

# Session 1 and 2

## *How Thoughts and Emotions Function*

1. Emotions are just information
2. Fear always wins
3. We are always making the best choice possible
4. Operative reality is reality to the subconscious mind
5. There is always resistance to change, because if there weren't resistance, then change would have already taken place
6. The mind has a negativity bias

## *What gets in the way of transformation*

7. We are bad eyewitnesses to our own experience/everything we experience is an interpretation
8. The new normal becomes normal (which leads to forgetting transformation)
9. Others want to us change as long as they don't have to
10. We often taking the wrong type of responsibility for experience

## *How transformation works*

11. Stages of awareness
12. Why tapping works

## *The process of transformation*

13. We need to respond to the emotion about the issue \*and\* the issue
14. Our subconscious consistently treats our experience as an all-or-nothing proposition
15. The 10% solution
16. You don't have to know why you are the way you are in order to heal
17. There is no success or failure in transformational work. There is only feedback.

## *The goal of transformation*

18. The goal is a well-informed and proportional emotional response
19. The work is about moving to the now
20. Trying to move one step higher on the emotional scale

# Session 3

## 1) Set Up

- Answer the in section 3 questions before starting to tap

## 2) Setting Your Healing Intentions

- *My intention for this process is to experience healing and transformation around this issue.*
- *My intention during this process is to learn to love myself more.*
- *My intention during this process is to experience only the memories, thoughts, and emotions that are helpful and healthful for me.*

## 3) Clear-ish Statement of Outcome

### Version 1: Taking Action

- *The action that I am not taking is ...*
- *Not taking this action is causing me...*
- *Because I am not taking this action I am feeling...*
- *I would like to easily and decisively [insert action to take]*
- *I would like to take these actions [insert time frame]*
- *While taking this action I would like to feel...*

### Version 2: Clearing Past Memory

- *I would like to no longer be impacted, influenced or controlled by this memory of ...*
- *I would like to remember only the details about [memory] that are helpful and healthy for me.*

### Version 3: Strong Emotion In the Moment

- *I would like to stop feeling [emotion] which is causing me to [negative outcome]*
- *I would now like to feel [emotion] so that I can [positive outcome].*
- *I would like this change or something better*

#### 4) The Work

##### A. Self-compassion

- *I give myself permission to be easy and gentle with myself.*
- *I give myself permission to be easy and gentle with the fact that I am struggling with this.*
- *I give myself permission to be easy and gentle with the fact that I am still struggling with this.*
- *I give myself permission to be easy and gentle with the fact that I haven't worked on this issue sooner.*

##### B. Understanding of healing process

- *This is a healing process and not a healing moment.*
- *I give myself permission to allow the process to unfold in a natural way.*
- *I give myself permission to heal without needing to know the reason why I am the way that I am.*
- *I recognize that when I live in a new way with a new belief that I am not being thoughtless, careless, or reckless in creating change.*
- *I recognize the fact that this is a healing process. It is not an all-or-nothing process. I am open to the possibility of total transformation while recognizing it is a process.*

##### C. Gathering Information

Answer the following questions.

- Tune into what you are tapping on. Where do you experience it in your body?
- Ask the sensation what it is afraid of.
- Ask the sensation what proof it has that this is a possibility or probability.
- Have a conversation with the part, giving it advice the same way you would offer advice to a friend.

##### D. Releasing generational beliefs

- *I give myself permission to release thoughts and beliefs that have been given to me by other people. When I let go of these thoughts and beliefs I am not saying that the person who gave them to me is wrong. I am not letting go of the person*

*who gave them to me. I am simply saying it is no longer useful to me and therefore I am letting it go.*

- *In this healing process I am letting go of thoughts, memories, and emotions that are no longer useful. If at some point in the future they are useful again, I give myself permission to pick them back up.*

#### E. Releasing the known, the unknown, and the hidden,

- *I give myself permission to release any known, unknown, or hidden beliefs that no longer serve me.*
- *I give myself permission to release any known, unknown, or hidden energy that no longer serves me.*
- *I give myself permission to release any known, unknown, or hidden darkness that no longer serves me.*
- *I give myself permission to release any known, unknown, or hidden emotions that no longer serve me.*
- *I give myself permission to release any known, unknown, or hidden stories that no longer serve me.*

#### F. Self forgiveness

- *I recognize that I do not have to offer forgiveness. It is not mandatory. Instead in this moment I choose to offer forgiveness to myself and others to the degree that is safe and healthy for me in this moment.*
- *By offering forgiveness I am not saying that I like what happened.*
- *By offering forgiveness I am not saying I am happy it happened.*
- *By offering forgiveness I am not saying that they can do it again.*
- *By offering forgiveness I am not saying they shouldn't be punished for what they have done.*
- *By offering forgiveness I am not saying that someone else can do it to me in the future.*
- *By offering forgiveness I am not saying that I deserved what happened.*
- *By offering forgiveness I am not saying I caused it to happen.*
- *By offering forgiveness I am not saying they can do it to someone else.*
- *By offering forgiveness I am not saying I am going to forget what happened*
- *By offering forgiveness I am not saying I am going to miss the lesson in what happened.*
- *By offering forgiveness I am saying that I am choosing no longer to be emotionally entangled in the past.*

- *In this moment I choose to forgive myself and others to the degree that is safe and healthy for me.*

#### G. Continue the Healing

- *I give my system permission to ask for what it needs.*
- (Pause and listen to what it needs.)
- (repeat 3 times)

#### 5) Sealing Healing And Reentering The Day

Do this whole process while tapping the gamut point.

- *As I am doing this healing, I am not only doing this healing for myself. I am also providing healing for all of the generations that have come before me. I give myself permission to pass this healing back through my generational lines.*
- 
- *This is a healing process. Not a healing moment. I am thankful for all of the healing that has happened in this process.*
- *I am open to this process being enough to complete the healing. I am also OK with the fact that all of the healing that I want to achieve might not have happened in this process.*
- *As the rest of my day unfolds I know this healing process will continue.*
- *Sometimes this healing will happen in ways that I will notice. When I notice these moments, I will give thanks.*
- *Sometimes this healing will happen in the background, unnoticed by my conscious mind. I give thanks that my system is a healing machine that does not require my conscious attention to continue the healing.*
- *I appreciate the fact that I have had this time to dedicate to this healing.*
- *I am thankful that my system is able to heal and transform.*
- *I am thankful for the desire to continue healing.*
- *I am thankful that I have access to healing tools.*

Three deep breaths and stretch

#### 6) What did you learn?

- Take notes of any insights or reflections you had during the tapping
  - What was surprising?
  - What did you learn?
  - What next actions are you inspired to take?

# Sessions 4

You don't like me.

He hates me.

They have it out for me.

If he doesn't start paying his share of the bills, she is going to leave him.

If I don't get this work done on time I am going to be fired.

She's annoyed with me.

Everyone in my family is unlucky in love.

I am going to fail.

It's bad to be inconsistent.

Quitters never win.

You have to have the right connection to get ahead in this business.

You make me sad.

My wife makes me angry.

I am so frustrated.

I'm nervous because something happened to me last time in this situation.

She yelled at me therefore she doesn't like me.

Everyone is going to the dance.

This is too hard.

She never listens to me.

Everyone at work hates me.

I have to take care of her.

I have to work hard to get ahead.

I can't tell him the truth.

He rejected me.

I am uncomfortable.

They don't listen to me.

She's a better person.

He's smarter than everyone!

He thinks I think I am better than him.

My kids are nuts.

I did a really bad job.

Everyone at work is against me.

Clients are never going to believe I can do this.

It's too early to begin.

# Session 5

\*\*\*Rapport\*\*\*

## Rapport Building Basics

- Answer their concerns before you begin
  - This is going to look weird
  - You will not be so overwhelmed with emotions that it is too much to handle
  - There aren't dangerous memories
  - Explain how the subconscious is metaphorical
- Concentrate on their issues, not your technique
  - Explain what is necessary (and nothing more)
  - Let them know when and how to ask questions
- Meet them where they are, not where you are
  - Language they use
  - What you talk about
  - Worldview and spiritual worldview
    - This is assuming you are comfortable with their worldview
- Active listening
  - Eye contact
  - Take notes
  - Preframe how it is different on video
- Mirror and matching
  - Movement
  - Breathing
  - Speech pattern
- Everything is perfect and you are in control
  - The results are only feedback
  - Even when they don't do what you ask them to do
    - Eye open example from hypnosis
- Repeat what you think you heard
  - Do I have that right?
  - I heard you say [X], is that correct?
- Affirming the action you want
  - Sighs
  - Yawns
  - New insights
  - Celebrate success no matter how small
    - Ex. Costa Rica back issue

- Remind them how far they have come
  - This session
  - This month
  - Since you started working with them
  - Since their childhood
- Give them proof it worked
  - It won't feel like they expect
  - "It's that weird" – It is easy to disbelieve the weird so normalize
- Hypnotic Contract
  - A hypnotic contract is when you ask your client if they are ready to be hypnotized
    - When they say yes they are committing to do the work. They have just bound themselves
  - How I use this with my clients:
    - We are going to do this, this, and this. Does that sound good to you?
    - Are you ready to start doing healing work?
    - Are you ready to do some awesome work?
    - Are you ready to let go of...

### \*\*\*Navigation\*\*

Navigation – when we are guiding their attention or response

- Before we begin
  - They will let their guard down
- Use what they want or don't want to our advantage
  - To do this you need to know what they want
  - The more pain we are in, the more likely we are to take action to get out of pain
  - The closer we are to our goal, the more motivated we are to take action
- Give options to information gathering questions
  - The rule of three
- Act out what you are asking them
- Pacing/leading (yes chain)
  - Three pace statements + one lead statement
    - Ex. Scott McFall's bloody head
  - The goal is to bring new information to the pattern
- Mind reading (which is really mind writing)
  - You are telling them what they are thinking and feeling



\*\*\*The words they use\*\*\*

Generalizations – These have their own section because they are the most common

- Universal qualifiers
  - Making a specific a universal truth
    - Everyone at work hates me – Everyone?
    - I have no joy in my life – Never?
    - Every time there is a crisis he panics – Every time?
    - I'm tired all the time – All the time?
    - She's always like that – Always?
    - I always feel like I am letting them down – Always?
    - All she ever does is talk about herself – Nothing else?
    - I haven't accomplished anything – Nothing?
    - Nobody loves me – No one?
  - Key words
    - Always
    - Never
    - Every
    - All
    - No
    - Nothing
    - Everything
    - Anything
    - Nobody
    - No one
    - Everyone
    - Everybody
- Emotionalization – defining an object by an emotion
  - What a sad life this is – There is only sadness?
  - The world is a hopeless place – There is no hope anywhere?
- Identification – Object or person is reduced to a characteristic
  - You are high maintenance – In what settings?
  - I'm not the type of person who can succeed – You have never had success?
- Syntactic ambiguity – details left out to make the statement more sweeping that it is
  - I've always been bad at kicking habits – What type of habits have you tried to kick? How did you try? Have you ever been successful?
  - I want to specialize in helping people – What type of help do you want to provide?

- The shooting pain is the problem – What is the pain? What does shooting feel like? Why is it a problem?
- Static words
  - Making something changeable seem fixed or static
    - He is a pain in my ass – All the time?
    - It's lonely at the top – Lonely in what way?
- Unspecified referential index
  - Giving a group a universal characteristic
    - Americans tend to be aggressive
    - Managers don't care about employees
    - People are jerks
    - People like me can't get ahead
  - Key words
    - A person
    - Someone
    - We
    - You (meaning everyone)
    - Classes or groups of people

## Everything Else

- Mind reading
  - When we are implying someone's thought or emotional state
    - He is trying to make me look foolish – How is he doing that? Why does he want to make you look foolish?
    - My partner doesn't find me attractive any more – How do you know that?
    - He should know I would be upset – How would he know that?
  - They are probably thinking how fat I look – How could you find out if that is true?
  - Key word
- Cause and effect
  - Implication that one thing causes another
    - Whenever you come along, our team loses – Why is your presence causing that?
    - It's a full moon, so I have a headache – Why does the moon cause the headache?
    - I feel low because it's a rainy day – Are there rainy days when you don't feel low?
  - Key words

- Makes
    - Because
    - Causes
    - If...then
    - As...then
    - Since
    - Whenever this...then that
  - There is often a small amount of truth in the phrase
- Personalization
  - Making events and outcomes personal in their effort to hurt us or define us
    - She doesn't want me to be here. She asked how long I was staying – What are the other reasons why she would ask about your schedule?
    - He abandons me. Every football season he is glued to the TV – How do you know that is about you?
- Comparative deletion
  - Leaving out what you are comparing to
    - It is just easier that way – Compared with what?
    - You will be healthier that way – Healthier than what way?
    - Younger people have more energy – More energy than whom?
    - I need to work smarter, not harder – Smarter than what? Harder than what?
  - Key words for one-sided comparisons
    - Too
    - Even
    - Very
    - Less
    - More
    - Better
    - Worse
- Complex equivocations
  - Where complex ideas, objects, or their meaning are equated as synonymous
    - I'm overweight. I'm so unattractive – You can't be attractive if your weight isn't ideal?
    - She doesn't fold the towels. I can't live like this – If the towels were folded and she wasn't there, would it be better?
    - The boss closed his door. I'm going to get fired – Has the boss ever closed the door and not fired you?
  - Key words – in this case the words are often implied and not said

- That means
  - That just means
  - Therefore
  - It must be that
  - What else could it mean? (rhetorical)
- Either/Or
  - When they reduce the situation to a limited number of outcomes (generally two). The implication is that there is already a “yes”
    - I have to do it now or later – Do you have to do it?
    - Either they beat me up or I beat myself up – Is it possible for both or neither of you to do it?
    - My only choice is fight or flight – If you could make another choice, what would you like it to be?
  - Key words – often implied
    - Either
    - Or
- Lost performative
  - Value judgment without who is making the judgment
    - I’m not allowed to think like that – According to whom?
    - I have to make a good impression – Who has said you have to?
    - It’s not worth arguing about – Not worth it to whom?
    - He’s isn’t worthy of her – According to what metric or standard?
  - Key words
    - Statements presented as fact without supporting evidence
- Model operator of judgment
  - Implying what is right or proper (similar to lost performative)
    - He should be angry at me – According to whom? Why?
    - I should be more like my father – According to whose judgment? To what end? What happens if you're not?
  - Key words
    - Should
    - Shouldn’t
    - Ought to
- Modal operator of necessity
  - Imply or dictate what is right or necessary
    - I did it because you’ve got to live a little – Why is doing that living a little? What is the benefit of living a little?
    - You must work hard – In order to be or have what? According to whom?

- You have to have willpower to lose weight – What would it be like if you could lose weight without willpower?
- Simple deletions – unspecified adjectives
  - Often means an interpretation, not a observation
    - My relationship with my son is strained – Strained in what way?
    - I feel guilty for missing my daughter’s play – Guilty in what way? Why is it bad to have missed it?
    - Nowadays I feel very isolated and it worries me – Isolated from whom?
- Simple deletion – unspecified nouns
  - Vague nouns which create ambiguity
  - This sort of ambiguity makes action difficult because the target is hard to shoot for
    - I’m lacking energy – What kind of energy? Energy for what?
    - I need more self-confidence – To do what? In what area?
    - I want to increase balance in my life – What does balance look like? To what end?
    - There are things I need to change – Such as what? Why do you want the change?

# Session 6

1. Gary Craig – Keep it simple
2. Gary Craig – What we call negative self-talk is just an affirmation of a worldview
3. Russ Hudson – If you are tuned in to your mind, body, and spirit, then you are candidate for transformation
4. Dr. Ihaleakalā Hew Len – *My ONLY TASK in life is to release memories – errors – replaying problems in my subconscious from my past that block me from being myself, "pure in heart"*
5. Dan Cleary – Pain is a signal (in addition to being the problem)
6. Cal Banyan – Importance of having a plan
7. Ormond McGill – All hypnosis (transformation) begins with stating what is
8. Gary De Rodriguez – Your client's worldview is the key to healing, your worldview is not
9. Will Horton – All communication is judged in the response
10. Ormond McGill – A practitioner is upset by nothing
11. Scott McFall – "Confidence does not come by being special. It comes from knowing [and being comfortable with] that you're ordinary"
12. Milton Erickson – The ability to look at circumstances from a completely disassociated position gives you the availability for the quickest insight
13. Mary Ayers – How to measure progress with frequency, intensity, and duration
14. Mark Wolynn – It's not always our fault...it's in our DNA
15. Gwyneth Moss – The power of not using words

# Session 7

- 0 – Tapping the whole time
  - I am giving tapping instructions with each new question or piece of information
- 1 – Tune in to an action you want to take
- 2 – Notice where the resistance shows up when you are trying to take action. This will be our part and we will now treat that part as if it is completely independent
  - Use the "Rule of 3"
    - A physical sensation such as tightness, heaviness, heat, butterflies, or other
    - Thoughts chattering in the brain
    - Something outside the body
    - I often act out and example when doing this
- 3 – Ask questions to find what is motivating the part
  - How is it keeping us safe?
  - What is it afraid will go wrong OR what danger does it perceive?
  - What proof does it have that could happen?
- 4 – Thank the part
  - For wanting us to be safe
  - For working so hard
- 5 – Solve the problem for the part in the same way you would help an employee
  - Give it the information it is missing
    - The problem isn't as big as it thinks
    - The consequences aren't as serious as it fears
    - The problem is no longer a problem
  - Give it the skills it needs
  - Give it access to other parts that are also working on the problem
  - Ask it what it needs to solve the problem
- 6 – Imagine taking the action again
  - If there is no resistance to taking the action, move to step 7
  - If there is resistance, return to step 3 with either the same part or a new part
- 7 – Thank the part
  - For working so hard
  - For being open to change

# Session 8

- 0 – Tapping the whole time
- 1 – Tune in to when you feel this sensation
- 2 – Ask how old they feel when they feel this emotion/sensation
  - This is the perfect place to use "I know you don't know the answer to this question, but if you did, how old do you feel when you feel this emotion/sensation?"
  - They might present multiple ages
    - I asked them to "Trust your instinct, which one do we start with first?"
    - Some practitioners choose to go to the youngest first
  - From this point on I refer the parts child by a number
  - I use the "they/them" pronouns when talking to or about a child part
- 3 – !!!! Tell the younger self they are safe !!!!
  - It is loved and cared for
  - The love and care exists even if the young self doesn't believe it
  - We are not trying to change its mind
  - It is allowed to think, feel, and believe anything it wants
  - It is even allowed to be confused about what to think, feel, and believe
- 4 – Ask questions to find what is motivating the part
  - What is it afraid of OR what danger does it perceive?
  - How is it keeping us safe?
  - What proof does it have that could happen?
- 5 – Thank the part
  - For wanting us to be safe
  - For working so hard
- 6 – Solve the problem for the part n the same way you would help an employee
  - Give it information it is missing
    - The problem isn't as big as it thinks
    - The consequences aren't as serious as it fears
    - The problem is no longer a problem
  - Give it the skills it needs
  - Give it access to other parts that are also working on the problem
  - Ask it what it needs to solve the problem
- 7 – Check back in with the part
  - Once again, ask what it is afraid or worried about
    - It can be the same issue or something new

- Remind it that "This isn't the only time I am going to check in with you. If there are issues in the future, I will be there to help"
  - If there is still work to be done, go back to step 4
- 8 – Give the child the ability to connect with us in the future
  - Create a mechanism for the child to get our attention
  - This might be a negotiation
- 9 – Encourage and affirm to the child that
  - They are loved and cared for
  - Are allowed to think, feel, and believe what they want
  - They are allowed to be a child because there is a adult version taking care of them
  - They can ask for help at any time
- 10 – Go back to the original sensation
  - If it is gone, then you have finished
  - If it is still there
    - Is it the same or different?  
Return to step 1

# Session 9

- 0 – Tapping the whole time
- 1 – Pick the issue
- 2 – Create an image
- 3 – Give thanks to the part for the work it is doing
- 4 – Gather information about what is going on
  - Is it wounded
  - Missing something
  - Is something stuck
  - Check all of the senses
- 5 – Ask the image what it needs
- 6 – Provide the change in metaphorical ways
- 7 – Repeat (as needed) locally
  - After providing the change, check to see if the issue needs more of the same or something else
  - If so, go back to step 2
- 8 – Repeat (as needed) globally
  - If the issue has more than one symptom, return to step 2 for the next symptom
  - If the issue has appeared somewhere else, return to step 2 for the new symptom