

## Quiz Answer Key for "The Bundling Baggage Technique"

1. Our student teacher, Laura, mentions that her father (check all that apply): \*

- A. Was an Engineer
- B. Perceived her as being too sensitive
- C. Was often physically aggressive
- D. Was trying to toughen her up

2. Lindsay created and used which of the following techniques in this session (check all that apply): \*

- A. The Movie Technique
- B. Ultimate Truth Statement
- C. Clearing Cravings
- D. Talk and Tap

3. Lindsay created the technique(s) mentioned in question #2 for those issues that are: \*

- A. Non-Specific & Repetitive in nature
- B. Running in the background of awareness
- C. Deeply affecting self-confidence

4. Lindsay uses her Golden Gate technique when the SUD scale number is: \*

- A. Lower than 5
- B. Between 8 - 10
- C. Lower than 3

5. Lindsay teaches that Pat Carrington's "Choices Method" is effective when the SUD scale number is 3 or lower. The concept is that it will help you: \*

- A. Specifically, to dissolve PR
- B. Validate yourself and take back your own power
- C. Give the client some optional statements

6. Lindsay asked Laura to commit to doing what on her own after the session? \*

- A. Not let her father's behaviors get to her ever again
- B. To practice bundling baggage weekly so that she can master it
- C. To practice affirmative tapping
- D. To email her in 10 days to check in