

Bennie Naudé



SHAME & GUILT

There is a way out

11 February 2012

Bennie Naudé
Because your imagination is all there is

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SHAME & GUILT: INTRODUCTION TO THIS DOCUMENT

Shame seems to be a taboo subject in many ways and certainly not talked about much in our society; at least not in the true sense of the word. We use language like ‘Shame on you’ when someone does something ‘bad’, or ‘What a shame’ when something did not work out the way we wanted it to.

I hope that these notes will help shine some light on what shame is, where it comes from, how to identify it and most importantly, how to effectively heal it.

If you or a client have been stuck in shame for a long time you could be forgiven for thinking that it cannot be healed; however, quoting Leo Buscaglia totally out of context, ‘*Yes you can!*’

Whether you work with people that experience shame or you are working through your own feelings of shame, the main purpose of this article is to convey the message that with appropriate awareness and skill and combining energy psychology with other techniques, even toxic *shame can be lifted* to allow people to freely express themselves and their creativity.

How do I know? Because I’ve done it and I’ve helped clients to do it. Everything I present here is based on my own experience except where indicated otherwise. Shame has played a significant part in my life thus far and despite having shifted metaphorical tons of it, it is something that I remain passionate and vigilant about as it still trips me up and shuts me down from time to time.

This document represents an accumulation of experience over many years and the intended audience is EFT and other healing practitioners.

Although the following notes refer to *shame* more than *guilt*, I recommend the same therapeutic and healing approaches for both aspects because I strongly believe that accessing the client’s *inner magician* opens up a healing doorway that leads from shame and guilt to freedom.

If you use and distribute this document (and please do), please do so in context; forward any feedback, comments or questions to bennie@deepliving.com.

Many thanks and safe travels!

Bennie Naudé
11 February 2012

IMPORTANT NOTICE

The techniques described in this document require skill and experience to apply safely. Do not attempt to do them on yourself unless you are qualified and experienced enough to do so, or ask for help from someone who is.

ABOUT ME

I was born and raised in South Africa and moved to the UK in 1996. After a 20 year successful career in corporate IT, traveling the world and living and working in many countries I decided to dedicate my life to pursuing my life mission: to create a world of unreasonable joy by separating the stories and the lies from the truth and teaching others that thoughts become things.

In service to the first part of my mission I designed two workshops *Break Through the BS1 and 2* (affectionately known as *BS1* and *BS2*), and also offer EFT Level 1, 2 and 3 trainings – to help people realize the immense power they have within themselves to break through limiting belief systems to create the lives they want.

As for teaching others that *thoughts become things*, I created the MMM (Money Making Moves: Creating Wealth from the Inside Out) program. The amazing results of the pilot run of that program during the end of 2011 and the beginning of 2012 has blown me away: people unanimously reported significant life changes and I will roll out this program during March 2012.

I also created two programs, <http://www.thepassionprojectformen.com> and <http://thelaughingmonkey.org>, specifically designed to help men to enjoy sex more by overcoming sexual shame, dysfunction and pornography addiction through webinars, web-courses and individual sessions.

2012 has already offered me an interesting local and international travelling and training schedule and I continue to offer 1-2-1 client sessions.

Please visit www.deepliving.com for free resources (articles, book reviews, tapping courses and video clips etc), to read what others say about EFT and how I work, and to request my fairly *irregular* newsletter which usually comes with lot of information, news and a freebie or two!

Whether you'd like me to facilitate a workshop on 'Guilt and Shame' or EFT Level 1, 2 or 3 in your area, wish to do private work with me or want to join the 'Money making Moves' program to create wealth from the inside out in your area, please contact me on bennie@deepliving.com.

Blessings until we meet again!
Bennie

SHAME & GUILT – WHAT IS IT?

Shame is a *painful emotion caused by a strong sense of embarrassment, unworthiness, or disgrace*. Not that most of us need a dictionary definition to remind us of the unmistakable experience of shame!

Let's start by differentiating between shame and guilt: *guilt* is a feeling we get when we think that we've **done** something bad, and *shame* is a feeling we get that we **are** bad; bad to the core, fact of life, *fait accompli*, just the way it is and nothing to be done about it.

Have you ever wondered how it possible that fairly intelligent people, those with ample proof that they are loved and liked, those who are successful and with a true sense of passion and purpose in life - people that must know deep down that they are inherently *good* people that make a difference in the lives of others and the world - can drop into shame and shut down in an *instant* - with a single thought or memory, a word or a look from someone else?

How can shame, ranked by numerous models as a 'low energy' feeling, stop mature and emotionally literate people dead in their tracks and shut their creativity and self-expression down in the blink of an eye?

John Bradshaw writes in *Healing the Shame that Binds You* 'I used to drink to solve the problems caused by drinking. The more I drank to relieve my shame-based loneliness and hurt the more I felt ashamed. Shame begets shame ... I came to see that shame is one of the major destructive forces in human life.'

When I first read this book in 2007 it touched me deeply; I felt that finally someone understood my internal world and life experience - through the lens of *shame*. Bradshaw articulated with one hundred percent accuracy the difficulties in my day-to-day activities that others seemed to perform with ease and comfort – like walking into a room full of people, going on a date or even asking a friend for help - all of which could be torture for shame based people.

Bradshaw differentiates between *healthy* and *toxic* shame and suggests that *healthy* shame is there to keep us humble and to remind us that we're human and that we sometimes need help; to keep us open to learning - as opposed to arrogantly thinking that we should be able to do everything by ourselves and that we already know it all, or should know it all.

He suggests that unless *healthy* shame gets processed or released it turns to *toxic* shame which becomes a self-perpetuating downwards shame spiral; see the 'THE SELF-PERPETUATING GUILT/SHAME SPIRAL' diagram further on.

Drawing from my own experience I agree with Bradshaw that unhealthy ***thinking*** is the biggest cause of shame-bound spirals. Unhealthy ***thinking*** causes shame, which causes more unhealthy ***thinking*** which causes more shame, and so on. It is therefore in the area of changing our ***thoughts*** that we find the most effective solutions to heal shame; more about that later.

It seems to me that Bradshaw suggests that the journey to heal shame is by default a painful and long one; if my interpretation is correct in this regard I speculate that he'd not come across EFT at the time of writing his ground breaking book.

I think this book is essential reading for all (whether you are a practitioner or not) for these reasons:

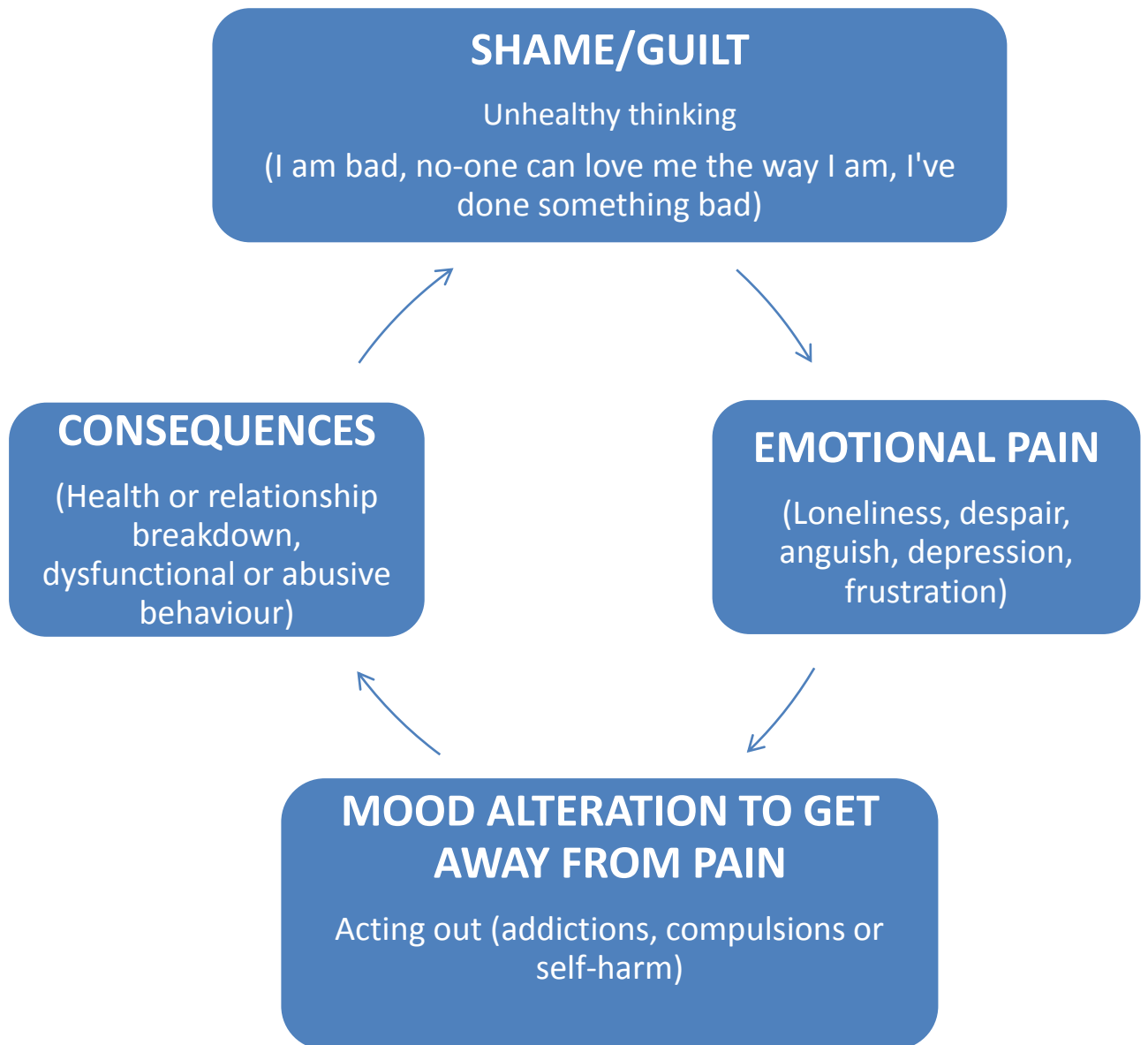
- If you are someone who experiences severe shame, it will provide valuable context for your life experience and a much deeper understanding of the shame dynamic; I believe that we absolutely have to continue clearing our own issues when we work with clients.
- It will help you get inside the heads and worlds of those who do and who may come to you for help and enable you to meet them where they are, in their model of the world.
- It will help you have greater understanding and deeper compassion for your and others' seemingly 'stupid', 'illogical' or 'weak' behaviours and allow you to see that however harsh you may judge yourself and others, that all of us are always and without exception, always doing the best we can
- It will help you become more mindful that mostly with people, what you see is NOT what you get; that most of us have by necessity become masters of pretense, showing the face that we think the world wants to see in order to accept us.
- More than anything else, it will foster a deeper appreciation for how you create your own reality and how the only place you can ever affect lasting change, is on the *inside*.

The techniques described in this document work if you *apply* them; although *reading* about them may bring a sense of instant hope and relief that you can indeed get out of a shame-based world (because you *can*), it is by *applying* them with skill and persistence that the changes will happen, that you will start to experience subtle and profound shifts in how you view and relate to yourself and therefore, ultimately, how you view and relate to the world.

Given the nature of shame and the techniques described here, I strongly suggest that you consider finding someone you trust to help you work through it; either a skilled practitioner or a 'tapping buddy' to swap sessions with. Many of us have become so proficient in taking care of ourselves that we have forgotten the gift we give others when we allow them to support us, and the exquisite beauty and healing that comes when we allow ourselves to be vulnerable and allow ourselves to be held, to be loved and to be witnessed for who we are – even (and especially) in the midst of pain.

And if you persist, I assure you that you shall be victorious and experience a life that is sweeter than anything you ever could imagine.

THE SELF-PERPETUATING GUILT/SHAME SPIRAL



1. Shame leads to distorted thinking – as distorted thinking keeps people shame bound (*no-one could love me as I am*)
2. ...which begs for mood alteration to get away from the pain (acting out, addictions, rituals)
3. ...which leads to consequences (health issues, relationships ending, losing job, run-ins with the law)
4. ...which fuels more shame
5. ...and on and on.

WHY IS SHAME A PROBLEM?

Shame is a problem because it kills.

It kills relationships, spontaneity, creativity and it kills through depression, addictions and suicide.

It's a problem because unless the cycle is broken it gets passed on from generation to generation.

It's a problem because it's all-pervasive yet often sublimely subtle.

It's a problem because unless you deal with it, it will deal with you.

WHERE DOES SHAME ORIGINATE FROM?

Toxic shame, as Bradshaw defines it, results from (well-intended or not well-intended) authority figures like parents, teachers, siblings or the church that do not allow the child to express and reframe shaming experiences.

If a child is allowed to express shame (because they believe that the way they perceive, think, feel, imagine or desire is wrong) and they are helped to reframe the experience, then the child has the opportunity to learn from the event and release the shame, and life goes on.

Let's take an example of *reframing the experience*:

A father gets home after having found out that he is being made redundant at work. Worried about where to find the money to support his family (and probably already well into a shame-spiral of his own), he finds his 6 year old daughter happily lying on her bedroom floor drawing pictures, crayons scattered everywhere.

Delighted to see her dad, keen to show him her drawings and totally oblivious about his turmoil, she jumps up to greet him and accidentally kicks over the glass of water that was beside her.

The father loses his temper. He scolds her, calls her clumsy, and tells to clear up 'her mess'. He also tells her to put away her 'silly' drawings and to get ready for dinner. As she starts crying – shocked, hurt, confused and upset – he tells her to stay in her room until she's calmed down, then slams the door and leaves.

In the space of a few seconds the girl learns that she is clumsy, that her drawings are silly, that being creative equates to a 'mess' and that her excitement and desire to show affection was wrong – and got her into trouble.

Because she is only 6 and does not have the faculties of an adult, and because she is hard-wired to love her parents, she believes that her dad is right and that, by default, she is wrong.

In other words, she learns that she is not OK, and this causes her to feel shame.

Left to her own devices, this will likely turn into toxic shame and she may become shy, suppress her creativity and excitement and/or start curtailing the way she shows love.

Left untreated, this will probably affect her for the rest of her life.

If, on the other hand, the father calms down and realises that he had acted out of proportion and from his own emotional 'stuff', he can approach her with love and compassion and provide some context for his behaviour; not to *justify* it, but to teach her that his reaction had nothing to do with her; that she didn't do anything *wrong* to *deserve* his reaction, that she is as beautiful and lovable as she was before the incident. He can express his regret that he hurt and upset her, and undertake to do his best to treat her with more kindness in the future.

Then, he can make time to look at her drawings and praise, affirm and encourage her creativity.

Now she learns something new: that his behaviour had nothing to do with her, that she is OK the way she is, and that her Dad regrets the way he treated her; that he, being human, overreacted due

to emotional overload, that people some overreact when they hurt themselves, and that this says more about them than about her.

I do not subscribe to theories that suggest we can shame someone else or *make* them angry or sad; I find it more empowering to believe that people simply experience certain emotions when others act in a certain way. When someone does something, one person may experience the event as funny, someone else may feel severe shame and yet someone else may feel sad; it does therefore not seem accurate to me to suggest then that the first person *made* the other individuals laugh, feel ashamed or sad respectively.

I find it more useful to stay clear from blaming and victim language and in this case would rather argue that one person *interpreted* the event as funny, another as shaming and the other as sad. [These different interpretations can be explained by their individual filters; see diagram at the end of this document called “*THE UNCONSCIOUS MIND DELETES, DISTORTS & GENERALISES*”]

Bradshaw lists seven dysfunctional family rules and a host of other causes of shame with numerous practical, real life examples. The one that stands for to me is what he labels the denial of five freedoms: suggesting that the way children *perceive, think, feel, desire or imagine* is wrong will almost certainly lead to them taking on shame; if this is perpetuated over time it is likely to turn into toxic shame and they will almost inevitably start believing that they **are** bad.

Children who are abandoned or abused usually start believing that they somehow caused and/or deserved the abuse and that they do not deserve anything *other* than the abuse or abandonment; the painful memories also often becomes their only connection with their abuser and unconsciously they may not want to let it go because it would be disloyal to the abuser and/or they’d rather have *some* connection than *no* connection.

Unless they resolve this dynamic they will very likely carry this into adulthood and continue to re-enact the same program – albeit it with different role players and under different circumstances.

Not only can shame and guilt lead to addictions but they can become addictions in themselves, as people become addicted to feeling these painful feelings.

Cliff Barry, the founder of ShadowWork© (www.shadowwork.com) says that we are hotwired to love our parents - we really have no choice! And if this is so, then the only way we can make sense of our own abuse or neglect as children is by justifying our parent’s actions in some way and blaming ourselves that we somehow deserved it and that ‘they’ were right and that we were wrong and bad.

IDENTIFYING SHAME

Clients don't usually come to us saying "*I'd like to work on shame*". Instead they ask us to help them with the *symptoms* of shame without necessarily attributing those symptoms to shame as the cause. These symptoms range from being depressed and unable to get ahead in their careers, to nail biting and poverty – and everything in between.

As we start looking at some common road signs (or red flags) that may *point* towards shame, remember that these presenting 'issues' may also be caused by something other than shame. Having said that, I'm beginning to think that the vast majority of presenting problems can be boiled down to feelings of shame - driven by thoughts of the 'I'm bad' variety - which by their very nature prevent self-acceptance.

- Bradshaw talks about *striving for power and control* and quotes Terry Kellogg as saying that he had always lived *on-guard* so that he'd not be caught *off guard*; power hungry clients or clients who are constantly fending off threats, rejections and failures, who have strong tendencies to want to control (including your sessions with them!) are often driven by shame. Control equates to power and safety and they use control to compensate for their lack of self-worth, to keep others away (so they don't find out how bad they are) and to feel safe.
- Bradshaw also states that '*rage is probably the most naturally occurring cover-up for shame*' and how it protects in two ways
 - It keeps others (the world) away in an attempt to keep the shame based person safe
 - It allows the shame based person to transfer shame to others, which brings (temporary) relief from the exhaustion of having to constantly hide their 'badness' from the world
- Addictions – drugs, sex, television, work (even though this is often rewarded in our society), alcohol etc. As mentioned before, clients can also become addicted to the chemical cocktail that the body produces during feelings of guilt and shame.
- Clients who self-harm – often a very visible external manifestation of their self-loathing and punishing themselves for their *badness*.
- Body/language: usually unable to meet your eyes, limp handshake, tone of voice and general apologetic demeanour, acting like they are *in the way*, which is how shame based people feel; they'd even feel *in the way* of close friends and cannot access the possibility that anyone would *want* to spend time with them. With guilt these signs are not always visible; guilt is usually uncovered by skilful observation and questioning by a practitioner.
- Deeply shamed based clients are often very intelligent; feeling shame has nothing to do with reason, logic, intelligence or willpower. It's also not something that someone can just snap (or reason) out of or get over.
- Perfectionism is often the presenting problem, as is procrastination (which is usually underpinned by perfectionism).

- Overachievers: given that they are ‘bad’, the only way they can justify their existence is by DOING, and doing LOTS. Even if it kills them.
- They are often rescuers – in addition to DOING, helping others also helps to justify their existence and to feel better about themselves, even if temporarily.
- They love telling their painful life stories (again and again) and often argue for their limitations, effectively trying to convince anyone who is willing to listen (that would include us as practitioners) how bad they are.
- They often have a sense of absolute identification with the worthless/non-deserving state; it is how they ARE, not a problem they have.
- They often talk in absolutes (NOBODY loves me, I ALWAYS get rejected, I will NEVER be happy)
- Arrogance – they often use arrogance and boasting to cover up their deep seated sense of unworthiness and shame.
- Paradoxical arrogance – they often believe that they are SO bad (it is, after all, who they ARE) that NO-ONE and NO-THING can help them. This understandably often leads to hopelessness and despair.
- Their ‘core issue’ does not seem to shift or if it does it usually doesn’t last; one step forwards and it seems, two steps back; this often fuels the shame.

SEGMENTATION

I noticed in my own life that my shame was healing in segments.

As I walked my healing journey I was starting to feel more able to appreciate myself as a friend. Then as a practitioner, then as a trainer and presenter, etc. That is, I healed shame in certain segments of my life.

Then, just when I thought I’d cleaned it all up I fell in love for the first time in years – and uncovered a whole lot of unresolved shame about not being a good enough life partner!

NOTES TO PRACTITIONERS

It is crucial that we recognise these signs so that we don’t get hooked by them as practitioners, like start making it about us and starting to doubt ourselves or EFT when our clients don’t get immediate results. We have to understand that some of these clients will find it very difficult to ask for what they want, disagree with us or correct us to help us to help them. Also, they may be reluctant to share their shaming or guilt-inducing experiences – until we teach them that EFT works equally well when it’s applied *contents-free*.

As responsible practitioners we have to be aware of the power differential between us and our clients and I believe that this is especially important with shame based-clients. Notwithstanding my earlier stated beliefs that no-one has the power to *make* anyone feel any particular way, we do have a responsibility to be mindful of how our actions and words impact our clients.

Instead of swinging the other way and starting to care-take them or take responsibility for their wellbeing, this is simply an invitation to be mindful.

EXAMPLES OF SHAME

SUPPORTING OTHERS

Although popular belief has it that we cannot love and support others unless we love and support ourselves, the only redemption for a person with toxic shame, the very thing that justifies their existence on the planet (even if superficially and temporarily) and the only way they can reasonably expect other to tolerate them is by offering service to others and to make other's needs more important than their own.

One of the reasons this can become an obsession or compulsion is because it is so effective. Helping others can take a shame based person out of themselves and away from their unhealthy thinking leaving them to feel good for a while.

The problem is that unless the underlying shame is addressed, it will always be there, waiting, whenever the person stops doing for others.

BODY SHAME

A large percentage of people have body shame and it's not really all that surprising; the world seems obsessed with the perfect breast size or penis size and for some reason we don't call some body parts by their true names. We call a nose a nose and an ear an ear but we teach children that breasts are 'boobies' and a penis a 'wee-wee'. In Afrikaans the word for private parts translate directly as 'shame' or 'shy' parts.

Body functions get the same treatment; it's ok to see, and taste, and sweat, but urinating is a 'number 1' and bowel movements a 'number 2'!

If children are (inadvertently) taught from a young ages that there is something shameful about their bodies (especially some body parts) and their bodily functions, are we really surprised that body shame is so rife in our society?

I was recently told that schools are now doing away with communal showers, as are gyms and health clubs – at the very least perpetuating the idea that bodies are meant to be hidden and at worst, deepening our sense of body shame.

Many African tribes view fat women as gorgeous whereas in our Western culture it's usually the opposite, meaning that the only thing standing between body shame and body acceptance are thoughts and opinions, which we all know can change.

SEXUAL SHAME

Given that body shame is prevalent as it is it makes total sense for it to carry into shame about our sexual desires and performance, despite that it is the very act that assures the survival of our race!

And some gay or lesbian people experience shame simply because their sexual desires are different from the majority of the world and in some areas and cultures homophobia (the fear of

homosexuals) and/or hetero-sexism (the belief that homosexual people are inferior to heterosexuals) are still rampant.

INABILITY TO ASK FOR WHAT THEY WANT

People who experience deep shame find it very difficult or impossible to ask for what they want and they will therefore find it difficult to even *know* what they want. This can make life challenging for their partners or friends.

Shame based people may be unable to ask for minor things like the heat to be turned up when they're cold, for a glass of water or even to borrow money to buy a cup of coffee - even from close friends.

And here's an interesting double bind for people carrying toxic shame: the possibility of actually *getting* what they want is often more stressful than being refused. As an example: someone who carries a lot of shame may have a tendency to withdraw and isolate (see next paragraph). To ask a friend to meet up for a coffee takes enormous courage because if the friend actually *agrees* to meeting them it often triggers even more shame and here's why: since they believe that they *are* bad and they do not deserve love, companionship, compassion or care they'll often believe that the friend only agreed to spend time with them because they feel *obliged* to and not because they really *wanted* to.

Yet again we can see how unhealthy thinking produces a dilemma:

- do I ask for what I want knowing that if I get it I may end up feeling worse (by either getting what I want and feeling even more ashamed or by not getting what I want, proving that I'm bad/unlovable etc)
- or
- do I *not* ask for what I want (reject myself before I get rejected) in the first place and remain longing for company and connection with others?

WITHDRAWAL & ISOLATION

People who live in shame often believe that they do not deserve the company and companionship of others. They may even think that they are inconveniencing you as their practitioner even though they are paying you for session time.

To compensate, they are often busy people with little or no time to socialise, or they use alcohol or drugs to help them relax their inhibitions (temporarily dislodge their shame) so that they can connect.

This is often effective as a short term strategy but in the long run produces various problems and can actually end up inducing even more shame if e.g. they act out and behave in 'shameful' ways during periods of intoxication.

Mostly, however, it simply fuels a deeper sense of loneliness fuelled by unhealthy thinking (I can't connect unless I'm intoxicated, no-body wants to connect with the real me, I cannot have healthy relationships etc).

CONFLICT

Shame based people find conflict especially hard as they usually believe that they are in the wrong even if they *know* that they are not; even if there is evidence that the other party acted inappropriately, they are much more inclined to blame (and shame) themselves.

This is compounded by their inability to step outside of themselves and be objective about their own wants and needs; they often fear that what they deem as appropriate (e.g. asking a small favour) will be judged by the world as totally inappropriate and result in conflict; as such they will often deny their own needs to avoid conflict with others.

EFFECTIVELY WORKING WITH SHAME

I've had very few occasional one-session wonders with deep seated shame, and in these cases it was when the bulk of the shame originated from a specific incident (like a particular sexual abuse event).

For the most, however, I found that 'just' using EFT did not bring the quick results that most of us have started taking for granted, or any results at all – after months of therapy. Some clients either remained stuck or seemingly made progress only to fall back into old ways of thinking, feeling, being and doing – which yet again added to their shame.

It was my frustration and constant questioning 'what have I overlooked to resolve this' that led me to consider shame from an archetypal perspective.

I realized that for me, shame is mostly caused by unhealthy thinking. As much as EFT does sometimes changes our thinking, it does not always. I started hearing myself say 'The most difficult thing I've ever had to do was change the way I *think*' and then one day after a conversation with a friend I studied the four quarter ShadowWork© model at <http://shadowwork.com/model.html>, some more pennies dropped.

SHADOWWORK (www.shadowwork.com)

Cliff Barry developed a very powerful set of tools called ShadowWork© based on Carl Jung's work. I did some ShadowWork training with Cliff a few years ago and also worked with currently the only two certified ShadowWork practitioners in the UK, John and Nicola Kurk (<http://www.goldenopportunities.org.uk>).

One of the many things I find extremely valuable from ShadowWork© is the 4-quarter model of Archetypes mentioned above.

ARCHETYPES

ShadowWork is based on four archetypes (Lover, Warrior, Magician and Sovereign) and it suggests that we all have these parts within ourselves. What I especially love about ShadowWork© is its utterly respectful and inclusive approach (all parts of us are essential parts of us and all parts are welcome) and that it not only presents a model for human thinking, feeling and being, but also that it offers effective tools for each quadrant (archetype).

It takes many years of dedication to become a ShadowWork© facilitator; what follows is simply a brief and very high level overview of some of the many aspects of the archetypes:

Lover: The Lover is the part of you that loves chocolate, red wine and sex on the beach; the part that *feels* and that's in touch with your body. This is the part that has no boundaries, only ever wants to say 'yes' to everything, the part that gives you that extra hour in bed; this is where addictions usually live. An inflated lover is overwhelmed with emotion whilst a deflated lover is stoic. The gateway emotion* to the lover is sadness or grief.

Warrior: This is the part of you that *does*, that says 'no', protects your boundaries, gets on with the job even if you're tired, feeds the children and yourself even when you're hurt. The deflated warrior is a victim, the inflated warrior a savage or bully. The gateway emotion* to the warrior is anger.

Magician: this is the part of you that *thinks*, is intelligent, can reason, detach and be objective. This is your inner facilitator, the part of you that allows and inspires transformation, your shaman. This is the cheeky and humorous part of you, the trickster, and the manipulator. The deflated Magician is confused and the inflated Magician thinks they know it all. The gateway emotion* to the Magician is fear.

Sovereign: This is the part of you that *sees and blesses*; the part of you with vision and purpose that deeply and truly knows what you need to be happy and fulfilled, that bless yourself and others; the archetype of true internal leadership. The deflated Sovereign says that *it's too hard* and the inflated Sovereign thinks it can do it all. The gateway emotion* to the Sovereign is joy.

**Gateway emotion: This does not mean that you have to experience that feeling all the time to access the given archetype. It does mean that the way towards a more balanced archetype is by working through that feeling, e.g. to have access to a more balanced Lover archetype you have to work through your unresolved grief; if you're unwilling to face your grief, you won't be able to fully feel all your feelings or connect with yourself and therefore, others.*

THE MAGICIAN'S WAY OUT OF SHAME

Cliff also found that every archetype has a *shaming message* and that the shaming message of the Magician is "*I am bad*". This caught my attention because if the message of the magician was the message of shame (*I am bad*), then the strengths and tools of the magician could also be the way out of shame.

Shame based people remind me of the person with anorexia: standing in front of a mirror with barely enough flesh on their bones to survive yet they still see a fat person – driving the compulsion to lose more weight. I believe that deep shame is at least as dangerous as any other life threatening disease or condition and maybe even more so because we often do not recognize how the shame dynamic contracts our worlds around ourselves until it seems that there is no way out.

The magician is about using our objectivity, our intelligence, changing the way we think and our ability to detach. Here are some ways to use these qualities in the EFT and healing realms.

DETACHING

The shame based person cannot be objective about who they are; they cannot reason with their shame based thoughts from a place of shame just like someone cannot easily get out of quicksand without resources outside the quicksand.

The reason for this is simple: one of the functions of the unconscious mind is to delete, distort and generalize; basically the unconscious mind will only pass on information to them consistent with their limiting view of themselves. Read more here about how deletion, distortion and generalization:

http://www.designedthinking.com/Workshops/NLP/ComModel/body_commodel.html

Since their shame-reality is as real to them as your reality to your, we need to help them pull themselves out of their shame-world - a world they totally identify with - to bring perspective and healing. Sometimes this happens by default when we use standard EFT, and here are additional ways to help:

NOTE: These notes are intended for practitioners already familiar with EFT; it is not intended as a training manual and you are strongly encouraged to find professional help if you experience deep shame or are not familiar with these techniques.

***These techniques rely on the strength of the client's inner magician;
the doorway to healing shame through thinking rather than feeling.***

***This does not mean that emotions never show up when we work with shame,
and when it does, we have to be as creative as we can to help our clients through it;
either apply conventional EFT to release the overwhelm and then revert back to the 'magician'
techniques, or create your own techniques of helping the client to create distance
between the shame (or shameful event) and themselves.***

ASSOCIATION/DISSOCIATION/1ST, 2ND AND 3RD PERSON and "NAME" TAPPING

The basic EFT recipe goes 'Even though I feel this shame I love and accept myself anyway...'

Here's how we can help our shamed based clients out of themselves to create *perspective*:

- Dissociate them; ask them to imagine themselves on a screen behind you, on a wall *over there* or on a TV or cinema screen; let them imagine they have a remote control so they can turn it off at any time. If the presenting shame is about something that happened when they were younger, get them to imagine the younger version of them on the screen.
- Let them do tapping for the person on the screen as if they were someone else and alternate through 1st (singular and plural), 2nd and 3rd person tapping
 - Even though *s/he* feels ashamed about xyz I love and accept *her/him* anyway... / I'd like to love and accept *her/him* anyway
 - Even though *you* feel ashamed about xyz I love and accept *you* anyway... / I'd like to love and accept *you* anyway
 - Even though *we* feel ashamed about xyz I love and accept *us* anyway... / I'd like to love and accept *us* anyway
 - Even though [person's name] feels ashamed about xyz I love and accept [name] anyway / I'd like to love and accept [name] anyway

- After a few rounds ask them how the picture changes; sometimes even the events change
- Ask them to look at the person on the screen and ask questions like
 - What do you *think* they're thinking now?
 - How do you *think* they feel now?
 - Zoom in and look into their eyes – what do you see?
 - ...and tap anything that's getting in the way of healing.
- If they say that their younger self in the picture still feels angry, ashamed etc but that they (as their present, adult selves) feel ok and accepting of the event this is progress AND it points to something that still needs to be cleared; it often helps to associate them now (i.e. to get them to step into the younger self in the picture) and tap from that perspective.

If clients resist doing this as '*tapping can't change the past*' then absolutely agree with them, and explain to them that we are helping them to release the energy that is still hooked into that past event that still gets triggered for them now.
- Once the suds come down from a *dissociated* perspective (them looking at themselves in a picture), gently probe the SUD level from an *associated* perspective (them being in the picture). Keep them *dissociated* while the SUDS are still high and only *associate* them once they come down and continue with the basic 'Even though I...'
- Ask them to imagine someone they care about or respect (dead or alive, real or imaginary) on the screen
 - Ask them to imagine that person having just gone through the same shameful experience as them and/or to imagine that that person feels about themselves the same way the client feels about themselves (ashamed). This will (often unconsciously) bring a radically new perspective/reframe (see point about compassion below.)
 - Do some tapping for the other person in the dissociative ways (even though s/he, even though they... and even though [first name] ... even though you)... I love and accept him/her, you, them anyway.
 - After a few rounds ask them how the picture changes and work with what shows up.
 - Clients usually have a whole lot more compassion for the other person; point this out as it engages the mind (thinking, magician) to start reshaping their experience; sometimes a lot of grief shows up at this point as they (sometimes for the first time) acknowledge their pain from the event as well, the release of the long-held self-blame, and the start of compassion and self-forgiveness.
 - Once SUDS come down and compassion/forgiveness/love rises, associate them in the picture and/or do an integration visualization where they embrace and re-unite with the younger part of themselves in a loving way.

- Or ask them to imagine that person tapping on them saying ‘Even though you (client) did zyx, I (the person they respect) accept you anyway; getting the acceptance from someone they look up to may help them to find compassion for themselves.
- Provided that you have a very solid rapport with your client, you may want to tap on them saying ‘Even though you (client) did this, I (practitioner) accept you anyway’. This is a very personal connection - be mindful of your own comfort levels saying this (don’t even *think* of going there unless you are absolutely honest and *do* accept them)

See the “GUILT & SHAME EXERCISE HANDOUT” for an example of how to apply these techniques in practice, with yourself or a client.

ABSOLUTES

Lovingly challenge their language when they talk in absolutes (I ALWAYS fail, NOBODY loves me, I will NEVER get over this) by asking curiously ‘Really? NOBODY loves you?’ or ‘How do you know that you will NEVER get over this?’

The more you do this the more you help them to consider the other side of the coin and to strengthen their neural pathways to think differently. Absolute thinking ALWAYS (☺) causes pain and if what we focus on expands (it does) then this is a sure way to create suffering for ourselves.

BEING ABLE TO TELL THE FUTURE

When clients are adamant that they can tell the future (usually that bad things will happen e.g. I WILL end up hurt, they WILL reject me, this WONT work) use humour during the tapping, e.g. ‘Even though I can tell the future...and I’ve never been wrong ... ever ever ever ever in my life ... the truth is I don’t even know what my next thought is going to be ... (think about it...)...so what if I’m wrong ... what if this *could* change...I’ve been wrong before ... and even though I’d rather be right than happy ... I’d love to be wrong on this one...’

The key is to meet them where they are, and then gently lead them somewhere more useful, rather than pushing them where they’re not ready to go.

INTERRUPT THEM

When clients tell long stories, get comfortable with interrupting them with volition and on purpose. I often explain to new clients that EFT is unlike other therapies and ask them if it’s ok if I did everything I could to make sure they got the best out of our time together. Then I explain that means that sometimes I’ll interrupt them and ask them if that’s ok. They always say ‘yes’!

I think this is especially important with clients who have a history of not shifting ‘stuff’; if they’ve been to 23 therapists over 20 years and still have the same stuff then I’m not in the business of becoming therapist number 24 who can’t not help them. I believe that I have a responsibility to do what I can to shift them and sometimes, in my experience, that involves interrupting them.

Interrupt them *consciously and with intention*:

- to tell them to start tapping (or that you will be tapping on them) *while* they tell the story
- if the story seems like a lot of detail without much emotion this may be their way to protect themselves from *going there* – especially true for shame based clients! - and you'll do them a service by bringing them out of it
- as an intervention (provocative EFT) – get their energy levels up – more about this later

if you have 'stuff' about interrupting clients on purpose and with intention, clear it – you won't serve them by letting them tell you the same story week after week that they've been telling themselves and others for years.

KEEP IT SAFE, KEEP IT CONTENT FREE

Whenever you sense that you're getting close to a place of shame with your client:

- make sure to tell/remind them that they don't have to tell you anything personal or private
- be very observant of their bodies and eyes and keep reminding them to 'stay with me' if you sense they're disappearing down the rabbit hole of shame, pull them out of the event and back to the here and now
- if you're not sure where your client is, ask them, 'What are you thinking, how do you feel, where are you now, who are you, how old are you now etc.' to make sure they've not regressed into a painful place without you knowing.

MOVIE TECHNIQUE WITH A TWIST

I credit Bandler with this one, it's an NLP technique with a twist and I always have them tap while we do it.

Once they've got the movie of the shame or guilt-ridden event (as per EFT), get them to think of a place of safety – a park, a garden, a cloud – somewhere real or imagined where they feel/felt happy and safe.

While tapping, get them to play the movie backwards and forwards in different ways

- always let them start and end in the place of safety that they imagined before
- change modalities
 - play it forwards faster and faster
 - play it backwards in black & white
 - play it forwards without sound
 - play it backwards while you make funny noises
 - alternate between then watching the movie and them looking at themselves looking at the movie
 - use your own creativity here

- add the Bandler twist! Get them to cut the movie up in shorter pieces and then get them to play it back in the wrong sequence.

And all the time, tap through all of this.

This technique has always helped my clients to totally or significantly reduce the hold of any past event. [You may also want to try this on future events that clients are anxious about.]

HOLDING ON TO IT AS A WAY TO STAY CONNECTED

Sometimes we hold on to a painful persistent dynamic (like shame or guilt) as a way to remember, love or honour a loved one which we've somehow lost connection with, through death or otherwise.

Facilitating a process whereby the client identifies for whom they have been carrying the particular dynamic, and getting resolution and permission to let it go from that party (by having the client step into that energy and helping them tap through it) can help the client move mountains in a single session.

For a guided CD on this 'tombstone' process which you can use to facilitate yourself and your clients with any painful persistent pattern, visit <http://shadowwork.com/tombstonecd.html>.

BYRON KATIE

Byron gifted us with one of the most phenomenal and profound processes I've ever come across and I highly recommend getting familiar with this technique; look her up on YouTube or her site www.thework.com.

I sometimes do *The Four Questions* with clients and tap at every stage

- Is it true (that I am bad)?
- Can I ABSOLUTELY know (that I am bad)?
- Who/how do I become when I believe this thought (that I am bad)?
- Who/how would I be if I did not believe this thought (that I am bad)?

Or sometimes just ask the first powerful question ... IS IT TRUE?

MATRIX REIMPRINTING

Matrix Reimprinting is a powerful technique that can be absolutely helpful to help clients through shame; see <http://www.matrixreimprinting.com/> for more details.

I place Matrix in the magician realm because in addition to encourages dissociation and distance from the painful event, it also taps into the client's inner facilitator and then uses their imagination to change or reframe the event and change the information.

As a Matrix practitioner I find this technique very powerful and find that at least 80% of my client sessions end up being MR sessions.

THE SEDONA METHOD

Lester Levinson, the founder of The Sedona Method, once wondered when he had truly been happy in his life. At first he thought that he'd been happy when he was *loved* but then he realized that his happiest times were actually when he was being *loving* to someone or something else. [This may have nothing to do with shame but I love his insight.]

I find The Sedona Method fascinating and powerful in my personal life (a big thanks to my friend Gemma Keany from <http://www.sedona-norway.no>). It releases shame effectively because it works with the mind, intellect and reason (magician realm) and often brings about profound objectivity (also magician realm) and peace *beyond* mind. And yes, I combine tapping with the method.

HUMOUR

A very powerful tool in the magician quarter! We are being told that healing is painful and takes a long time; I often say (with laughter) that healing is a serious business. And it is ... but then so is the power of laughter.

Allow laughter and humour to surface, use it respectfully, gently and laughingly to lead your client to a different perspective about themselves, about life and about possibility. Anchor in these new insights and understandings and lighter way of being by tapping it in.

Point out with sensitivity where they are irrational, how they judge themselves so differently than they judge others, how they apply double standards, lie to themselves, insist on telling the future and expecting the worst from the future with statements like:

- 'Even though no-one with my problem have EVER EVER EVER changed ...'
- '...I'm definitely the worst/ugliest/fattest out of all the 7 billion people on the planet'
- 'Even though other people deserve love and companionship I am so special that I don't!'

If you have stuff around allowing humour in your sessions, tap on it. Seriously 😊

DIGNITY & PROVOCATION

A friend, Peter Shaw, once said something that I instinctively knew to be true – that the antidote for shame is ***dignity***.

Provocative techniques sometimes help clients to get into a higher energy (e.g. anger) and outside of themselves enough that they can provide the *dignity* to their shamed self that they cannot do from within the place of shame.

E.g. if a client is a lawyer, construct a court case where you are prosecuting his shamed self and they have to defend the same part. Have them *dissociate* rather than *associate*, i.e. let them be the lawyer for a client rather than defending themselves. Build a case using every bit of evidence you can remember from what they've told you (or make stuff up!) about why the client 'should' feel ashamed of themselves. Put some energy into it, stand up, raise your voice, get angry – PROVOKE! Absolutely have them tapping at this time.

If they interrupt you to defend their client (themselves!) – great! If they get angry at you – great! If they vent and rage – great! The more they can step into the energy of protecting and wanting to

bring dignity to their 'client' the better; you're helping them to open up new neural pathways, to think differently (about themselves) and to get a different perspective. Let them tap all the time.

If they cannot get into it, get them to pick someone they love and respect (e.g. a child).

Once the anger is vented and the 'client' defended, expect them to drop down into stillness and more acceptance; allow some space for that too and point out gently that they really were defending themselves (You know that was really you, don't you?) – you may find them much more compassionate, forgiving and understanding of themselves now – ready to continue tapping into something new. Also expect gushing tears at this point as they realize how hard they'd been on themselves.

For those not familiar with provocative techniques: rapport and trust between client and practitioner is crucial or the technique could backfire and actually enforce the client's desperation and shame spiral.

INNOCENCE

Most shame based people have lost their sense of innocence.

A quick intervention – mini-process, if you want – is to ask them to picture a baby ... tap tap tap ... ask them what they see ... tap tap tap .. .ask them if they're open to the possibility that all babies are born in innocence...tap tap tap ... if they are then point out that must be true for them too...tap tap tap... and continue with the rest of the session.

If it seems appropriate, ask them to imagine their child has done what they've done ... and do some tapping on the child; this could help the client tap into some compassion for himself.

THE TREE METAPHOR

Courtesy of Robert Smith (FasterEFT) -ask someone to imagine a big tree. Ask them 'What would happen to the tree if you pulled it out by its roots?' When they reply 'It would die' you just continue with the session as if that conversation never happened, allowing the unconscious minds to make all the necessary connections with the story and mainly, that no matter how deeply *rooted* a problem is, when you pull it out by the roots it dies!

TAT

I sometimes ask clients to adopt the TAT pose (see www.tatlife.com) and have a conversation with the part of them that feels ashamed (especially if there was a specific event that caused the shame) or with a perpetrator.

This often brings up a lot of emotion and healing as well as EFT *aspects* to tap on.

NLP & HYPNOSIS VISUALISATION

When the client articulates their shame as a particular limiting belief (or decision) like *I am not good enough*, I sometimes use a particular NLP & Hypnosis visualization that allows them to

- visit the specific event where they took on this decision or belief (even if they don't consciously know the contents of the event) to allow them to get the positive learnings from the event

- anchor those learnings
- go back to the time before they ever believed that thought
- splash forward in time the positive learnings – through their past, into their present and into their future
- ...whilst tapping all the time.

There's a lot more to this technique than these few paragraphs; I believe that NLP & Hypnosis training can help to make these types of processes more effective and like everything else, they require practice practice practice!

FORGIVENESS

Forgiveness does not necessarily fall in the magician quarter but I find that it sometimes require magician *skills* (intellect, reason, objectivity) to help clients see that it is only in their best interest to forgive – others, God, the universe, themselves.

I often paraphrase Jack Kornfield's definition of forgiveness as *finally giving up all hope for a better yesterday*. I respect client's unwillingness to forgive AND point out (with compassion, respect and patience) that it's ok not to forgive as long as they realize that that's the very thing that keeps them stuck. Sometimes it also helps to point out (while tapping):

- The perpetrator is not even aware of them holding on to the (righteous) anger and blame.
- It's hurting them more than anyone else (they're the one carrying the resentment).
- It does not in fact change the past nor does it prevent something like that happening again.
- It does not equate to 'letting someone off the hook'; we can still take appropriate action if required like reporting the matter to the authorities, drawing our boundaries or leaving a relationship.

TEST YOUR WORK

As a new practitioner I did not want to test my work because I was afraid that it would prove that EFT didn't work, mostly because I'd not applied it skillfully enough.

It's *imperative* that we test our work, especially with shame as clients (like most of us) simply wants to get away from painful feelings and we can all pretend for a while that everything is ok; Robert Smith (FasterEFT) says *thoughts and feelings buried alive don't die*.

One of the ways I like to test our work is by asking the client to imagine that something they reported as feeling shame about was splashed all over the front pages of the newspapers – and tap on all the remaining aspects that comes up.

Testing fulfills another crucial role. Those familiar with NLP will know about our internal 'convincer'. Testing the work provides powerful proof to the client that the technique has worked – convincing the convincer that it's real will only help enforce the new learnings and understandings as clients (physically and metaphorically) reinvent themselves as they let go of the shame.

LANGUAGE

I love the power of language and find the following type statements very powerful to start loosening the iron grip of shame:

- Even though there is NO WAY this can ever change for me, and all the tapping in the world's not going to make any difference and I've had this forever, I'd like to be open to the *possibility* that this could change... and then throw in some 'what if it could change' or 'what if it was possible to change' statements on the other points.
- Even though I hate myself I'd like to be able to like (or forgive, or love) myself
- Even though I'm a very bad person, rotten to the core and I can never forgive myself I'd like to be able to forgive myself...

IMAGINATION

Chris Howard says that '*Problems of imagination require solutions of imagination.*' Ask your clients (whilst tapping) to imagine what it would be like to be shame free – ask them to write about it before the next session and/or help them with a short visualization where they can step into that imaginary place of being shame free and ask them to describe it in detail – what do they see, hear, feel, think and do – while tapping.

And strongly encourage them to connect with this vision on a daily basis, even if only for a few minutes. As 'The Brain that changes itself' and numerous other books on neuro-plasticity demonstrates, the more we believe, think, feel, imagine 'as if' something is true, the stronger those connections (neural pathways) become.

And, the stronger the new neural pathways, the stronger the *possibility* of change. If it's true that what we focus on expands - and it is - then starting to focus on what they want rather than what they have is a significant and sometimes essential step in the right direction.

USING TOOLS FROM OTHER ARCHETYPES

Sometimes tools from other quarters don't work well with shame.

For example, one of the tools in the Sovereign quarter is *blessing*; with shame based people, *blessing* (complimenting or honouring them) often induces more shame as they simply cannot believe it to be true; since they know they are not what other people see (they are *bad*, remember?) they feel even worse that people are seemingly unable to see their 'real' bad selves. 'If only they knew how bad I really am...'

For seriously shame-based people it's often easier (less painful) to be rejected because even though it hurts, they experience is less inner tension as at least the other person's behaviour (rejecting them) is consistent with their own inner beliefs and expectations.

As the shame gets released and the internal message shifts aspects from 'I am bad' to 'I am not good enough' (the shaming message in the Sovereign archetype) the client may respond better to tools from that quarter.

RULES AND RESULTS

As always when we work with people rather than things, there are no hard and fast rules. I love Gary Craig's philosophy which I paraphrase as *getting results is all that matters*.

If you're currently able to help clients transform shame without even using the word, referring to the concept or using any of these suggestions – great. If you have other tools, techniques and tips that get results please share them. If you've tried everything else and your client is not moving ahead, consider the possibility that shame may be the glue that keeps them stuck, try some of these tools and see what happens; I'd love to hear back from you!

RISKS

If you're a practitioner then you know that the unexpected often happens:

- Clients sometimes get angry because when you challenge their thinking; they're invested in it even though it is that very thinking that causes their pain. Don't expect them to always want to change it; meet them where they are and lead them somewhere more useful (as opposed to forcing them to change the way you want them to change).
- Things can get worse before they get better; starting to lift the lid of shame may cause other *stuff* that's been suppressed to come up; but then, you already know that!
- The specific presenting issue may not disappear quickly which could lead to you or them thinking that EFT didn't work. E.g. a client that presents procrastination; it may take a few sessions to clear up shame that happens to pop up during the sessions and the procrastination remains – because you've not tapped on it.

CONCLUSION

Shame is sublimely subtle yet profoundly powerful and left untreated it kills, metaphorically or physically. Guilt, similarly, can cause immense pain and dysfunction if it's not resolved healthily.

Even though it often seems to the shame based person to be a lost cause or a hopeless case, I've never see a case where shame cannot be released; it may take dedication and skill – but there is a way out.

Please feel free to share your own experiences (with yourself or clients) with me on bennie@deepliving.com.

GUILT & SHAME EXERCISE HANDOUT

This is an exercise you can do with yourself or your clients.

Preparation:

1. Write down a movie title of something you feel guilty about, something you DID or DID NOT DO
2. As with tearless trauma – just **guess** the SUDS, and write it at the top of the next page
3. Pick a colour, a number, a shape, an object or any other metaphor so that someone else cannot even guess what it is
4. Now fill out the 5 following sheets for this one issue:
 - circle/delete he/she and him/her as appropriate (referring to yourself)
 - whether you did/did not do something
 - write in the metaphor
 - write in your name where it says 'name'

NOTE

When you are the practitioner, do not reframe, do not be smart, do not guess, do not follow your intuition, just stay with the words for this simple exercise; let the tapping do the work.

If your client is OK with you tapping on them, tap on them (else tap with them), simply following the text in the 5 steps following.

SUD _____

ROUND 1: SETUP STATEMENT (HE/SHE)

'Even though he/she did/didn't do

[metaphor] _____,

what if he/she did the best he/she could

and I would LIKE (say with emphasis) to DEEPLY (say with emphasis) and COMPLETELY (say with emphasis) love, accept and forgive him/her now.

ROUND 1: REMINDER PHRASE

Alternate for two rounds on ALL the points:

- a. He/she did/didn't do [metaphor] _____
- b. What if he/she did the best he/she could at the time (emphasise)?

AFTER 2 x COMPLETE ROUNDS (ALL POINTS) LET CLIENT GUESS SUD AGAIN _____

IF SUD = ZERO

Test – let client tap while vividly imagining that particular event.

If tested OK (SUD remains zero), ask client to guess what the suds will do if they were to tell you all the details of the incident. (Note: they don't have to tell you, it's just a way to test, and if they do wish to tell you – sometimes great healing in that – both of you tap!)

If still tested OK (SUD remains zero) do a celebration dance and pick the next issue!

IF SUD <> ZERO

Continue with round 2 tapping

ROUND 2: SETUP STATEMENT (NAME)

'Even though [name] _____
did/didn't do [metaphor] _____,
what if he/she did the best he/she could
and I would LIKE (say with emphasis) to DEEPLY (say with emphasis) and COMPLETELY (say with emphasis) love, accept and forgive
[name] _____ now.

ROUND 2: REMINDER PHRASE

Alternate for two rounds on ALL the points.

a) [Name] _____ did/didn't do
[metaphor] _____

b) What if [Name] _____ did the best he/she could do at the time?
(emphasise)

AFTER 2 x COMPLETE ROUNDS (ALL POINTS) LET CLIENT GUESS SUD AGAIN _____

IF SUD = ZERO

Test – let client tap while vividly imagining that particular event.

If tested OK (SUD remains zero), ask client to guess what the suds will do if they were to tell you all the details of the incident. (Note: they don't have to tell you, it's just a way to test, and if they do wish to tell you – sometimes great healing in that – both of you tap)

If still tested OK (SUD remains zero), do a celebration dance and pick the next issue!

IF SUD <> ZERO

Continue with round 3 tapping

ROUND 3: SETUP STATEMENT (WE)

'Even though we did/didn't do [metaphor] _____,

what if we did the best we could,

and I would LIKE (say with emphasis) to DEEPLY (say with emphasis) and COMPLETELY (say with emphasis) love, accept and forgive us now.

ROUND 3: REMINDER PRAISE

Alternate for two rounds on ALL the points.

a) We did/didn't do [metaphor] _____

b) What if we deserved forgiveness for this now? What if it was ok for us to let this go now?

AFTER A COMPLETE ROUND (ALL POINTS) LET CLIENT GUESS SUD _____

IF SUD = ZERO

Test – let client tap while vividly imagining that particular event.

If tested OK (SUD remains zero), ask client to guess what the suds will do if they were to tell you all the details of the incident. (Note: they don't have to tell you, it's just a way to test, and if they do wish to tell you – sometimes great healing in that – both of you tap)

If still tested OK (SUD remains zero), do a celebration dance and pick the next issue!

IF SUD <> ZERO

Continue with round 3 tapping

ROUND 4: SETUP STATEMENT (YOU)

'Even though you did/didn't do [metaphor] _____,

what if you did the best you could,

and I would LIKE (say with emphasis) to DEEPLY (say with emphasis) and COMPLETELY (say with emphasis) love, accept and forgive you now.

ROUND 4: REMINDER PRAISE

Alternate for two rounds on ALL the points.

- a) You did/didn't do [metaphor] _____
- b) What if you deserved forgiveness for this now? What if it was ok for you to let this go now?

AFTER A COMPLETE ROUND (ALL POINTS) LET CLIENT GUESS SUD _____

IF SUD = ZERO

Test – let client tap while vividly imagining that particular event.

If tested OK (SUD remains zero), ask client to guess what the suds will do if they were to tell you all the details of the incident. (Note: they don't have to tell you, it's just a way to test, and if they do wish to tell you – sometimes great healing in that – both of you tap)

If still tested OK (SUD remains zero), do a celebration dance and pick the next issue!

IF SUD <> ZERO

Continue with round 5 tapping

ROUND 5: SETUP STATEMENT (I)

'Even though I did/didn't do [metaphor] _____,

what if I did the best I could,

and I would LIKE (say with emphasis) to DEEPLY (say with emphasis) and COMPLETELY (say with emphasis) love, accept and forgive myself now.

ROUND 5: REMINDER PRAISE

Alternate for two rounds on ALL the points.

a) I did/didn't do [metaphor] _____

b) What if I deserved forgiveness for this now? What if it was ok for me to let this go now?

AFTER A COMPLETE ROUND (ALL POINTS) LET CLIENT GUESS SUD _____

IF SUD = ZERO

Test – let client tap while vividly imagining that particular event.

If tested OK (SUD remains zero), ask client to guess what the suds will do if they were to tell you all the details of the incident. (Note: they don't have to tell you, it's just a way to test, and if they do wish to tell you – sometimes great healing in that – both of you tap)

If still tested OK (SUD remains zero), do a celebration dance and pick the next issue!

IF SUD <> ZERO

The suds are usually quite low at this point; if not, you'll want to start digging for aspects, e.g. ask them to complete (as you tap)

Even though I still feel guilty about [metaphor] because _____ I deeply

I cannot let this go because...

I cannot get over this because...

I cannot forgive myself for this because...

Etc.

RESOURCES

BOOKS

The Shame That Binds You: John Bradshaw.

Great context for shame; provides numerous ways to work with shame which could be helpful, was probably published before EFT was widely known.

Practically Shameless: Alyce Barry.

Deeply personal and touching story of how shame has shown up in one woman's life, how it affected her family, and how she approached it with ShadowWork.

King, Warrior, Magician Lover: Gillette and Moore.

One of the best books on human archetypes available.

The Dark Side of the Light Chasers: Debbie Ford.

The best book on the human shadow I've ever read with wonderful exercises to help uncover and heal our unhealed parts. Essential reading!

The Brain that Changes itself: Norman Doidge

A wonderfully inspiring read on neuro-plasticity – how you can teach the brain new stuff quite easily!

OTHER

ShadowWork®: A comprehensive and fabulously intuitive and deep way of understanding human nature. www.shadowwork.com

The Mankind Project: www.mkp.org. A not-for-profit organization that deliver high quality life leadership trainings for men called *The New Warrior Training Adventure*, often described as *radical departure*. In my own journey, I credit my involvement with MKP as the most powerful and positive influence in my growth as a leader, teacher, trainer, presenter and practitioner – but mostly, as a man.

Byron Katie: www.thework.com

The Sedona Method: www.sedona.com

HOW THE UNCONSCIOUS MIND DELETES, DISTORTS & GENERALISES

