002 Client Self Discovery Worksheet + additional notes

Client Name:	Session Date
Practitioner Name	Coach Name
The Challenge I want to work on:	
Bothersome memory question When/Where did the incident ha When I remember this incident, See Hear Smell Taste Feel Remember that I could Sense or Remember they said these "Dre	ppen? I remember and I: r Intuit
Or the emotion I cannot shake (i When I think of this incident I fee	
Physical Pain: Where (exactly) point to it: The pain feels (hot, cold, sharp, It started when: The Metaphysical message for a	etc.)a pain like this might beal Your Life is a great reference)
How it is disrupting my life: When did it start?	or what from my past:
When I think of this pattern, I fee	el the stress in my body: (where exactly!)
Mv distress level about this is	on scale of 0-10

Additional training notes for using the Self-discovery Worksheet:

This is a real question posed by a former student regarding how to apply the worksheet to a less incidental issue.

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My real life challenge that I will bring up when it's my turn is my problem of going from one career where I have a certain amount of status, respect, etc., to a career as a health practitioner where I am effectively starting from ground zero. I have this little hang-up that, at my age, I should have had all my training and practice out of the way by now and should be well on the way to success rather than trying to speak in front of support groups and knock on doors like a rookie. It's an ego thing, which I know on paper is silly, but hey, it's the writing on my walls.

My question or observation is that the self-discovery worksheet doesn't seem to be applicable for that situation since I don't have any bothersome memories or physical pain or negative pattern related to my challenge. It's more of a belief issue. Should we pick a bothersome memory or pain or negative pattern that has nothing to do with our challenge?

The self-discovery worksheet is meant to be a template --take liberties with it!! The objective of the worksheet is to have a starting point - a mode of operation, if you will - for getting to the 'secret' behind the symptom.

Try these ideas and see if they help you maximize the worksheet:

Bothersome memory questions:

When/Where did the incident happen?

The Real story is: Transitioning from a well-established and important career path to a relatively new and less glamorous practice; it is happening (now or in x months etc.)

>>>If I (Jan) was the practitioner, I might start by asking how much anxiety is present when you think about the time line...

Then--

I might begin by tapping on the resistance to 'starting over' and everything that it brings up for you.

Then I would tap on 'time' and whatever belief you have about there not being enough, too late, etc.

Then tap on your age and all the "should's" - trying to reframe with the new idea that if I SHOULD have done this earlier... I would have missed out on what? AND, who said I "should have" started earlier? Was that even an option?

And then, if you believe as I do, that all things happen in perfect time....this is the perfect time...you now have LIFE skills and wisdom and patience to do this very special service as a legacy.... Would you have had these skills 15 years ago?

Then I would go right into the meat of what your prestigious career did to you (giggling...you will understand after you read this...)

When I remember this incident, I remember and I:

--think about all of the glory that you have been given for this status and this success...pick a memory of being honored, etc. (I know this is a positive memory –wink--AND it is now having a negative effect on your forward movement.)

The objective I would take in tapping on the positive is to discover what I decided this meant about 'me' as this successful title. By adopting the belief that it made me – important, respected, loveable, a good provider...etc., etc. I also subconsciously adopted the belief that the opposite of that would make me.... you guessed it...Unimportant, disrespected, Unlovable and a poor provider....

See
Hear
Smell
Taste
Feel
Remember that I could Sense or Intuit What assumptions did this celebration bring you about others and how they perceived you because of this honored position?
Who was there? I remember they said these "Dreadful" Delicious words
How long did the incident celebration actually last? If this were a movie I would entitle it: The (day) that
Or the emotion I cannot shake (ie shame, anger, shock, trauma) Remember feeling
When I think of this incident I feel the stress in my body: (where exactly?)
When I remember this, my distress pride?? level is on scale of 0-10
I would tap:
Even though I remember the day when And it felt so good that And I loved that feeling And all the glory that came with it.
And I Want MORE Of that

I deeply and completely love and accept myself for wanting to feel good.

Even though I remember them saying ______And I ate it up... and it was lovely...

And I felt ---

I deeply and completely love and forgive myself if there is any part of me that thinks I should NOT want more of that.

Even though I have loved this career (use your words it may not be career) and I have loved (what specifically about the day to day doing, experiencing, having etc.)

I deeply and sincerely respect this part of me that loves to be appreciated and respected!

Tapping points with

ACCEPTING that it is nice to feel good about the work you have done ---

Allowing this joyful feeling for a job well done (my words....use what works for you). Grateful that I was honored.

Happy to have taken the time to develop the skills that will serve me well moving forward.

Knowing that all I have experienced can be added unto by other great experiences in my new endeavor (I would check in for resistance on this statement).

Relaxing into the flow of a new day...new opportunity...new way to find prestige.

COACHING...

I have discovered that EFT really does one thing....it helps reduce the emotional state long enough to open the mind.

See, when we have resistance to anything... exercising, a new job, taking out the trash...the least effective approach is to PUSH against that feeling.

My interpretation of the purpose of the set up phrase is that it allows us to acknowledge and own whatever feeling we are having in the moment about the situation. Better yet, if we can accept, and even celebrate, it (I know that sounds odd when it is generally a negative...but...the truth remains that if this is what I am feeling....IT IS TRUE to me right now and it is like telling a child to sleep when they are not tired...you can argue all you want, but in the end...the child will make the battle wearisome.

My key intentions in working with you would be -

*Celebrate your success to the nth degree until you actually get a little bored with it.

*Infuse the celebration with hints of being willing to be open to the idea that you never knew how great that career would be when you started...who is to say that this next one will not OUTSHINE even that?

*Recognize that all that you have already accomplished GOES WITH YOU....so while it may be a bit of a training curve...focus on the fun and newness of learning....expanding and growing... YES, they can teach old dogs new tricks © IF the old dog doesn't resist the game of it.

*Anchor that just as your first career fit a time and a season...this new opportunity is coming to you in perfect alignment with some greater good you have inside of you to accomplish.

So, how does that all look, feel, sound?