

002 Client Self Discovery Worksheet + additional notes

Client Name: _____ Session Date _____

Practitioner Name _____ Coach Name _____

The Challenge I want to work on: _____

Bothersome memory questions:

When/Where did the incident happen?

When I remember this incident, I remember and I:

See

Hear

Smell

Taste

Feel

Remember that I could Sense or Intuit

Remember they said these "Dreadful" words

Who was there?

How long did the incident 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, etc.)

When I think of this incident I feel the stress in my body: (where exactly?)

When I remember this, my distress level is _____ on scale of 0-10

Physical Pain:

Where (exactly) point to it: _____

The pain feels (hot, cold, sharp, etc.) _____

It started when: _____

The Metaphysical message for a pain like this might be _____

(Louise Hay book, You Can Heal Your Life is a great reference)

The pain is a _____ on scale of 0-10

Negative pattern I want to break: _____

How it is disrupting my life: _____

When did it start? _____

It reminds me of/resembles who or what from my past: _____

When I think of this pattern, I feel the stress in my body: (where exactly!)

My distress level about this is _____ on scale of 0-10

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?