

**EFT Level 2  
additional slides**

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**Module Ten**

- The Gentle Techniques
  - Guessing
  - Sneaking Up
  - Body Feelings
- The Clearing Techniques
  - Tell the Story
  - The Movie Technique
  - The Private Movie Technique

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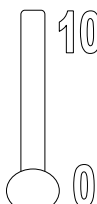
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**Keep it Gentle**

- Too much intensity and the person
  - gets hijacked,
  - dissociates
  - or discontinues
- We need to take the edge off to keep on the scale
- We have the EFT Gentle Techniques



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## The Gentle Techniques

- The Gentle Techniques take the edge off
  - Sneaking Up
  - Guessing
  - Body Feelings
- For completion and testing we use:
  - Tell The Story or
  - the Movie Technique or
  - the private version of the Movie Technique

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## Sneaking Up

- Takes the edge off an intense issue
- Gets tapping 'into it' whilst keeping the mind 'out of it'
- Builds rapport from the start
- Avoids pre-prepared therapy stories
- And its really easy.... Simply repeat their first words back with tapping



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## Sneaking Up is so Simple

Use the first words to come out of their mouth:

- *“Even though this is such a big issue.....”*
- *“Even though I don't know where to start...”*
- *“Even though this is all such a mess...”*
- *“Even though I've never spoken about this....”*
- *“Even though I've been stuck in therapy with this for years and it feels like I always will be....”*

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### Guessing aka TTT

- For an identified intense memory
- *“Please don’t think about that just now”*
- *“And if you were to think about that”*
- *“On a scale of 0 to 10 how much do you think that would get to you?”*
- *“Just Guess”*



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### Body Feeling aka Chasing the Pain

- It is less alarming to speak about physical sensations in the body,
- than the visual detail of a traumatic memory
- If talking about something could take a person off the scale ask:
- *“Where do you feel that in your body now?”*
- Tap for the body sensations and follow them as they move

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### When Calmer...

- After a few rounds of gentle techniques
- *“Do you feel calm enough to talk about that now?”*
- Have them ‘Tell the Story’ and tap at any remaining intensity points
- OR... use The Movie Technique as taught at L1
- OR... use the Private Movie Technique if its not Ok to speak about it

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### Tell the Story

- *Can you tell that story now?*
- *If anything gets you up the intensity scale even a little, pause and we will tap*
- Keep going with the story until there is little or no intensity
- If they ramble, gently bring them back
- Look for cognitive shifts and insights

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### The Private Movie Technique

- For when its not OK to share the story
- We start as in Movie Technique Version 1
  - *Can you make a movie clip of that?*
  - *How long would the movie run for?*
  - *Can you give it a name or a code name?*
  - Tap for the name until they are calm enough to run the movie

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### The Private Movie Technique

- Can you run that movie clip in your mind
- *Can you find the 'crescendo' or most intense part?*
- *Could you give that a code name?*
- Tap for their words for the crescendo
- *Is there another crescendo?*
- *Keep finding and tapping for intensity points until they can run the whole movie*

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## The Clearing Techniques

- The Movie Technique
  - forces sensory specifics
  - is sequential in time
- The Private Movie Technique
  - Not sequential, goes by crescendos
  - Can keep content private
- Tell the Story
  - more conversational,
  - may be more about meaning
  - can jump around in time

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## More on Testing

- Go back to the beginning, what is different
- Use Vivid Imagination
- Make Provocative Statements
- Rehearse then Plan a Reality Test
- If more aspects emerge then...

Tap, Tap, Tap



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## Testing Questions

- Let your mind wander into the future:
  - *How are you different now?*
  - *What has changed?*
  - *What can you do now that you couldn't do before?*
  - *What don't you do now that you did do before?*
  - *Do you like yourself more?*

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### Exercise: Gentle Techniques

- Say something general to start
- Use Sneaking Up, Guessing and Body Feeling for several rounds
- When calmer or clearer...
- Tell the Story or the Private Movie Technique
- Do some testing

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