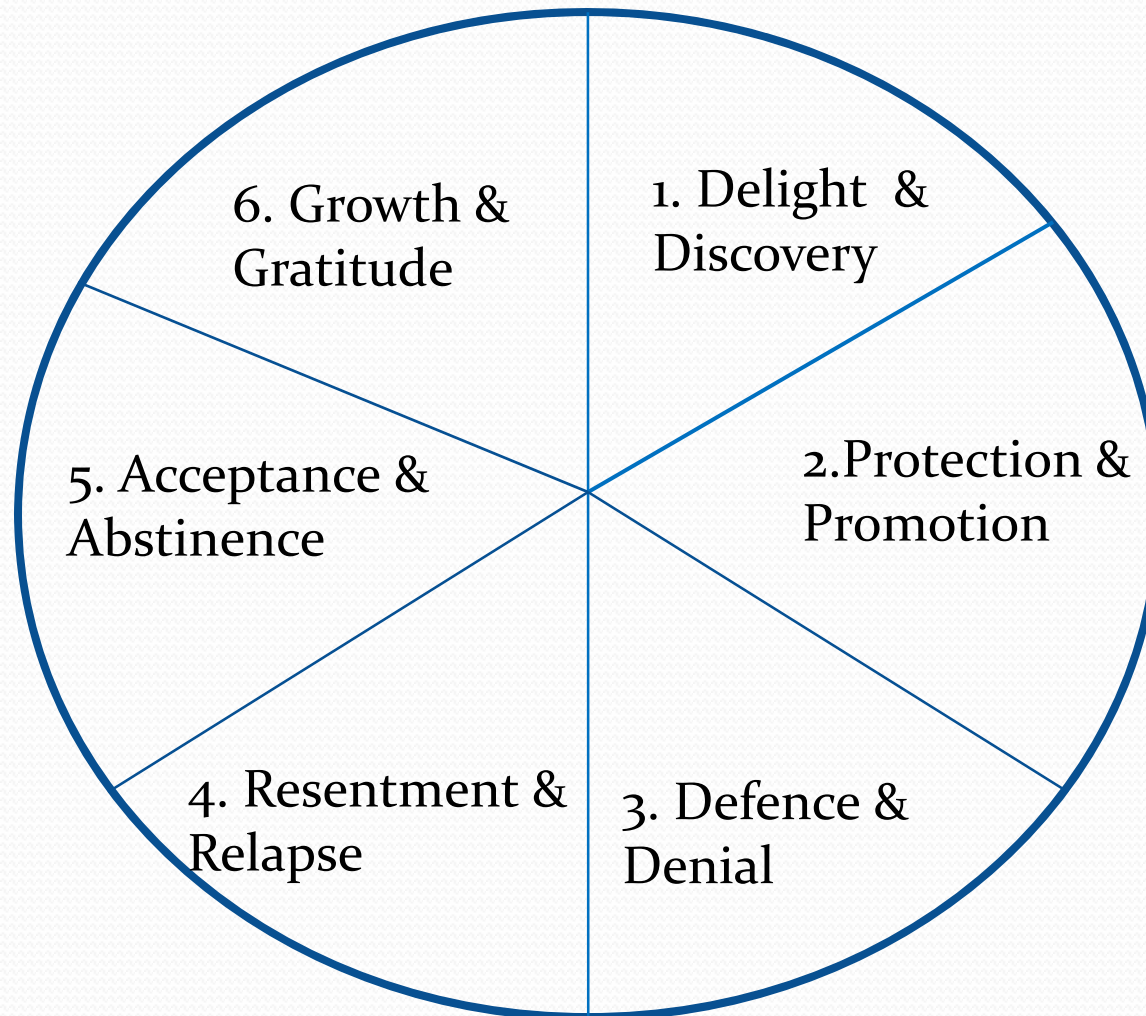


CC – EFT HOPSCOTCH

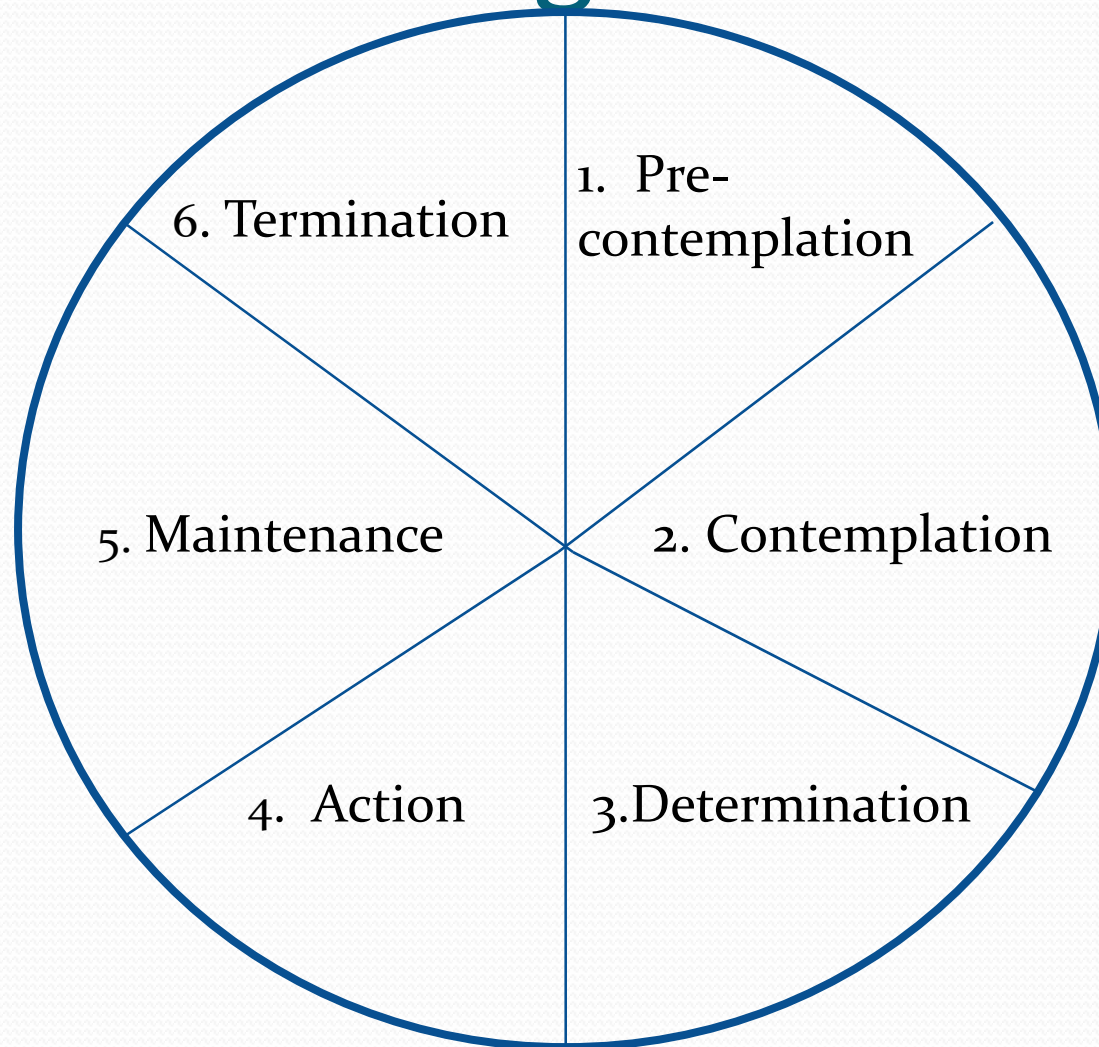
Presented by
Margaret Abraham
Life/Communication Coach / EFT Practitioner

www.healthandwealthresources.co.uk

Development of an Addiction & Recovery - Addicts anonymous



Stages of Change – Mark S Gold





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How it evolved.

1. NLP in the Community
2. NLP Communication Model and Presuppositions on Addictions
3. NLP Model / 6 Interventions
4. NLP Language & Compassionate Communication
5. CC – EFT Hopscotch

NLP in the Community

Solution Focused Coaching

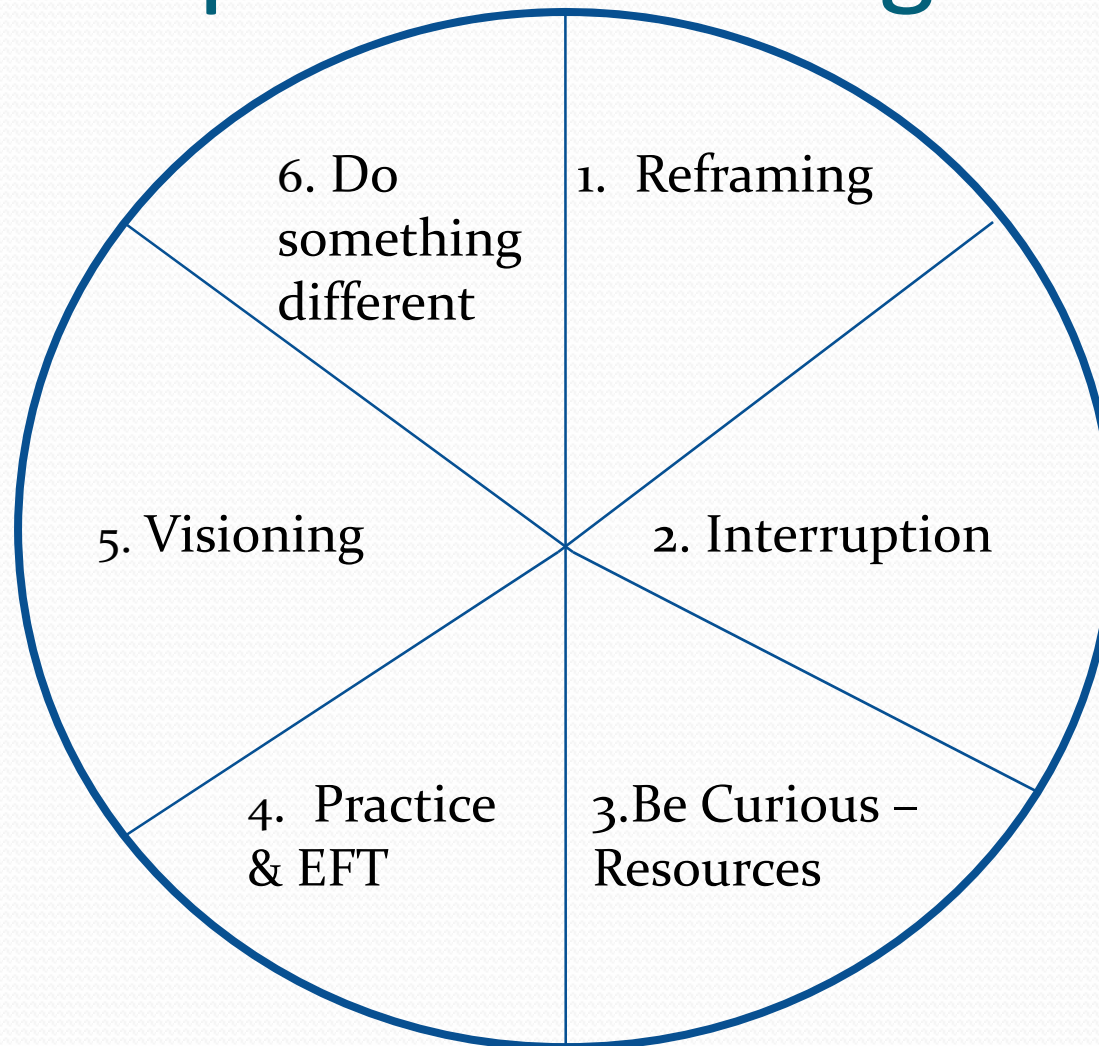
- **FEEDBACK FRAME**

- **Outcome:** What do you want?
- **Feedback:** How can you learn?
- **How:** How did that happen?
- **Opportunity:** How is that an opportunity?

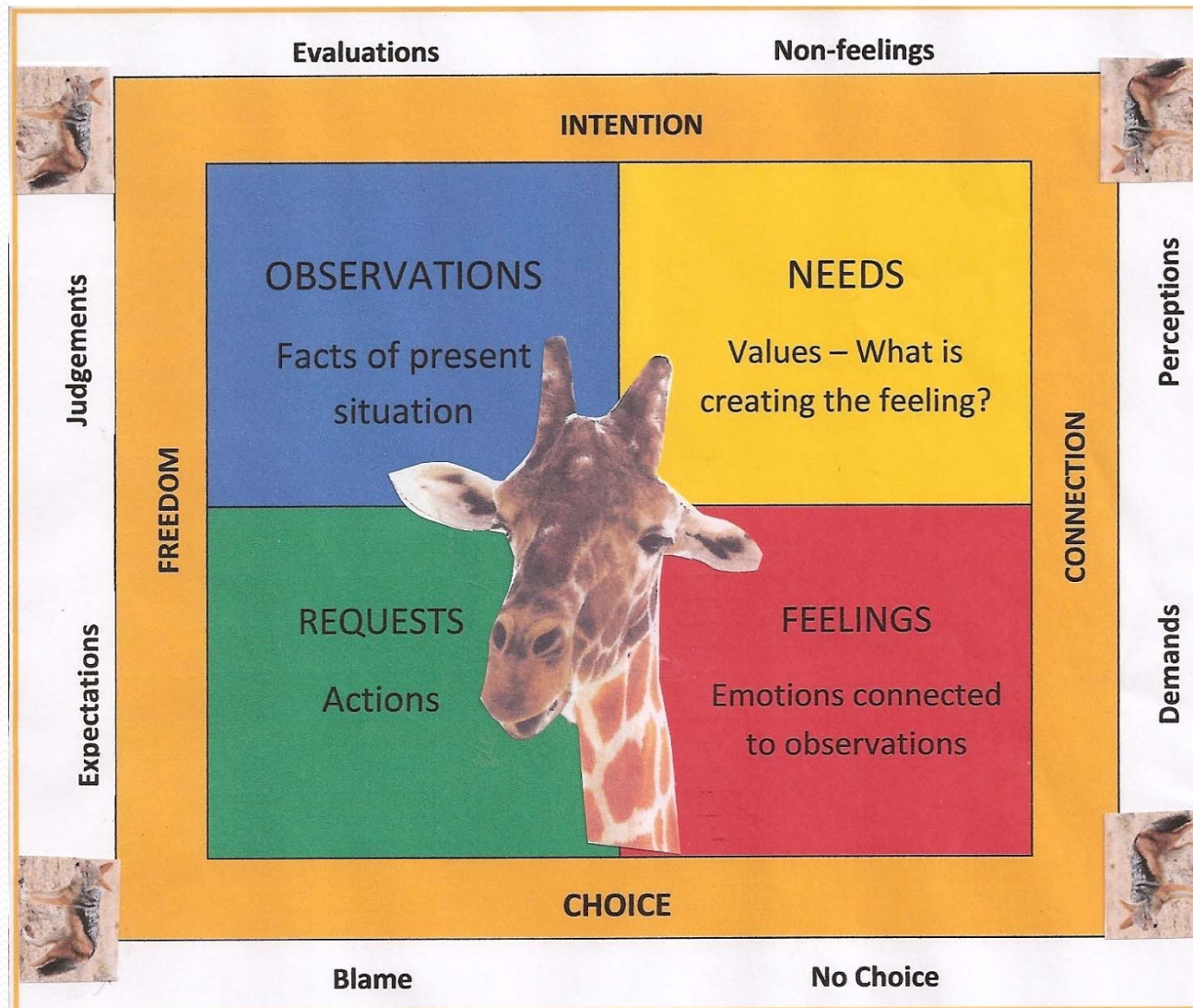
- **FAILURE FRAME**

- **Problem:** What's wrong?
- **Failure:** Whose fault is it?
- **Why:** Why did that happen?
- **Limitation:** How could that limit you?

6 Interventions to bring about personal change.



Compassionate Communication Map



Compassionate Communication

Basic Steps

Step 1

- **OBSERVATION** = Facts of present situation

Step 2

- **FEELINGS** = Emotions connected to present situation

Step 3

- **NEEDS** = What is creating the feeling ?

Step 4

- **REQUESTS** = Action

CC – EFT HOPSCOTCH TAPPING POINTS



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Drug Rehabilitation

- **Step 1**
- **MINDSET**
- **I want to get clean**

- **Step 2**
- **What Route shall I take?**
- **Dettox**

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Drug Rehabilitation

- **Step 3**
- **Stabilisation**

- **Step 4**
- **Structured Day Programme**

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Drug Rehabilitation

- **Step 5**
- **Relapse Prevention**

- **Step 6**
- **Voluntary Work**

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Drug Rehabilitation

- **Step 7**
- **No Work**
- **How do I fill my days?**

- **Step 8**
- **Accommodation**

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Drug Rehabilitation

- **Step 9**
- **Employment**

- **Step 10**
- **New Start**
- **New Life**