

From the Desk of
Ann Adams



**USERS GUIDE TO
EFFECTIVE USE OF EFT**

**PART 3
Going Deeper**

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THE LEGAL STUFF:

While there is ongoing research EFT is still considered experimental. Its risks, effectiveness and benefits are not fully known. EFT is not a substitute for medical or psychological care, consult with your health care provider. This manual is considered educational in nature and is not to be relied upon as any type of professional advice. You are expected to assume and accept full responsibility for your use of these techniques.

ABOUT ANN



Ann Adams, a social worker with over 35 years experience, teaches EFT, sees clients and mentors practitioners internationally. She created EFT4PowerPoint, a comprehensive training program used by EFT trainers all over the world, coauthored *EFT Comprehensive Training Resource Level 1 (& 2)*, and codirected the EFT Master Program with Gary Craig, organized the EFT Master Showcases and developing multiple DVDs of these informative sessions giving tips on best ways to use EFT. Go to EFT4PowerPoint.com/store for a list of products. Click for more information [about Ann](#). To schedule a class in your area or an individual session [email Ann](mailto:ann@eftmastertraining.com) ann@eftmastertraining.com.

Ann has contributed articles, spoken at many conferences and written manuals and books on EFT for over 10 years. You can learn much more about EFT from the two books *EFT Level 1 (& 2) Comprehensive Training Resources* available from EFT4PowerPoint.com/store

ADDITIONAL NOTES

Any case histories used in this manual either have permission or are a composite with details changed to make them unrecognizable.

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PART ONE – Getting Specific and Keeping it Simple

- Constricted Breathing Exercise,
- Noticing and Using the Emotional Response in Your Body,

PART TWO – Addressing Cravings and Pain

- Conquering Cravings,
- Addressing Physical Discomfort,

***PART THREE – Going Deeper**

- **Bothersome Memories – dealing with specific events (and phobias)**
- **Using investigative questions**

An even Briefer Review

Our first EFT exercise was to simply pay attention to what you were feeling in your body when you thought about the issue you picked. We discussed the importance of being specific when using EFT. You tapped for the *specific* physical sensations when you thought of your issue. Note that while the exercise did not directly address any issue – only the physical sensations that it brought up – you often had relief on your issue as well.

The tapping steps were:



- Clarify the sensation
- Assess your intensity level
- Develop a two part Setup: The physical sensations AND statement of acceptance about yourself
- State that two part Setup as you tap the fatty side of your hand (karate chop point)
- Tap the points – using a Reminder Phrase at each point. These are words that describe the physical sensations you feel now.
- Reassess the intensity and whether the sensation has changed in any way
- Modify the Setup to reflect any changes
- Repeat the process until 0 or no further progress is made.

The second exercise was Constricted Breathing, a great way to get started with EFT. When we are stressed we do not breathe deeply. Tapping whenever we notice our breathing is less than 100% can be a life changing exercise all by itself. Use it whenever you notice any tension and watch your stress level decrease.



- Take a few slow deep breaths to stretch the lungs.
- Measure the percentage of your current breath against what a truly full deep breath would be. Write down your %.
- Create and state your Setup, for example, “Even though I am breathing at 75%, I deeply and completely accept my breath now.”
- Focus on your less than full breath as you tap through all the points, at least twice.
- Say your percentage as you tap each point.
- Stop and take another slow deep breath. If it is not at 100%. Repeat until it is at 100% or it won’t go any higher.



In Part 2 you used EFT on cravings. We explored the importance of questions. Questions were divided into four major categories:

1. Physical questions – These include all five senses, sight, sound, feel, taste and smell, thought and behavior.
2. Environmental questions – These scan the environment. They are the detective or investigative questions such as who, what, when, where, how. These are the time and place and people questions to gather details. Even small details can be important.
- 3 Cost/benefit questions – These questions assess the gain or loss when you make any behavior change OR when you don't change the behavior at all. Whatever you do has is a positive and a negative side. Assessing how those affect your life is helpful.
4. Identity questions – Asking what this issue means to you and *about* you.

One of the hardest things to do is to truly look at ourselves. It's not possible to be totally objective about our experiences, our perceptions and our limiting beliefs. That's why it's often useful to tap with an experienced person.

The questions can be modified to fit any problem, issue, event, craving, pain etc. You can choose to tap using no words, or use the same word or phrase at each point, use different words at each tapping point from the description or use the entire description. It all works.

**The EFT process is the same no matter the issue.
Clarify, assess intensity, develop Setup, tap, reassess, modify.**

The EFT process does not change no matter what the issue is. The most important set is clarifying *what* you are addressing. Specificity is a king pin of EFT, even if the specificity you choose is simply the physical sensations. What changes are the questions you'd use to clarify your issue and develop a Setup. Questions are powerful.

Cravings: In working with a craving you want questions that help clarify what it is about the substance that you like so much – the look, the taste, the smell, any sounds, the benefit, the physical sensations. You may want to get into environmental questions like: When do you most want it? Who affects your doing this? Are there places that bring up the craving more? Or the cost/benefit questions: What is the benefit of doing this? What would you be giving up if you didn't? Or the identify questions, What does this mean about you?

Pain: Using a metaphor for pain can be very helpful. Whatever metaphor that occurs to you is fine, e.g. “this pain is like a ...” The Color of Pain concept asked useful questions to develop your metaphor. This method focused on the questions revolving around your five senses to come up with a description of what it is *like* for you. Use that description to develop your Setup and Reminder Phrases.

TAPPING GENERALLY

In spite of the emphasis on specificity in this manual there are certain times and about certain issues when you do *not* want to start with a specific. Most often these issues are the most painful events in our life. Start first for the discomfort or fear you may feel just thinking about addressing that issue. Focus on your breath and tap for any constricted breathing. One helpful suggestion is to start by distancing yourself from the issue. Pretend that your painful issue is securely locked in a container in a very protected safe place. Or pretend that the issue is far away, down the street or in another state or country or under the ocean. The idea is that the issue is safely contained. This way you can tap generally for “what is in that container” or “that event buried beneath the ocean.” Continue tapping in a general way until you feel you can address the issue more directly.

EFT can be simple, but people and their issues can be very complex. Don’t get in a hurry. Don’t go for your “jugular vein.” Take it slow. Take it in small steps. If it becomes too painful for you , stop. Put “it” back in a safe container. Go for a walk. Come back to it later. If it is a very complex or long term issue it may be a good idea to seek some assistance from an experienced practitioner.

It is OK to start in a more general way to begin and work gradually into an issue that could be more complex, painful and intense.

BORROWING BENEFITS

One of the really nice things about EFT is that you can gain significant benefit by tapping along with someone else on their issue. It doesn’t have to be a similar, or even a vaguely related, issue. This phenomenon is called *Borrow Benefits*. You can watch an EFT session on DVDs or tapping along with a webinar or other source. There are several good DVDs at EFT4PowerPoint.com/store.

Simply jot down your issue and your intensity level. Then set it aside. You will not be focusing on your issue as you tap along with someone else. Amazing as it may seem, the intensity level for your issue is reduced, or eliminated as you tap along with someone else. You are tapping and you are tapping with intent.

People often want a DVD or written script for *their* particular issue. The reality is that no one else *has* your particular issue. Yes we have similar feelings, perhaps similar experiences and can often relate to other’s problems. They may have the same disease, they may have experienced the same trauma but no two people have exactly the same experience or reaction. *No one else has lived your exact life*. Scripts

can be helpful. Scripts can help you get started tapping and help you feel a part of a community and no longer feel isolated with your issue. Scripts may also be helped by the Borrowing Benefits generalization effect. Tapping with intent is helpful no matter what words – or no words – you use. However helpful you may find a script only rarely, with repetition, does a script address your individual issue completely.

WHEN TO ASK FOR HELP

Sometimes in using EFT on our own we reach a point where we may need some help dealing with and/or finding our deeper issues. At times we may feel we've gone as far as we can and EFT seems really slow or appears to "stop working." **An experienced EFT practitioner can be helpful when we are stuck, blocked or, reluctant.** After all, we cannot be totally objective when it comes to assessing ourselves. In addition, we tend to not want to go where we don't want to go – especially alone!

Keep in mind in picking a practitioner that the relationship with your practitioner, just as it is in traditional therapy, is important. Pick someone with whom you feel really comfortable. I do still "see" clients. If you'd like more information about how I work go to

<http://FromtheDeskofAnnAdams.com/appointments>

EFT has an amazing success rate when you have resolved all the aspects around any one issue. Does EFT *always* work? Nothing always works for everyone all the time. Gary put it well when he said that most get substantial relief and "others we can do little for."

Generally, however, with persistence and digging deeper for missed aspects or a limiting belief or forgotten associated experience most people get significant relief most of the time. Specificity is the king pin of EFT. **Finding specific issues and events that could be behind your problem is the key to success.** You may start generally but work down carefully to all the parts and pieces, the details and aspects that make up most problems.

EFT balances your energy system so there is more energy to heal your body.

Many people come to EFT to resolve or "cure" a physical problem. EFT does not "cure" anything. When you have addressed and negated related events or emotional issues there is more energy to problem solve, more energy to make better decisions, more energy to motivate yourself to do what needs to be done. Remember the 5 Cs: clarity, calm, choice, confidence, courage.

USING EFT WITH BOTHERSOME MEMORIES

When we were discussing using EFT with cravings, and physical pain and discomfort we used questions to help us get specific. In this section we will modify those same questions for exploring a bothersome memory. Bothersome memories can be traumas with a little "t" or a big "T." Remember that the goal of EFT is to be as painless as possible. Go slow and address small parts first.



George was sitting in his living room reading a book while watching his six year old twins play a board game. One of them became angry and dumped the board on the floor causing the other to cry. George was immediately *transported* to a long forgotten memory of similar treatment by his older brother during a game. He was overcome with a sense of helplessness and intense anger toward the twin who had upset the game.

George's memory had been *triggered*. He was aware that his own internal response was over the top as a parent. He was responding as he was still the child.

EFT is a terrific tool for when we are triggered by negative memories. EFT can free and balance the "locked" energy around any memory. EFT does not *erase* the memory – it still happened. We simply no longer have a negative reaction emotionally or physically to the memory. With EFT you are able to shift and change your perception of the memory and its effect on you.

Most all memories constitute a specific event or a specific "scene." Generally memories could start with the statement, "The time when..." In EFT a process called The Movie Technique is often used to help the person stay with a specific, manageable issue. The entire process is beyond the scope of this manual but basically you want to make a short – less than 3 minute – movie of your own "time when..."

- Just like in a movie you have a beginning, some crescendos and an end.
- Just like in a movie your memory is made up of scenes – scenes that can often be described with your five senses: what you see, hear, feel. Sometimes in *your* movie smells and tastes are involved, as are places, people, expressions.
- Just like in a movie you can only "watch" one scene at the time.

During the "movie" tap for the details, the aspects of the scene, and any physical sensations. You will tap for the aspects of your scene until the overall scene is down to zero before going to the next scene.

Running Your Movie – Run your movie scene in your mind. Notice all the sights, sounds, feelings (physical sensations, tactile memories or emotions), smells and tastes involved. Any thoughts you remember? Notice that the process of running the movie follows the same EFT process we have now used several times:

- *Clarify* the aspects from the sights, sounds, feeling, smell, tastes, emotions, thoughts, places, people and activities involved.
- *Assess* the intensity you feel right now.
- Give your "movie" a title.
- *Develop a Setup* as simple as, "Even though I have this [movie title], I deeply and completely accept myself." Or use one of the aspects, "Even though I see the blood all over me, I am ok."
- Use the movie title and/or the aspects as the *Reminder Phrase* while you tap the points.
- *Re-assess the intensity*
- *Modify Setup and Reminder Phrases* as the scene shifts or you now focus on different aspects.

QUESTIONS TO HELP DEVELOP YOUR SCENE

● **Sight: What do you see?**

Who is doing what? Are there any expressions on faces that have significance?

● **Sound: What do you hear?**

Who is saying what? Aware of background noises?

● **Feeling: What do you feel** in your body as you imagine this scene?

● **Taste:** Are there **any tastes** involved?

● **Smell:** Smell can often generate a memory. Were there **any smells** involved in the scene?

● **Emotion: What emotion** does it bring up?

● **Behavior:** What are you doing? Do you wish you'd done something else?

● **Thoughts:** What were you thinking then?

Did you make any decisions about yourself or others when this happened?

● **Environmental:** What is happening around you?

● What was happening just before this happened?

● Are there particular places that can generate this memory?

● Does being around certain people trigger this memory?

● What are their characteristics?

● What were the most influential people in your past that affects this scene?

● What other events in your past remind you of this memory?

● **Identity:** What benefit do you gain from being triggered?

● What would you be doing if you didn't have this reaction to the memory?

● What are you giving up or losing if you resolve this?

- What does having this memory **mean to** you?

- What does having this memory **mean about** you?

- Were there decisions you made at the time about yourself, others and the world that are now preventing you from reaching your goals?



One scene can lead to another. One memory can lead to an earlier or similar memory. EFT often works like peeling the layers of an onion. It may take uncovering several layers before getting to the core issue involved.

Be sure you go back to check the intensity for the same scene you began tapping for. Watch for shifts. It is common to change aspects or scenes as you decrease the intensity on the original memory.

ASK yourself:

- Did you change scenes?

- Are the smells or tastes the same?

- Are there different voices, words, tones sounds?

- Are you still having the same emotion?

- Are the sensations in your body the same?

- Are your thoughts the same?

- Have you moved to another similar or related event?

As you tap, all the above factors may change or shift. Follow where it goes but always go back to where you started to check on its intensity. Then methodically check on all the other “places” you went. You want to test, test, test to make sure you have cleared all the related aspects. This constant reassessment is more challenging when you are working on your own. There is often a tendency to tell yourself,

“That’s done.” before you’ve actually gotten all the parts and pieces. Stay with your memory until it is totally neutralized. One way to test is to stand in front of a mirror and tell the story in minute detail out loud. If available, get pictures of that time in your life and/or the people involved.

- One more question that is helpful when you don’t seem to be getting somewhere:
What question have you *not asked* that you have been avoiding?

PHOBIAS

We all have different aspects of an event or issue that concern or bother us the most. For instance, if you were dealing with a fear of flying, different parts of the experience may have affected you more.



You may be afraid of only one part of flying, for instance, flying over land seems OK but flying over water is terrifying. If you have a phobia, write down all of the parts and pieces of it that brings up any reaction or emotion. You may be just fine seeing a spider in a book, even a small one in a corner of your home but if it is big and moving you run screaming from the room. Or, snakes in cages in the zoo may be manageable but your anxiety shoots up to a 10 if you see even a very small green garden snake in your yard.

You could have such a fear of dogs that even a picture of a small “cute” dog can create intensity.

Imagine your particular phobia. What is the most intense aspect that generates the most intensity?

Generally, you want to start tapping on that intense aspect. The exception is when your level of intensity is way too uncomfortable – in that case start with a much less intense aspect.

Is there a particular memory that created that phobia? Sally had an aversion to anything that was at all what she described as “mushy.” It really wasn’t a major problem until she became a mother. Lots of “mushiness” around raising a small child!

One day not long after Sally learned about EFT her preschooler had invited her to join in his Play Doh experience. She started tapping about the *feel* of the Play Doh but was quickly transported back to an experience with her brother. The intensity of the emotion she’d had at age 8 was still surprisingly high. Sally’s older brother had put a slug down her back.



Sally picked the “scene” that generated the most current intensity: his holding her down as he put the slug down her back. She remembered that her 14 year old brother chased her, held her down and laughed with his friends as he put the slug down her shirt. The most intensity from that scene surprised her – his laughter. She tapped several rounds on the sound of his laughter until, when she relooked at the scene, she could see him laughing but could no longer hear him laughing.

What came up for her then was the intense shame she’d felt at being unable to fight back or protect herself. She was very hurt that the older brother she adored would do such a thing. She tapped for several minutes on the shame and the physical sensations that feeling manifested. She tapped for the disappointment around her brother’s behavior. And, while she’d known rationally *before* tapping that she was a little girl and he was older and bigger, that realization became real. “I was just a little girl and he was lots bigger; there was nothing I could do.” She tapped a couple minutes more on the sadness that came up; she adored her brother, how could he do such a thing? Then, she remembered what had happened later.

After the slug incident her brother had gone off with his friends to play ball. That night he came to tell her good night. “Hey, kiddo, he said, “I’m sorry I put that slug down your back. I promise I won’t ever do that again.” She had forgotten this part entirely. She replayed the slug scene again. It seemed very far away. She saw a teenage boy looking for approval from his buddies. She just happened along at the moment they’d found a slug.



He hadn’t chased her as she’d originally remembered. He had held her tight against him and put the slug down her back. She switched to the scene of his apology. She saw genuine remorse and shame from him for what he had done. She and her older brother had been great buddies; she was terribly hurt that he would treat her like that. He was genuinely sorry he’d upset her. She realized that the aversion to “mushy” was symbolic to protect her from disappointment from those she loved and trusted. She smiled to herself as she sat down to play with her son.

Phobias can be “tied” to one memory such as above or can be developed and/or strengthened by repetitive events. Phobias tied to one single incident such as above generally are resolved quickly. However, phobias can also be complex and take lots of “digging” to find the cause.

We will explore the same basic questions as they apply to phobias.

- **Sight:** What is it exactly about how it *looks* that affects you?

What other characteristics do you see that impact your reaction: how big, how many, moving or still, colors, etc.

● **Taste:** Any tastes involved with your phobia?

● **Smell:** Any smells involved with your phobia?

● **Sound:** What sounds are involved?

What is it *about* that sound that is upsetting?

What does the sound remind you of?

● **Feeling:** What textures could be involved?

What are the sensations in your body when confronted with your phobia?

● **Emotion:** What emotion is generated?

What is the threat to your safety?

Are you alone, isolated? Is it a person or people, crowds?

How do you feel emotionally about having this problem?

● **Behavior:** Are there things that you do or don't do that affect this phobia?

● **Thoughts:** What thoughts most often go through your mind when confronted with the phobia? _____

● **Environmental:** Are there any scenes or memories associated with the phobia?

● What was happening when you developed this phobia?

● Currently, what life situations trigger the phobia?

● Can you recall what was happening in your life within a year or two of the onset?

● Are there particular places associated the phobia?

● Are certain people or places more likely to trigger the phobia?

● Who else could be involved in preventing a resolution of the phobia?

What people in your past influenced this phobia?

Who else in your family/friends shares this phobia?

What would their reaction be if you resolved your phobia?

● What events in your past could be associated?

● **Identity:** What is the gain to you from having this phobia?

● What would you be doing if you didn't have this?

● What would you be giving up if you didn't have this?

● What does having this phobia mean *to* you?

● What does having this phobia mean *about* you?

● What losses does it cause? Self worth? Activities? Independence?

● And, if you don't know the answers. GUESS.

How do you know you do not know?

Another way of looking at dealing with your problem issue is to think of your phobia as the leaves on a tree.

- Let the leaves represent your phobia and all the aspects of it.
- On the branches list how you feel about it, any emotions that dealing with the phobia or thinking about it bring up,
- The trunk stands (pun intended) for the events that lead to your having the problem and
- The roots are any beliefs that hold the phobia in place and prevent you from resolving it.



Generally any problem is a symptom or side effect of something else, you certainly have feelings about that "symptom" and there would have been things that happened (events) that affected or created that problem. And, underneath it all are the limiting beliefs that you formed in your past, often as a young child, as you made decisions about yourself, others, and the world.

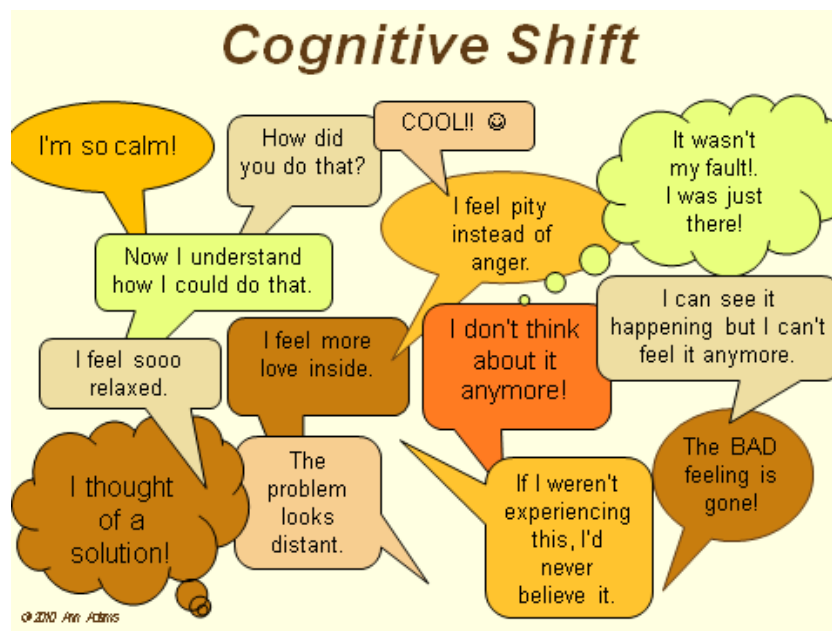
Sometimes as you are tapping on one related event another, perhaps long forgotten, event is called to mind. An event that you realize was where you made that limiting decision. Perhaps you decided you were powerless, or unworthy, or could not take care of yourself or that men (or women), or a certain race or a type of people could not be trusted or were greedy or mean, etc. Or perhaps something happened in a place that frightened you badly and you decided that spiders or planes or bridges, or elevators, etc. were dangerous.

All of the limiting decisions you made at the time were designed, at the time, to help you, to keep you safe. Your perceptions of yourself, others and the world were formed from the experiences you had. As we grow, mature, develop additional skills and knowledge, those old beliefs no longer are appropriate. The challenge comes because even though we no longer *need* that old belief we are still acting *as if* we still do. After tapping the emotional impact of the event in which we developed the limiting belief we are free to rethink the belief and make a new perception and/or belief of self, others and the world.

Whatever the phobia, whatever the problem, you developed it somewhere, doing something. When you remember the event, tap on all the aspects around it until that event is simply a “movie” you are watching. It no longer has emotional impact.

You can also focus on the physical sensations brought up by thinking about or dealing with the issue or phobia. This approach is particularly helpful when you are unable to find a related event.

COGNITIVE SHIFTS



When the intensity level around the issue you were addressing is decreased or negated, most often there is a corresponding shift in your perception of the event, of yourself, others involved and perhaps, too, the world seems just a bit better place. Comments such as these shown are common.

You are able to perceive your issue and yourself differently.

PERSONAL PEACE PROCEDURE

Pulling the weeds from your garden

It is helpful to make a list of all the negative events you can remember. Even if you don't seem to feel strong emotions as you think of it, the fact that you are remembering it now makes it a tappable event.

Most people can make a pretty lengthy list! If you tap on at least one memory on your list one per day and keep tapping on all aspects of that memory until there is no more intensity in one year you've made major headway into the issues that have kept you from living the life you'd like to live. Fortunately because of the generalization technique you will not have to tap for all events. As you tap the negative impact of key events other related events seem to become non issues.

You will be calmer, less easily triggered, have less stress, sleep better and in general be positive about life, people, and the world. Think that's too big an order just for tapping on yourself? I challenge you to diligently try it for a year and report back!

My signature on all correspondence is always: Best Wishes. I truly do wish the best of everything for you. If I can be of assistance please let me know.

Best wishes,



Check out my blog [From the Desk of Ann Adams.com](http://FromtheDeskofAnnAdams.com)

Join my Facebook page.

PS Don't stop reading yet!! Check out the BONUS PAGE at the very end.

OTHER HELPFUL RESOURCES

To learn even more about using EFT, I invite you to click below to order the two course books written to reinforce EFT training: *EFT Level 1 (and 2) Comprehensive Training Resources*.

Order both for No shipping cost.

http://eft4powerpoint.com/store/index.php?main_page=product_info&cPath=15&products_id=51

If you would like to schedule an appointment for consultation, or to have an EFT session with me information about scheduling an appointment can be found at:

<http://FromtheDeskofAnnAdams.com/Appointments>

I do like to travel and teach EFT. I am willing to come to your area to teach a class if you are able to bring 10 paying attendees to the class. While it is possible to teach a class with less than 10, that is a good number to assure sufficient interaction and variety to enable the best learning experience. [Contact me](#)

There are several single DVDs that can be helpful in your EFT Journey. These were professionally videoed and skillfully edited. DVDs on many topics can be found at

<http://EFTMasterTraining.com>

If you are working with people with addiction, dealing personally with an addiction or have a loved one with an addiction you can find help from *Healing the Cycle of Addiction*. This 9 DVD set can help you understand the problems surrounding addictions. This set is truly a mini course in addiction.

<http://EFTforAddiction.com>

What help marketing your EFT business? An ebook and 2 videoed sessions of EFT Masters discussing their best marketing tips is available from: <http://MarketingYourEFTPractice.com>

Check out all of my products available in the store:

<http://EFT4PowerPoint.com/store>

BONUS SECTION

EVEN MORE QUESTIONS FOR GOING DEEPER

Instead of just scanning this list of useful questions, as you think of your problem/event/issue/memory consider carefully how each question could possibly relate to it. As you form relevant answers to these questions create a Setup statement from your answer. Pick out some of the key words or phrases in your answer and use them as reminder phrases as you tap. After several rounds look at the questions again. Does it still fit the situation? Has the answer changed any? If so revise your Setup and tap some more. Check in frequently to the problem/event/issue/memory that brought you to this list of questions. Does it look the same? What is its intensity now? When you are really stuck you can:

- Go back to simply using the Constricted Breathing exercise for a while.
- Put your issue aside for a day or two.
- Distract yourself – read a book, call a friend, take a walk, try a relaxing bath/shower, etc.
- Increase your knowledge of EFT with additional [EFT Resources](#) – naturally I recommend mine! 😊
- Schedule an appointment with an experienced practitioner.

One thing *not* to do. Don't give up. Persistence is often necessary in complex issues.

Does this [scene/event/memory/problem] remind you of an earlier but similar one?

If there were an overall emotion to describe this, what would it be?

Is that emotion/reaction a pattern in your life? When did that start? Who taught you?

If this reaction had a name what would it be?

If you did know the answer to this, what would it be? Just guess. Make it up.

If your friend had a similar problem, how would you explain it? What would he/she need to do?

What's your theory about this problem?

What would you do to change this? Do you have a plan? What stops you from implementing it?

What would ... say about that?

What/who is to blame for this?

Who did you tell about this? How did they respond?

Who did you hope would *never* find out?

Did you have a sense something was wrong before this happened? What?

If you could live your life over, what pivotal event or person would you eliminate?

What is your theory as to why *this* blocks you now?

Did something happen in the last year that brought this on or retriggered it?

What happens when you try to resolve it?

What do you want to happen?

What are your limiting beliefs?

Limiting Beliefs often revolve around:

- **Deservedness** – I don't deserve to.
- **Benefit** – There's no benefit.
- **Safe for me** – I'll be worse off.
- **Safe for others** – It will hurt someone else in some way.
- **Permission** - I won't allow myself to.
- **Deprivation** – I'll be deprived of ... if I get over this
- **Possibility** – It's not possible.
- **Identity** – It's who I am. I wouldn't be me. All my family is...
- **Resources** - I don't have what it takes to make life work without it.
- **Forgiveness** – Forgiving them will mean they got away with it.
Or, I'm guilty; I don't have the right.
- **Motivation** – I won't do what's necessary.
- **Looping** – I have to have this BEFORE I can ...

Common limiting beliefs are:

It's not safe. People aren't safe.

I can't trust or depend on people.

The world is a dangerous place.

It's my fault. I'm bad.

I've done something unforgivable.

I will always be alone.

Forgiving someone is letting them get away with it

My love is toxic and damages others.

I always have to do the right thing.

I must take care of others first – others are more important

I'm unlovable. I'm not good enough. I'm not important.

Where do you think you developed those beliefs?

Who taught them to you?

What holds them in place?

How do you know you are not worthy/loveable/good enough, etc.?

What has happened that "proves" your limiting belief?