

# **Advanced Pro-EFT Formula**

## **An Integration of 3 Easy Techniques**

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The Advanced Technique is simply a combination of what you've already been doing. It combines always doing a Reversal Neutralization, with the Golden Gate Technique and the Choice Method. It's nothing new at this level, but rather showing the processes together.

Read the bold headings below just to remind you, and the rest of the paragraph if you need more help. Remember, practice makes excellent. You know SO much more about Pro-ER than the client, so let your intuition guide you! You really can't do it wrong...only ways that work better than others. Zoe and I have found that the following "blueprint" really works.

### **First things first: Before you start tapping make sure you've done these things...**

#### **DEFINE THE ISSUE**

Ask the client or subject, "What would you like to work on?" Often the client will name an emotion such as anxiety, fear, depression, anger, grief, etc. Or they may name an issue such as clutter in their office, weight issues, memory problems, low self-esteem, or lack of confidence. Keep in mind that these are just the symptoms. Your job is to be the detective and find out the cause or core issue of the problem. There is almost always an event or series of events, trauma or accident that created the problem. If they can't think of an incident, or say they've always had this problem, then ask some of these questions:

- What event or person would you have just as well skipped in life?
- How were you parents with you? Or, what was your relationship with them?
- When did your problem, pain, issue start?
- What else was going on at about that time (or shortly before that)?
- If you had to guess at the cause for "your problem" what would it be?

These questions usually bring up plenty to work on. Nine times out of ten the cause will be a series of negative or traumatic events, or "messages" during their childhood. Dad was angry all the time and yelled at me; Mom just wasn't there for me; my brother bullied me, etc.

Often the cause or core issue may be a trauma or event later in life such as an accident, divorce, betrayal, or death of a loved one. Remember virtually all emotions (or problems such as weight gain, procrastination, being stuck at work, challenged relationships or others listed above) stem from a negative event or repetitive events, traumas or abuses (all of which cause disruptions in the body's energy system, which then causes the negative emotion or symptom).

## **CHOOSE THE SET-UP STATEMENT**

Decide if you're going to work on the actual trauma or event or on the emotions from the event. If it's the event, the phrase would be something like **Even though my boss yelled at me during the meeting...** If it's the emotions, name them, i.e. anger, frustration and guilt about (their issue.) You can group several similar emotions together from one event and still get great results. Doing it this way you can couch the emotions and the cause together, such as **Even though I'm angry, frustrated and resentful at Beth for lying to me... or feeling humiliated and embarrassed from my mother dressing me down in front of my friends... or being uncomfortable and embarrassed at the clutter in my home... feeling shame, guilt and remorse for having the abortion... etc.**

## **ASSIGN AN INTENSITY OR SUDS RATING from 1 to 10.**

Have them guess if they don't know. If they just can't get in touch with it, or are unwilling to guess, assign it a 10. Sometimes this will cause them to say "No, it's not that high." To which you reply, "Well then what do think it should be?"

## **DO A REVERSAL NEUTRALIZATION**

95% of the time they will be Reversed on their issue...especially if it's old or traumatic. If you are face-to-face with the client muscle test them on this before continuing.

Reversal Testing: Have them say "I want to get over this (whatever their issue is)" then try to pull apart their fingers. Most likely they will test weak.

Next, have them tap on the KC Point while saying: **Even though I DON'T want to get over this (issue) I love and accept myself anyway. You might also add maybe I don't deserve to let it go, maybe it's not safe, I'm might lose my identity, and maybe I'm just afraid to let it go. For sure add this one at least once in the 3-4 times you do the phrase: ...or for whatever reason, I don't want to get over this, I still love and accept myself.**

## **HAVE THE CLIENT FIND THE KC Point (or optionally the Sore Spot)**

Next do these following steps or improvise if you wish. We know this works for us, but Pro-ER is an art, not a science. The wording is only offered as a guideline. Use your own judgment and intuition.

Have the client do set-up statement three times saying something like: Even though I'm really hurt (upset, angry, frustrated or whatever) at \_\_\_\_\_ for \_\_\_\_\_, I deeply and completely accept myself. I generally change this slightly with each of the three times, Zoe usually keeps with the same statement. It really doesn't matter. Do what feels right for the client, letting your intuition guide you.

Another option is to start with the problem RATHER than the emotions: Even though Mom ignored me... or dad hit me when he thought I had lied to him... or the trauma of having our house burn down... etc. Then, when down to below a 7, tap on the emotions.

Do the sequence 2 or 3 times (the 10 tapping points) using a reminder statement. On the first round repeat the same reminder phrase over again at each point. On the second and/or third round use "stream of consciousness venting" saying a phrase at each point that you feel appropriate for the situation, such as EB: I'm so mad at her, SE: How could she do that to me, UE: After all I've done for her, UN: I thought I could trust her, CH: I was so ashamed and humiliated, CB: I hate her, etc. If the client reacts extremely, that is starts crying very hard or shaking, keep tapping using only the simple reminder statement my anger (or whatever).

Reassess the SUDs level and modify the set-up statement and reminder statements adding the words still, some or remaining...or something like that, such as: Even though I'm still really angry at Susan, I love and accept myself completely... or Even though there's some remaining frustration, a part of me is starting to let go.

Use a reminder on the first round like "remaining issue" (their phrase, not the word issue). On the next round give voice again to the different aspects of their problem as your intuition leads you, such as: it wasn't fair... what a jerk... it wasn't my fault... but I got the blame... she should have 'fessed up... I'm sick of this... etc.

Optionally: When their SUDs is between a 7 and a 4, use the "Golden Gate Technique" changing the wording to interspersing: I want to let this go... (or get over it, overcome it, put it behind me, etc.) Use that wording in the set-up and the reminder phrases.

Keep repeating until the SUDs is reduced to a 3 or below.  
Introduce the Choice Method at a 3 or below

The setup for Choices can be something like this... Even though a small part of me is hanging on to (the issue) a bigger part of me is ready to let it go. I choose to let that part of me prevail (or win)...and I love and accept myself. You don't have to do the choice three times on the set-up if you feel they're ready.

**First Choice Round** - Repeat the negative word or phrase at each point that represents their issue, such as remaining anger and hate or leftover garbage, etc.

**Second Choice Round** - Use positive choices only, such as I choose to let go of this\_\_\_\_... I choose to forgive him... I choose to eliminate these emotions... I choose to start looking to the future... I choose to be free of this hurt... I choose to get over it once and for all... I choose to find strength from this... etc.

**Third Choice Round** - Alternate the two rounds above: positive choice and remaining issue, i.e.

EB: remaining anger  
SE: I choose to let it go  
UE: remaining negative emotions  
UN: I choose to annihilate them  
CH: any remaining hurt, pain or fear  
CB: I choose to put all of it behind me  
LV: any shred of remaining resentment  
WR: I choose to acknowledge myself for surviving this

If you sense they are at a zero, go on to a fourth round, or stop and ask them their number. If they're not at a zero yet, then do the 9-Point Gamut followed by one more round of the alternating round of Choices. Then go on to the fourth round...

**Fourth Choice Round** - Empowering Pro-ER

I choose to acknowledge my skills and abilities  
I choose to believe in myself  
I'm smart  
I'm resilient  
I'm a survivor  
I have strength and courage  
I'm insightful  
I'm caring and sensitive, etc.

Don't just "make words up," let them flow through you from the client. This can be the most powerful part of the whole process, leaving them

with energy and a positive outlook, not just the absence of the negative feelings you've just abolished.

TEST them. Ask them to try to get upset with their former issue. If they aren't positive, that is, if they say "Well....I think it's gone," or "there's just a tiny bit left," then do the 9-Point Gamut followed by one more round of the alternating Choices.