

Quiz Answer Key: “EFT for Serious Diseases”

The correct answers are highlighted in **Yellow** below. (This answer key is for your quiz only. Please don't share this answer key with other students at The EFT Academy.)

1. Working with Kathy, Sophia modeled the importance of:

- A. Helping the client get in touch with their feelings.
- B. Making sure that the client uses the practitioner's words exactly as they're offered.
- C. Making sure that we get to the reframes every single round.
- D. Never joking with the client.

2. The first phrase that Sophia focused on with Kathy was about her:

- A. Fears about her ex-husband.
- B Fears about EFT not working.
- C Feeling nervous.
- D. None of the above.

3. The first belief that came up was about:

- A. EFT hadn't worked before, so why would it work now?
- B. Kathy being afraid she wouldn't do it right.
- C. How, with everything that she had going on, it was gonna take a long long time for her to heal.
- D. How she would never get well because she didn't deserve to be better.

4. The simple phrase that helped Kathy reframe that belief was “I am safe to be myself.”

The reason we find this significant is because:

- A. She mentioned that her husband never accepted her for who she is.
- B. She mentioned that she doesn't know who she'll be without her pain.
- C. Sophia just guessed that would be a good phrase to tap on.
- D. She's a performer and she was able to see that she could step out of trying to perform and just be herself and relax.

5. Sophia modeled masterful coaching by:

- A. Telling Kathy she was focusing too much on her thinking and she needed to do better about getting in touch with her feelings.
- B. Using her intuition to guess the proper phrase or insight and asking for Kathy to confirm or direct her in another direction.
- C. Having Kathy do several rounds of touch and breathe because she was so upset.
- D. Allowing her to tap every point using only one setup phrase.

6. Which of the following PR type of fears showed up in Kathy's session? *

- A. Afraid to let it go.
- B. Something worse would happen.
- C. Something is resisting; had so many stops I don't know if I can believe.
- D. Maybe I just don't know how.
- E. Maybe I would lose something.
- F. All of the above.

7. Sophia was diligent at staying with one specific phrase at a time and did frequent retesting of SUDs. What, ultimately, was the best reframe for Kathy and how did it come about? *

- A. Sophia suggested that none of these fears were real and Kathy felt it.
- B. Kathy felt a shift when she had her own intuitive hit that "her stubborn part needed to be embraced and brought in."
- C. Sophia reminded her of the time when she had been well before her divorce. Kathy was able to remember that and get in touch with those feelings.
- D. When Sophia used the movie technique to clear the trauma of the divorce, Kathy came to the realization that she needed to get well for her children.