now,
- and I’m open to the possibility of releasing this now.
- Even though some part of me is still holding on to _____,

- I honour what I feel,
- and I'm open to the possibility of releasing this now.
- Even though I still notice this remaining tension in my body,
- I accept myself as I am,
- and I'm open to the possibility of releasing this now.

D. When to use this phrase:

- It is especially useful when SUDs is 3 or below
- It helps address remaining emotional residue or tension
- It supports gentle closure rather than deep processing work
- "When the SUD is, like, 3 or below... then we do this remaining tension, open to the possibility of releasing it now."

The phrase "I'm open to the possibility of releasing this now" is a soft, permissive EFT statement that helps clients complete the processing cycle without force. It is best used toward the end of a sequence when intensity has reduced, supporting integration and emotional settling rather than deep excavation.

5. When using keywords or naming techniques like Movie Technique in EFT, how should we choose the name of the issue—should it be emotionally neutral or can it reflect the actual emotion, and how does this choice impact emotional intensity during tapping?

In EFT techniques like the Movie Technique or keyword tapping, naming the issue is an important step because it sets the emotional focus for the

round. However, the choice of words is not fixed. It can either be emotionally descriptive or neutral, depending on the client's readiness and how activated they are. Emotionally charged vs neutral keywords. The choice of wording depends largely on the client's emotional state and comfort level. Some clients may be comfortable using emotionally direct language, such as:

- "Fear of failure"
- "Helplessness in that moment"
- "Rejection pain"
- "That scary memory"

In such cases, using emotionally accurate language can help deepen access to the experience and support processing. When to use emotionally neutral or unrelated keywords. For other clients, especially when there is high vulnerability or emotional sensitivity, it may be more helpful to use neutral or unrelated keywords. Examples might include:

- "That situation"
- "The incident"
- "This topic"

Or even a completely unrelated word (as per keyword approach guidelines). This helps reduce emotional overwhelm and allows safer entry into the material. Practitioner judgment and client safety. The key factor is not the technique itself, but the practitioner's ability to assess the client's readiness. It is important to:

- Observe emotional reactions and body responses
- Notice if the client is becoming overwhelmed or highly activated
- Adjust the wording accordingly.

There is no single correct way to name the issue in EFT keyword or Movie Technique work. The naming can either reflect the emotion directly or remain neutral, depending on what the client can safely handle. The practitioner's role is to continuously gauge the client's emotional state and choose wording that supports both safety and effective processing, rather than intensifying or avoiding emotion by default.

6. When should we introduce Tearless Trauma during EFT sessions, and how do we decide at what point in the tapping process it is appropriate to use it?

Tearless Trauma is an EFT approach designed to work with highly intense emotional material in a way that prevents overwhelm. The key question for practitioners is not just what technique to use, but when to introduce it. The decision depends on the client's emotional intensity, capacity to stay regulated, and whether they are able to safely engage with the memory or issue. Use Tearless Trauma when emotional intensity is high. Tearless Trauma is especially useful when the client reports very high intensity levels. When SUD levels are extremely high (e.g., 10/10 or "100 and above" in client language), the system is often overwhelmed. In such cases, directly processing the full memory may be too intense, and a

stabilising approach is needed first. The goal is regulation before processing. The primary purpose of Tearless Trauma is not to fully resolve the memory immediately, but to reduce emotional charge enough so the client can stay present. Decide based on client overwhelm or stability. Tearless Trauma is appropriate when the client shows signs of: High emotional flooding or overwhelm. Difficulty staying grounded. Strong abreaction during recall. Inability to continue regular tapping smoothly. In such moments, techniques like Tearless Trauma or Triple Warmer tapping can be used interchangeably, depending on what helps stabilise the client. Tearless Trauma should be introduced when emotional intensity is too high for direct processing, especially when SUDs are at the upper end and the client appears overwhelmed or destabilised. Its purpose is to gently “touch” the memory, reduce emotional charge, and create enough safety for further EFT work. The decision is not rigid but based on real-time assessment of the client’s state.

7. What is the difference between the Emotional Freedom “truthbrush” (daily practice) and Personal Peace procedure, and how should we decide whether to use each for small issues versus deeper or bigger issues?

Both the Emotional Freedom “truthbrush” and the Personal Peace Procedure are EFT-based practices designed to support emotional clearing. However, they differ mainly in scope, structure, and depth of focus. One is more informal and daily-life oriented, while the other is

more structured and designed for deeper emotional resolution over time.

Emotional Freedom “Truthbrush” (Daily Practice): The truthbrush is a light, informal, and moment-to-moment self-tapping practice. It involves:

- Scanning body sensations or emotions in the moment
- Noticing small daily feelings (grumpiness, tiredness, irritation, etc.)
- Tapping immediately on what is present
- Using it anywhere in daily life (walking, cooking, multitasking, etc.)

The emphasis is on awareness + quick emotional release in real time. It is:

- Flexible
- Informal
- Continuous
- Designed for daily emotional hygiene

The Personal Peace Procedure is a structured EFT practice for deeper emotional clearing over time. It involves:

- Listing specific past memories or unresolved issues
- Systematically working through them one by one
- Reducing emotional charge on each issue gradually
- Creating long-term emotional resolution

Use Personal Peace Procedure when:

- There are recurring emotional patterns
- You are ready to work systematically on past issues

- You want deeper emotional release over time
- You are dealing with unresolved memories or long-standing triggers
- It is more of a structured healing process for deeper transformation.

Unlike truthbrush, it is not just about present feelings—it targets stored emotional baggage from the past. It is more:

- Structured
- Reflective
- Intentional
- Depth-oriented

The Emotional Freedom “truthbrush” is a flexible, in-the-moment EFT practice for handling small, daily emotional shifts, while the Personal Peace Procedure is a structured approach designed to systematically clear deeper unresolved issues over time. The key principle is not rigidity but integration into life. Truthbrush supports ongoing emotional hygiene, and Personal Peace supports deeper healing—together creating a balanced and sustainable EFT practice.

MODULE 7 EFT FAST TRACK TRAINING WITH SONAL SINHA, **QUESTIONS & ANSWERS, 30th JUNE 2026**

MAIN TOPICS COVERED:

1. How should we adapt our therapeutic approach when working with children and adolescents across different developmental stages?

Children and adolescents differ greatly in their emotional, cognitive, and communication abilities at each stage of development. As practitioners, we need to adapt our language, techniques, and expectations to match the child's developmental level. The younger the child, the more therapy focuses on emotions, play, and caregiver involvement; as children mature, they become increasingly able to identify feelings, reflect on experiences, and actively participate in therapeutic work.

A. Children who cannot verbalise – Babies & Toddlers (0–3 years):

Children in this age group are unable to explain their emotions or experiences verbally. Communication occurs primarily through crying, facial expressions, body language, and behaviour.

Developmentally:

- 0–3 months: Crying, laughing, smiling.
- 4–6 months: Recognise voices, say simple sounds ("Oo", "Aa", "Ba").
- 9 months: Understand simple words such as "yes," "no," and "bye-bye."
- 11–18 months: First words; vocabulary gradually increases.

- 2 years: Begin combining words and identifying objects.
- 3 years: Comprehension improves, vocabulary expands, and they begin describing simple concepts.

Therapeutic approach:

- Connect with the child's emotions rather than expecting verbal explanations.
- Use Surrogate Tapping when appropriate.
- Tap gently on the child if appropriate and with parental consent.
- Observe behaviour, routines, sleep, feeding, and caregiver interactions.
- Work closely with parents or caregivers, who are the child's primary source of emotional regulation.

B. Children who can verbalise – Preschoolers (3–5 years):

Preschoolers can express simple thoughts and feelings but still think very concretely. They learn best through play, stories, pictures, and imagination. Important areas include:

- Daily structure and routines.
- Adequate sleep.
- Healthy nutrition.
- Emotional regulation.
- Empathic listening.
- Understanding punishment and rewards.
- Toilet training.

- School adjustment.

Therapeutic approach:

- Keep sessions short, playful, and engaging.
- Use drawings, toys, puppets, stories, and games.
- Help children identify and name emotions.
- Explore behaviour gently by asking simple questions.
- Support parents with strategies to reinforce emotional regulation at home.

C. Children who can verbalise – School Years (5–9 years): Children begin thinking more logically and can describe experiences with greater detail, although they may still struggle to identify underlying emotions.

Therapeutic approach:

- Use age-appropriate language.
- Explore specific situations rather than abstract concepts.
- Incorporate drawing, scaling, stories, role-play, and creative activities.
- Help children connect thoughts, feelings, behaviours, and body sensations.
- Teach simple coping skills and emotional awareness.
- Continue involving parents while encouraging increasing independence.

D. Tweens (10–12 years): Tweens become more self-aware and are increasingly influenced by peers, school, and social acceptance.

They are capable of reflecting on their emotions but may feel embarrassed discussing them.

Therapeutic approach:

- Build strong rapport and psychological safety.
- Encourage open conversations without judgement.
- Explore friendships, bullying, school pressures, confidence, identity, and family relationships.
- Introduce more structured therapeutic techniques, including EFT, cognitive strategies, and journaling where appropriate.
- Balance independence with parental involvement.

E. Early Teens (13–15 years): Early adolescence is marked by rapid emotional, physical, and social changes. Identity formation, independence, and peer relationships become central concerns.

Therapeutic approach:

- Treat adolescents with respect and collaborate rather than direct.
- Maintain confidentiality while explaining appropriate safeguarding boundaries.
- Explore identity, self-esteem, body image, social media, friendships, academic stress, and family dynamics.
- Encourage emotional expression and healthy coping strategies.

- Use developmentally appropriate EFT and other therapeutic interventions to process emotions and experiences.

F. Teenagers (16–18 years): Older teenagers are capable of abstract thinking and deeper self-reflection. They often present with more complex concerns relating to identity, relationships, career choices, purpose, anxiety, depression, or trauma.

Therapeutic approach:

- Work collaboratively as you would with an adult while recognising ongoing developmental needs.
- Encourage personal responsibility and independent decision-making.
- Explore values, goals, relationships, future plans, and emotional wellbeing.
- Use a full range of therapeutic approaches, including EFT, cognitive exploration, mindfulness, and deeper emotional processing where appropriate.
- Continue to involve parents when appropriate while respecting the teenager's growing autonomy.

As children develop, therapy evolves from working primarily through caregivers and emotional connection to direct collaboration with the young person. Effective practitioners adapt their communication, interventions, and expectations to match the child's developmental stage, creating a safe, supportive environment that fosters emotional growth, resilience, and healthy development.

2. How should EFT techniques and the therapeutic approach be adapted for children and adolescents?

When working with children and adolescents, practitioners should adapt both their therapeutic approach and EFT techniques to match the child's developmental stage, communication abilities, and emotional maturity. Younger children benefit from play, imagination, and caregiver involvement, while older children and teenagers can engage in increasingly reflective conversations and structured EFT interventions. The key is to meet each child where they are developmentally, using language, activities, and interventions that feel safe, engaging, and age appropriate.

A. Children who cannot verbalise – Babies & Toddlers (0–3 years):

Babies and toddlers communicate primarily through behaviour, body language, facial expressions, and emotions rather than words. Therapy therefore focuses on emotional connection rather than verbal processing.

Therapeutic approach:

- Connect with the child's feelings.
- Use Surrogate Tapping where appropriate.
- Tap gently on the child when appropriate and with parental consent.
- Observe behaviour, routines, sleep, feeding, and caregiver interactions.

- Work closely with parents or caregivers to support emotional regulation.
- Preschoolers (3–5 years)
- Preschool children learn best through play, stories, movement, and imagination. Therapy should remain simple, playful, and engaging while helping children recognise and express their emotions.

General approach:

- Maintain structure and routines.
- Ensure adequate sleep and healthy nutrition.
- Help children identify and express emotions.
- Practice empathic listening.
- Understand punishment versus rewards.
- Support toilet training where relevant.
- Help children adjust to school and feel safe.

EFT techniques and activities:

- Express Feelings – Help children identify and name their emotions.
- Tell the Story – Encourage them to share a simple event in their own words.
- Tappy Bear – Use a teddy bear or toy to demonstrate tapping.
- Happy Handshake – Introduce tapping through a playful handshake.

- How Big Is It? – Ask the child to show how big the feeling is using their hands or body.

B. School-Age Children (5–9 years): School-age children can describe experiences more clearly and begin recognising the relationship between thoughts, feelings, body sensations, and behaviours. Therapy can become slightly more structured while remaining interactive.

General approach:

- Stay connected without asking too many questions.
- Follow the child's lead.
- Reflect their own words and feelings.
- Use healthy snacks or movement where appropriate.
- Encourage positive self-statements.
- Watch and listen for feelings.
- Notice fantasy and imaginative themes.
- Use the Invisible Backpack metaphor to explain emotional burdens.

Helpful questions:

- How are you feeling?
- How big does it feel?
- Where do you feel it in your body?
- Think of what you are worried about.
- How big does it feel now?

Creative release activities:

- Go Crunch.
- Scribble.
- Celebrate.
- Monkey Monkey (under the arm).
- Squeeze or Hug.

Explaining the tapping points using child-friendly language:

- Open the breathing.
- One eye.
- The other eye.
- Breathe out.
- Side of head (Gentle Chops).
- Fluffy Eyebrow.
- Funny Eye.
- Puffy Eye.
- Funny Nose.
- Funny Chin.
- Hello (Collarbone).
- Monkey Monkey (Under Arm).
- Monkey Hair (Top of Head).

C. Tweens (10–12 years): Tweens become more self-aware and are ready to take a more active role in therapy while still benefiting from creativity and encouragement.

Therapeutic approach:

- Get yourself out of the way and allow the child to discover their own answers.
- Administer courage and build confidence.
- Keep them focused on the present moment.
- Continue using creativity throughout the session.

Helpful reframes:

- "Keep it going!"
- "I like a good go!"
- "Daddy loves me."
- "Mummy loves me."

D. Early Teens (13–15 years): Early adolescence brings rapid emotional, physical, and social changes. Practitioners should balance support with increasing independence while creating a safe, authentic therapeutic relationship.

Common issues include:

- Identity and self-esteem.
- Eating problems.
- Fear of the dark.
- Bullying.
- Parental divorce.
- Moving home or changing schools.

Therapeutic approach:

- Work technique by technique.
- Be vulnerable when appropriate.

- Be genuine, real, and honest.
- Encourage open discussion while maintaining psychological safety.

E. Teenagers (15–18 years): Older teenagers are capable of deeper reflection and collaborative therapeutic work. They appreciate being treated with respect while being encouraged to take responsibility for their own growth.

Common areas include:

- Identity.
- Peer pressure.
- Fears and anxiety.
- Life decisions.

Therapeutic approach:

- Collaborate rather than direct.
- Encourage emotional awareness and self-reflection.
- Explore values, relationships, and future goals.
- Use EFT alongside other appropriate therapeutic approaches while respecting their growing independence.

Effective work with children and adolescents requires practitioners to adapt both their communication style and EFT techniques to the child's developmental stage. Younger children benefit from play, imagination, and caregiver involvement, while older children and teenagers are increasingly able to reflect, process emotions, and participate actively in therapy. By matching the intervention to the child's age, abilities, and

emotional needs, practitioners can create a safe, engaging, and supportive environment that promotes emotional regulation, resilience, and healthy development.

3. What is Surrogate Tapping, who is it for, and how should it be used?

Surrogate Tapping is the process of tapping for another person by tuning into their experience while holding the intention of supporting their highest and best. The practitioner does not take on the other person's emotions but simply becomes a compassionate conduit while tapping. It can be used for:

- Babies and young children.
- Individuals who are unconscious or unable to communicate.
- People with dementia or Alzheimer's disease.
- Individuals with physical illnesses or disabilities.
- Hospitalised patients.
- Family members.
- Animals.

Surrogate Tapping works by intentionally connecting with the other person's experience while maintaining clear boundaries. The practitioner imagines the person, focuses on their wellbeing, and taps with the intention of supporting healing for their highest and best outcome.

- Set the intention to tap for the highest and best.
- Bring the person into your awareness.
- Imagine seeing, hearing, and feeling them.

- Tap while sending positive thoughts, wishes, and blessings.
- Imagine them receiving your positive intentions and integrating them safely.
- When finished, mentally step out of the connection and shake it off.

If you are tapping from a place of love and for the person's highest and best, permission is not essential. However, if it helps you feel more comfortable or appropriate in the situation, you may choose to ask permission first. A simple example is: "Can I send you some positive vibrations?" The emphasis is always on offering support rather than trying to control or change the other person's experience. Tips for effective Surrogate Tapping:

- Get yourself out of the way.
- Tap gently.
- Stay neutral.
- Release expectations about the outcome.
- Trust the process.
- Step out of the energetic connection when you finish.
- Avoid becoming emotionally overwhelmed by the other person's experience.

Surrogate Tapping is a gentle, compassionate way of offering emotional support when someone cannot tap for themselves or when you simply wish to send healing intentions. By holding the intention of the person's highest and best, maintaining healthy boundaries, and tapping without

attachment to the outcome, practitioners can offer support in a respectful, safe, and caring manner.

4. **How to perform Surrogate Tapping?**

Surrogate Tapping is an EFT approach where a practitioner taps on behalf of another person or animal who is unable or unavailable to tap for themselves. The intention is always to work for the highest and best good of the recipient. When the intention is one of genuine care and wellbeing, permission is not considered essential, although practitioners may choose to seek permission if they feel more comfortable.

- A. Choose the person or animal you wish to work with.
- B. Check your intention by asking yourself, "Is this for the highest and best?"
- C. Use the Figure of 8 Infinity Loop, if needed, to prepare yourself.
- D. Step into the person by imagining becoming them—breathe like them, feel like them, and tune into how they may be feeling.
- E. Describe the problem as if you are that person and identify the issue or emotional state.
- F. Complete the EFT tapping, using reminder phrases as though you are the person (or animal) experiencing the issue.
- G. Step back out when finished by shaking your body off and saying your own name aloud to re-establish your own identity and energy.

- I. If information is available: When you know the person's situation, symptoms, or emotional concerns, surrogate tapping becomes more focused because you can tap specifically on those issues.
- II. If information is not available: If you have little or no information, simply tune in, connect with the person's energy, and tap with the intention that the work serves their highest and best good.

Top tips for Surrogate Tapping:

- Clear yourself before and after every session.
- Stay grounded.
- Trust your intuition.
- Use the Figure of 8 Infinity Loop if required.
- Keep your intention focused on the person's highest and best outcome.
- Always bring yourself back fully after stepping into another person's experience.

Surrogate Tapping is a compassionate way of offering EFT support to those who cannot actively participate themselves. By maintaining a clear intention, stepping into the person's experience with care, tapping on their behalf, and consciously returning to your own energy afterwards, practitioners can safely use surrogate tapping as a supportive therapeutic tool.

5. How do you perform Surrogate EFT Tapping for animals?

Surrogate EFT Tapping can be used to support animals by energetically connecting with them and tapping on their behalf. The intention is always to work for the highest and best of the animal while remaining grounded and clearing yourself afterwards.

- A. Awareness: Tune into the animal. Notice the animal's emotional and physical experience. If information is available, use it. If not, simply tune in and feel into it.
- B. Describe the problem: Become the animal and describe the issue as if you are the animal. Examples:
 - "I don't want to be left alone."
 - "They keep shouting."
 - "I miss my owner."
 - "I have been abandoned."
 - "I am scared."
- C. Balance: Complete the EFT Setup Statement and Reminder Phrase as if you are the animal. Example Setup: "Even though I am feeling sad and lonely, I deeply and completely love and accept myself."
Example Reminder Phrases:
 - "I'm sad."
 - "I'm frightened."
 - "Nobody loves me."
 - "They don't understand me."
 - "I miss my owner."

- Tap through the EFT points while repeating the reminder phrases.

D. Animal Tapping Points: If the animal is comfortable being touched, you may gently tap or stimulate appropriate animal acupressure/EFT points.

E. Clearing: After the tapping:

- Step back out of the animal.
- Bring yourself back to yourself.
- Clear your own energy.

"If you tap as the animal, remember to bring yourself back to yourself afterwards; and to clear your own energies." If You Have Information vs Not If you have information, it is easier to target the issue. If you do not have information, simply tune in and feel into the animal's experience. Surrogate EFT for animals involves identifying with the animal, describing the problem from its perspective, tapping using reminder phrases as if you are the animal, and consciously returning to your own energy afterwards. Whether working with detailed information or simply tuning in intuitively, the intention is always to support the animal's highest and best while maintaining clear energetic boundaries.

ADDITIONAL QUESTIONS:

- 1. When working with babies and very young children, when should we tap directly on the child versus use surrogate tapping, and are there any tapping points, such as the Karate Chop point, that we should avoid?**

When working with babies and very young children, the approach depends on the child's age, developmental stage, and willingness to participate. The priority is always to ensure the child feels safe, comfortable, and ready to engage, rather than forcing the process. For babies and very young children, it is appropriate to use surrogate tapping, provided you have the parent's permission. If you are tapping directly on a very young child, there is no need to use the full EFT sequence.

Instead, gently tap on the face, chest, and head, while focusing on positive statements and creating a calm, supportive experience. As children become older (around four to six years old) and are able to communicate, they can begin tapping along with you. Although the parents will usually be present during the session, it is important not only to have the parents' consent but also to notice whether the child is personally comfortable participating.

Permission is not just verbal—it is also observed through the child's behaviour. If a child turns away, pulls back, makes uncomfortable facial expressions, or otherwise indicates they do not want to participate, those are signs that they are not ready. Rather than forcing tapping,

first focus on building rapport until the child feels safe enough to explore the process. For school-age children, you can build rapport, use the child's own words, and tap with them much as you would with an adult, adapting your language to their level of understanding.

Regarding tapping points, avoid using the Karate Chop point with very young children. As children get older, it is appropriate to introduce the Karate Chop point. It is also generally helpful to keep the tapping sequence simple, often avoiding the finger points with young children because they can become overwhelming or too much for them.

Instead, focus on the main points such as the face, chest, and head.

Ultimately, successful work with children is built on rapport rather than technique. As trust develops and the child becomes more comfortable, they naturally become more open to tapping and exploring their emotions.

2. How can we build rapport and work with a very shy preteen or early teenager who is reluctant to communicate or engage in sessions?

Working with a shy preteen or early teenager begins with building safety before doing any therapeutic work. Rather than moving straight into techniques or a formal session, first develop trust, understand the child's perspective, and meet them where they are. Once they feel emotionally safe, they are often far more willing to engage naturally.

- A. Focus on building rapport before introducing therapy: There is no need to begin in a formal therapeutic setup straight away. Instead,

spend time simply talking with the child, getting to know them, and allowing them to become comfortable with you. As the trainer explains, "Just have a conversation, just become a friend and then move into tapping." The initial goal is simply for the child to feel safe enough to listen and connect.

- B. Understand the child's experience rather than the parent's expectation: Parents often come with a desired outcome—for example, wanting the child to greet people or become more outgoing. However, the therapist's role is to explore the child's internal experience rather than assume the behaviour is the problem. Ask yourself: What is the child's actual struggle? Does the child genuinely want to change, or does the behaviour make sense from their perspective?
- C. Explore the meaning behind the behaviour: Sometimes a behaviour that adults interpret as shyness or rudeness has a very different meaning for the child. One example shared was of a child who simply didn't understand why he should say hello to people he didn't feel connected to. Rather than forcing the behaviour, first understand their reasoning and emotional experience.
- D. Use the child's own words when tapping: Children may struggle to explain their emotions in detail, but they often express them in simple, emotionally charged phrases. Reflect these exact words back during tapping. Statements such as "Why should I say hi?" or "It doesn't make sense to me" allow the child to feel understood while processing the emotion naturally.

- E. Follow the emotion instead of forcing conversation: Children are not always able to articulate what they feel, but they often express it emotionally. When those emotions emerge, begin tapping with them rather than trying to analyse or interrogate the situation. Staying with their emotional experience often allows the conversation to unfold naturally once they become calmer.
- F. Trust that children often respond naturally once they feel safe: Children are described as being "very organic" and "very open." When they experience safety, acceptance, and emotional regulation, they frequently begin engaging much more easily than expected. The focus is not on making them talk immediately, but on creating an environment where communication feels safe.

The key to working with shy or reluctant children is to prioritise connection before intervention. Build rapport through genuine conversation, understand the child's perspective rather than focusing solely on external behaviours, use their own language during tapping, and gently follow their emotions instead of pushing for explanations. As trust develops, children often become increasingly willing to communicate and participate, allowing therapeutic work to unfold naturally.

3. When tapping on behalf of someone else, such as in surrogate tapping, should I use first-person language ("I") or refer to the person's name in the tapping statements?

When doing surrogate tapping, there is no single correct way to phrase the tapping statements. The approach depends on how you are connecting with the other person's experience and what feels most natural in the moment. If you are stepping into the person's experience, you can use first-person language ("I"). In this approach, you temporarily tune into their experience as though you are speaking from their perspective, using statements such as, "I'm feeling..." if that feels comfortable and aligned for you.

If you do not want to step into their experience, you can instead imagine that you are having a conversation with them. In this case, use second-person language ("you"), speaking directly to them with compassion and acceptance. For example, "Even though you're feeling this, I love you and I accept you," or use words that would genuinely resonate with that person. One example is of a mother doing surrogate tapping for her son, who would often isolate himself in his room.

Rather than focusing on her own emotions, she was encouraged to use his exact words, read like him, feel like him, and tap on his experience. Within a few minutes, she noticed a positive shift in his behaviour. The emphasis was on tuning into his emotional state and using language that reflected his experience.

Ultimately, the wording is flexible. If you feel comfortable stepping into the person's perspective, use "I." If you prefer to remain separate and

have an internal conversation with them, use "you." The key is to stay connected with their emotional experience and use whichever approach allows you to do that most authentically.

4. Can we use surrogate tapping for someone we are not closely connected to, such as a distant relative facing a serious illness, and if so, under what circumstances is it appropriate and effective?

Yes, surrogate tapping can be used for someone you are not closely connected to, but it is important to approach it with awareness, discernment, and respect. Rather than assuming it is always appropriate, first explore your own intention, seek permission wherever possible, and remain open to what is in the person's highest interest. First, explore your own need to help. Before tapping for someone else, pause and ask yourself why you feel drawn to help them.

Notice whether there is something within you that needs attention first. If there is an emotional need, urgency, or attachment arising in you, it may be beneficial to work on that before beginning surrogate tapping. Seek permission whenever possible. If the person, or someone directly connected to them, has requested your help, surrogate tapping can be appropriate. However, if the person has not asked for healing, it is better to seek their permission where possible.

Not everyone is ready or willing to receive healing, and respecting their choice is important. Respect the person's readiness and beliefs. A serious diagnosis does not necessarily mean someone wants healing or is ready to heal. Some individuals may decline because of their personal beliefs,

religion, or where they are emotionally in their journey. If someone says no, that decision should be honoured. Remain open to what the person's system communicates.

With experience, you may notice that a person's system gives clear feedback during surrogate work. Sometimes there may be a strong sense that they are not ready to receive healing or that they are in a different stage of their journey. Rather than pushing through, listen to what arises and respect it. Work organically rather than forcing the process.

Surrogate tapping is most effective when it is approached with openness instead of trying to make something happen.

The intention is not to impose healing but to respond to what the moment calls for, allowing the process to unfold naturally. For children, always obtain parental consent. When working with anyone below the age of consent, always obtain permission from their parents or guardians. With teenagers, it is generally preferable to teach them to tap on themselves rather than tapping directly on them. If they experience an abreaction or become distressed, ask for their permission before tapping on them.

This respects both their personal boundaries and their growing autonomy. Surrogate tapping is not determined by how closely you know someone but by your intention, the person's willingness to receive support, and your ability to work respectfully. Explore your own motivation first, obtain permission whenever possible, honour the person's readiness, and allow the process to unfold organically rather

than trying to force healing. This creates a safer, cleaner, and more ethical approach to surrogate tapping.

5. How do we determine whether a client genuinely needs our support, and does this apply even when the client is paying for therapy?

When a client directly requests your support, there is no need to question whether they genuinely need your help—that is your role as a practitioner. The deeper self-inquiry becomes important when you find yourself wanting to go beyond what has been requested or feel compelled to help someone who has not sought your support. If a client has asked for your help, do your job.

When someone comes to you for therapy or is paying for your services, they have already requested your support. In that situation, your role is simply to meet the client where they are and provide the best care you can. Reflect when you feel the need to go beyond what is being asked. If you find yourself wanting to help someone who has not requested your support, or you feel compelled to do more than what is appropriate, pause and ask yourself what is driving that urge. Explore your own motivation. Ask yourself:

- What is the need in me to go and help them?
- Is it really genuine?
- Am I in a position to do it?
- Or am I doing it at the cost of my time, my health, or my own wellbeing?

This kind of self-reflection helps you distinguish genuine service from acting out of your own unmet needs. Help from a place of genuine service, not personal need. There is nothing wrong with going out of your way to help someone. However, be clear that your actions are coming from a place of genuine help rather than trying to satisfy something within yourself, such as filling a void or meeting an emotional need.

If a client has requested your support—whether they are paying for therapy or not—you can confidently step into your professional role. The real question is not whether the client deserves help, but whether your desire to go beyond what has been asked is coming from genuine service or from an unmet need within yourself. Regular self-reflection helps ensure your support remains ethical, sustainable, and truly client-centred.

MODULE 8 EFT FAST TRACK TRAINING WITH SONAL SINHA, **QUESTIONS & ANSWERS, 1ST JULY 2026**

MAIN TOPICS COVERED:

1. What are core issues, and why is it important to identify them during an EFT session?

Many of the difficulties people experience are only the visible symptoms of a much deeper emotional or psychological issue. The immediate concern a client presents with is called the presenting problem, while the deeper cause driving it is known as the core issue. Effective EFT focuses on identifying and resolving these underlying issues, as lasting change usually occurs by addressing the root cause rather than simply treating the symptoms.

A. Presenting problem vs. core issue: A presenting problem is the issue that first brings a client to therapy. It may include:

- Stress
- Anxiety
- Anger
- Procrastination
- Relationship conflicts
- Low confidence
- Physical symptoms

Although these concerns are genuine, they are often expressions of something deeper. A core issue is the underlying emotional wound, limiting belief, or unresolved experience that continually influences a person's thoughts, emotions, and behaviours. Common examples include:

- Fear of rejection
- Fear of abandonment
- Shame
- Guilt
- Feeling unworthy
- Unresolved childhood experiences
- Looking Beneath the Surface

Finding a core issue is like digging beneath the surface. The presenting problem is often only the visible part, while the real cause lies underneath. Rather than focusing only on what the client is experiencing now, practitioners gently explore the deeper emotional patterns that are maintaining the problem. For example: Someone who constantly worries about making mistakes may have a deep fear of failure or rejection. Anger towards others may be masking hurt, betrayal, or helplessness. Chronic procrastination may stem from perfectionism or a belief of "I'm not good enough."

B. Why finding the core issue matters: Identifying core issues helps clients:

- Understand the real cause of recurring problems.

- Avoid repeatedly treating only the symptoms.
- Create deeper and more lasting emotional healing.
- Improve relationships, confidence, and decision-making.
- Reduce emotional triggers and unhelpful behavioural patterns.

Surface problems are often indicators of deeper unresolved emotional issues. By identifying and addressing the core issue rather than only the presenting problem, EFT creates more meaningful, lasting, and transformational change, allowing clients to heal the root cause instead of experiencing only temporary relief.

2. What powerful questions can we ask to uncover a client's deeper emotions?

Powerful questions help clients move beyond the presenting problem and gently explore the deeper emotions, memories, beliefs, and experiences that may be driving their current difficulties. Rather than assuming what the core issue is, practitioners use open-ended questions to encourage insight, reflection, and emotional awareness. These questions create opportunities for clients to connect with the underlying causes of their distress. Some powerful questions include:

- A. If there was a deeper emotion underlying this problem, what might it be?
- B. If you could live your life over again, what person or event would you prefer to skip?

- C. What does this issue or person remind you of?
- D. When was the first time you remember feeling this way?
- E. If you woke up in the morning and this problem wasn't there, what would be different?

These questions can help uncover:

- Hidden emotions beneath the presenting problem.
- Significant people or events linked to unresolved experiences.
- Earlier memories where the emotional pattern first began.
- Limiting beliefs that continue to influence the client's life.
- The client's desired outcome and what life would look like without the problem.

Thoughtfully chosen questions are one of the practitioner's most valuable tools. By inviting clients to explore their emotions, memories, and life experiences without judgment, facilitators can uncover the deeper issues beneath the surface, making EFT more focused, meaningful, and effective.

3. What questions can we use to uncover the limiting beliefs and negative self-talk ("the writings on our wall") that are preventing a client from achieving what they want?

The "Writings on Our Wall" is a metaphor for our self-talk—the beliefs, thoughts, and internal messages we repeatedly tell ourselves. These writings become the truth as we know it and often influence how we think, feel, behave, and respond to life's challenges. Many of these

beliefs are limiting and can prevent clients from achieving what they truly want. To uncover these limiting beliefs, practitioners should ask open-ended questions and listen carefully for tail-enders (e.g., "Yes, but..."), doubts, limiting thoughts, dysfunctional behaviours, and the issues that prevent positive affirmations from working. Powerful questions to uncover limiting beliefs:

- A. What do you want in life?
- B. What prevents you from getting what you want?
- C. How does that make you feel?
- D. When have you felt like that before?
- E. When else have you felt like that?
- F. When was the very first time you felt like that?

What to Listen For? As the client responds, listen for:

- Tail-enders such as "Yes, but..."
- Limiting beliefs and negative self-talk.
- Self-doubt and fears.
- Dysfunctional behaviours or recurring patterns.
- Thoughts that prevent affirmations from working.

These responses often reveal the deeper beliefs that continue to shape the client's emotional experience. By asking thoughtful questions and listening closely to the client's words, practitioners can uncover the limiting beliefs or "writings on the wall" that are holding them back. Once these beliefs are identified, EFT can be used to address the

underlying emotions and create healthier, more empowering beliefs that support lasting change.

4. What is the step-by-step process for identifying and working through limiting beliefs?

This ten-step process provides a structured method for identifying and transforming limiting beliefs using Emotional Freedom Techniques (EFT). Rather than simply replacing negative thoughts with positive affirmations, the process explores the emotional experiences that created the belief, reduces emotional intensity through tapping, and helps establish a healthier, more empowering perspective. Each step builds upon the previous one, guiding the individual from awareness to emotional resolution and future-focused change.

A. Step 1: Identify the Belief: The first step is to clearly identify the limiting belief that is causing distress or preventing progress. This is often the belief that immediately comes to mind when thinking about a challenge. Examples include:

- "I am not good enough."
- "I always fail."
- "I don't deserve success."
- "People will reject me."

At the same time, the emotional intensity associated with the belief should be identified. This provides a baseline for measuring progress throughout the tapping process.

B. Step 2: The Truth Scale Rating (VOC): The person says the limiting belief aloud and rates how true it feels on a Validity of Cognition (VOC) scale from 1 to 10.

- 10 = The belief feels completely true.
- 1 = The belief feels completely false.

This rating measures how strongly the person believes the statement rather than how emotionally upsetting it is.

Recording the initial VOC helps determine whether the belief weakens during the session.

C. Step 3: Tap on the Belief: The person begins EFT tapping while focusing directly on the limiting belief and the emotions it creates. The goal is to reduce the strength and emotional charge of the belief until it feels more manageable or until the VOC decreases by at least one point. As emotional intensity decreases, the belief often begins to lose its influence.

D. Step 4: Tap on Related Events: Many limiting beliefs are reinforced by multiple life experiences rather than a single incident. The practitioner asks questions such as: "When have you felt like this before?" These questions help identify additional memories that strengthened the belief over time. Each reinforcing event can then be addressed through tapping.

E. Step 5: Find the Root Memory: The next goal is to locate the earliest memory connected to the belief. Helpful questions include:

- "When have you felt like this before?"
- "When else?"
- "When was the very first time?"

The earliest event often represents the origin of the limiting belief. Addressing this root memory can significantly weaken the entire belief system because later experiences often build upon it.

F. Step 6: Process the Initial Incident: Once the earliest significant memory has been identified, EFT tapping focuses specifically on that event. The aim is to reduce the Subjective Units of Distress (SUD) score, which measures the emotional distress associated with the memory. Typically:

- 10 = Maximum emotional distress.
- 0 = No emotional distress.

Reducing the SUD indicates that the emotional impact of the memory has diminished.

G. Step 7: Test the Belief: After processing the root incident, the original limiting belief is tested again. Many people notice a cognitive shift, meaning they naturally begin thinking differently about themselves or the situation. For example:

- Before tapping: "I know I'm a failure."
- After tapping: "I made mistakes, but that doesn't mean I'm a failure."

This shift suggests that emotional healing has changed the person's interpretation of the experience.

H. Step 8: Argument Tapping: Sometimes conflicting thoughts remain even after significant improvement. Argument tapping addresses these internal conflicts by acknowledging both sides of the belief. Example: "Yes, I am a failure." followed by "No, I am not a failure." Rather than forcing positive thinking, this technique helps the mind resolve conflicting perspectives naturally until a balanced and realistic view emerges.

I. Step 9: Ask What They Choose: Once the limiting belief has weakened, attention shifts toward creating a healthier belief. The practitioner asks what the person wants to believe or experience instead. Examples include:

- "I choose confidence."
- "I choose peace."
- "I am open to the possibility that I can succeed."
- "I choose to trust myself."

These positive choices are reinforced while tapping so they become emotionally meaningful rather than merely intellectual affirmations.

J. Step 10: Imagine the Future: The final step involves mentally rehearsing the future while holding the new belief. The person imagines entering future situations where the old limiting belief previously caused problems and notices how they now think, feel,

and behave. Questions such as: "How do you feel now about what you want?" help determine whether the emotional and cognitive changes are likely to transfer into real-life situations. This future visualisation strengthens confidence and prepares the individual to respond differently when similar situations arise.

Following these steps helps individuals:

- Identify deeply held limiting beliefs.
- Reduce the emotional intensity connected to painful memories.
- Discover the root causes of recurring emotional patterns.
- Experience cognitive shifts toward healthier thinking.
- Replace self-defeating beliefs with empowering choices.
- Increase confidence, resilience, and emotional well-being.
- Prepare for future situations with a more positive mindset.

The Limiting Beliefs Steps provide a systematic framework for transforming negative beliefs using EFT. By identifying the belief, tracing it to its earliest emotional roots, reducing emotional distress through tapping, and reinforcing healthier perspectives, individuals can create lasting emotional and cognitive change. The process addresses both the emotional experiences and the beliefs that arise from them, making it a comprehensive approach to personal growth and healing.

5. What are the next steps?

- A. Congratulate: Congratulate yourself on completing the training and share your certificate on social media with your experience and tag us.
- B. Self-care: Hydrate, rest, detox, and eat nutritious food.
- C. Update: Your personal development log,
<https://portalnew.vitalitylivingcollege.info/web/courses/687ba44a3d6cf7adfb3f168?chapter=68f9acab8d4092dafd04a7d3>
- D. Develop: Your daily and weekly personal peace.
- E. Attend: The Inner Child Matrix Practitioner Training.
- F. Explore:
 - Additional videos: Tearless Trauma, Fear & Phobia, Kids, Teenagers, Surrogate
 - Blog articles, <https://vitalitylivingcollege.info/eft-resources/>
- G. Grow: Attend EFT Serve, next one is on 10th July,
<https://chat.whatsapp.com/FqOGc2uCdfpBnEETAN1SA5>
- H. Get your gifts: Fill in the Feedback form and get your gifts,
<https://bit.ly/EFTFastTrackTrainingFeedbackForm>
- I. Intake form: Fill in the Transformation Program Intake form,
<https://vn319.infusionsoft.app/app/form/icm-with-eft-fast-track-senior-practitioners-intake-form>

ADDITIONAL QUESTIONS:

- 1. Could you explain the final step of the process, where you ask the client to imagine the future, and its purpose in the session?**

The final step of the process is to step into the future after the limiting belief has been cleared. Rather than ending the session immediately after the emotional intensity has reduced, the client is invited to mentally rehearse future situations while holding their new emotional state. This serves as an important test of whether the work has truly integrated and whether any remaining aspects still need attention. After clearing the limiting belief, ask the client to breathe and feel exactly as they do in the present moment, with the new sense of freedom and regulation they have gained during the session. From this state, invite them to imagine themselves in a future situation where the old limiting belief would normally have been triggered. Instead of imagining the future from the old emotional state, they imagine it with their current awareness. They revisit the same type of situation that previously caused distress and simply notice how they now respond. This allows both the practitioner and the client to observe whether the emotional charge has genuinely shifted. This future pacing also acts as a test of the work completed. By imagining the previously challenging situation, the practitioner can assess whether the client feels calm, confident, and resourceful, or whether discomfort, fear, or the limiting belief still arises. If emotional

activation remains, it indicates that further tapping or additional work may be helpful before concluding the session.

The future test does not need to be limited to the immediate future.

The client can be invited to imagine themselves one day from now, one week from now, one month from now, and as confidence grows, even six months, one year, or five years into the future. Exploring different time frames helps strengthen confidence that the change will continue beyond the session and remain sustainable.

The purpose of this final step is therefore not simply visualisation, but to verify the effectiveness of the intervention, reinforce the client's new emotional state, and ensure they can carry this new response into future situations with confidence. It provides both practitioner and client with reassurance that the limiting belief has genuinely shifted and highlights any remaining areas that may require further work.

2. How do we work with a client who cannot recall the first time they experienced a particular feeling or issue?

When a client cannot remember the first time, they experienced a particular emotion or problem, there is no need to force the memory.

The goal is not to find the "perfect" first event but to work with whatever the client can naturally access. As emotional processing unfolds, earlier memories may emerge organically. Working with the most accessible memory is often enough to begin creating change.

If the first memory isn't available, work with the most recent one. If the client cannot identify the earliest experience, simply ask, "When was the

last time you felt like that before?" This gives the client an accessible starting point rather than creating pressure to search for something they cannot remember.

Trust the process instead of forcing recall. If the client is unable to uncover the first memory, it is completely okay. As explained in the training, "Maybe it's not meant to be right now." Practitioners should respect the client's natural pace and avoid pushing for memories that are not yet available.

Remember the principle of generalisation. Working on one memory with the same emotional theme often affects many other related memories. As explained, if you address one memory that carries a similar emotional aspect, there is a strong possibility that other memories with the same aspect will also begin to resolve. This means healing does not always require finding the very first event.

Allow deeper memories to emerge naturally. As emotional intensity reduces through EFT, clients frequently gain greater clarity and may spontaneously remember earlier experiences later in the process. Beginning with an available memory often opens the pathway to deeper material without forcing it.

When a client cannot remember the first time, they experienced an issue, simply begin with the most recent memory they can access. Trust that if the earliest memory is not available, it may not be ready to surface yet. By working on one accessible memory, the process of generalisation often helps resolve other related experiences, allowing deeper memories to emerge naturally when the client is ready.