

# Assessment to Freedom

Let me help lead you through some thought processes...these are step-by-step instructions to help determine issues and specific aspects to be treated with Emotional Freedom Technique (EFT).

**This is a very critical point...**Get a notebook or journal to begin writing down the thoughts that this assessment will help you to create because *writing is the doing part of thinking*.

These instructions will not help you to determine the EFT phrases, or how to deal with the issues. This will merely help you uncover the problems, issues and aspects. When these thoughts are produced, treat them with EFT on your own or with the help of an experienced practitioner.

Some guidelines:

- **Write down everything...**even if you tap right away on something when it pops up...write it down because you want to review that issue at a later day to be sure you have no emotional charge and there are no remaining aspects.
- **Let your mind naturally dump thoughts to your conscious attention and move on.** If you feel compelled to figure out why, determine connections, figure out the cause, judge your thoughts, attach any opinions or analyze the situation, just write those down as well, but do not dwell on them.
- **Be specific.** We can't just deal with a general feeling of sadness. We must get to the specific event(s) supporting the feeling of sadness.

*Writing is the doing part of thinking!*  
Did I already mention that?

If you have any questions, feel free to email me at:  
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**Are you ready? Let's get started!**

## Part 1 – Overall Perspective

Use a journal and take notes each day. Throughout each day, pay attention to your self talk and note the following in a journal:

- Are you critical?
- Do you assume things will be negative when you encounter something?
- What do you expect from yourself?
- What do you expect from others you encounter?

## Part 2 – Brain Dump Your Desires

Just let it flow and **list all your desires**. Do not judge or worry about when you want it. Use only one to five words as you want to get these down quickly as you think about them.

Example: “Large, comfortable home.”

Think of every detail of your life; money, travel, wisdom, love, investments, body type, teaching, mentoring, entertainment, religious beliefs, your home, car, career, amenities, hobbies, types of people in your life, type of family, type of friends, type of skills you have, type of personality, type of health, blood sugar level, etc. The more detailed the items are, the better!

### **Here’s another list to help jog your creative juices: List of What Most People Really Want**

- Have Financial Abundance - Make Money or Save Money
- Live Your Dream - Freedom to do what you want to do when you want to do it.
- Be Happy - Have peace of mind, joy.
- Save Time - Have more real time for life.
- Develop Talent or Skill - Feel competent in the many areas of your life.
- Obtain Increased Health - Have more energy, less pain, more vitality.
- Have Comfort, Leisure and Recreation - Avoid overwork and frenzied lifestyle.
- Increase Sense of Purpose - Meaningful work, Connection to the Universe
- Live in a Clean, Beautiful Environment - Have a neat, ordered living space.
- Be Honored and Respected - Gain praise, popularity and admiration.
- Gain Control Over Your Life - Be the captain of your ship, guide your life.
- Feel Good About Yourself - Know who you really are, confident in abilities.
- Develop Your Full Potential - Grow in knowledge and ability.
- Enjoy Loving Relationships - Sexual satisfaction, close family and friends.
- Create Beauty - Be involved in art, crafts, dance, hobbies, etc.
- Have Hope in the Future - Have a full expectation of desirable things to come.

Create a balanced life...did you forget something? Not just things or experiences you have but who you want to be. Stretch, but don’t be ridiculous, be “feasible.” You might want to include:

- Personal growth
- Mastery over time
- Professional development
- Mental capabilities
- Most important relationships
- Physical body and health
- Leisure and vacation time
- Spiritual development
- Short term and long term desires
- Money issues: income, savings, investments
- Education for yourself and your children
- Ability to stay on a desired path
- Rising above your previous limits

Use the **Brain Dump Your Desires** form on page 8  
(Copy it as often as necessary to accommodate your list.)

Oh, remember your guidelines!!

- **Write down everything**
- **Let your mind naturally dump thoughts to your conscious attention and move on.**

**Alright, let's get going!**

### **Part 3 – Resistance Issues**

Determine the desires where you are the most resistant. Consider your desire list you just completed. Take out a **Desire Resistance** form for each desire that you feel you are resisting. Write down your behavior for that particular desire that has or will prevent you from realizing that desire, For example, if you found three desires on your list that you seem to be resisting:

- *I want to be a successful business owner, but I can't take that risk.*
- *I want to lose weight, but I just can't stop eating.*
- *I want to be a fit 175 pounds, but I don't exercise and just watch tv.*

Use one sheet for each desire where you find resistance in your life.

Use the **Desire Resistance** form on page 9  
(Copy it as often as necessary to accommodate your list.)

## **Part 4 – Self Talk Statements**

Identify the self talk in relation to the Resistance Issues listed in Part 3 above on each of your **Desire Resistance** forms.

Let's suppose you wrote down the desire to be a successful business owner, but you can't take that risk. What is the self-talk related to that issue? Write them down on the **Desire Resistance** form like this:

- *I don't have any capital.*
- *My job leaves me no spare time.*
- *I don't have anything to offer.*
- *I have no experience.*
- *My family has never done anything like that before.*
- *I tried a business once and it failed.*
- *I don't have the education or ability to do that.*
- *The economy is not very good right now for new start ups.*
- *Don't bother day dreaming about things that are impossible.*

## **Part 5 – Messages as a Child**

Take a look at the Self Talk Statements from part 4 above on your **Desire Resistance** form and discover specific messages that you were exposed to as a child or other times that support the Self Talk Statements or seem to have some common themes. In our "Desire to be a successful business owner example," it would look something like this:

- *We aren't like the rich people with a lot of money.*
- *You're just an ordinary person that needs to keep your nose to the grindstone and your head out of the clouds.*
- *See, you failed at business before...you had no business wasting your time on that.*

## **Part 6 – Conclusions**

Look at the statements on your **Desire Resistance** form and come up with conclusions that you feel have shaped your opinion of yourself subconsciously. In our “Desire to be a successful business owner example,” it would look something like this:

- *I'm not resourceful.*
- *I'm not that bright.*
- *I'm not talented.*
- *I'm not a rich person.*
- *I'm weak.*

## **Part 7 – Underlying Beliefs**

Find other underlying beliefs that seem to limit you or protect you in other areas of your life and list them on your **Desire Resistance** form. In our “Desire to be a successful business owner example,” it would look something like this:

- Dad failed at business, therefore, I cannot be successful in business and how him up.
- If I were talented, something would have come along by now.
- Only rich people are successful, well, or lucky people too...I'm neither.
- A business owner is disciplined and strong...I was not born with that kind of strength.

**Once you go through these steps you will become more adept at uncovering the problems, issues and aspects that are driving your life in the manner in which you have been living.**

**Let's move on with a few more ways to uncover those core issues, triggers and get to the bottom of some of our feelings.**

## Core Issues

There's an old adage...*Ask and ye shall receive!*

I must apologize because I must append that phrase:

*Ask intelligently and ye shall receive!*

The quality of our life is based upon the quality of our questions, so let's look at some questions that will help us discover some of the barriers in life.

- If you could live your life over again, what person or event would you prefer to skip?
- Make a list of all the things in your life you wish hadn't happened. Then ask yourself: Which do you most wish hadn't happened?

**As you answer these two questions, write down the answers in your journal or notebook.**

Remember...

*Writing is the doing part of thinking!*

Ok, once you have run through these two questions, I have a list of additional questions on page 10 entitled, **Questions to Uncover Hidden or Core Issues**. Work with these questions and journal them as well.

## Triggers

If you find yourself reacting in a manner that is not pleasing...in a way that you regret...begin looking at triggers.

As you ask yourself these questions, when a trigger comes up, open your eyes, write it down, and close your eyes again to think of more. Do this for five or ten minutes. Even if you get to a point where no new triggers are coming up, continue to sit with the questions, looking for more.

- What are my emotional triggers?
- What topics of conversation set me off?
- Is there something that causes an emotional reaction in me every time I (see, hear or feel) it?
- Who are the people who set me off?
- Where am I (in what location) most often when my triggers are set off?
- Who are the people I would like to avoid?

When you get to a point where no more triggers are coming up, ask yourself,

- What triggers am I afraid to bring to mind?

## Feelings

One more exercise will help flush out other problems, issues and aspects.

Review the **List of Feelings** on page 11. As you review each feeling, ask yourself if you have experienced this feeling in your life.

- When did it happen?
- Who did it involve?
- What happened to invoke that feeling?
- Do any of your previous writings on resistance to desires correspond with these feelings?

Again, note these in your journal or notebook.

## Be Specific

One last note on your Assessment to Freedom...*be specific!!!!*

We are not just looking for feelings, but the events that support those feelings. When I talk about an event, I mean something like, 'When I was \_\_\_\_\_ years old, \_\_\_\_\_ hit me and told me \_\_\_\_\_.'

Also, we are looking for beliefs, experiences and conclusions or agreements within your mind.

**What have you settled on in life? What are you resigned to?**

Again, now is the time to begin working on these emotional issues using EFT. So become excellent at using EFT in your own life by either learning through the DVD's or find an experienced EFT practitioner to help walk you through the process.

If you have any questions, feel free to email me at:

[livefree@livefreewiththeft.com](mailto:livefree@livefreewiththeft.com)

And, visit **my website**, **sign up for the EFTzine** and find out about new developments, tips and workshops available to help you discover emotional freedom!

[www.livefreewiththeft.com](http://www.livefreewiththeft.com)

Take care and keep tappin'!

Jeff Harding

[www.livefreewiththeft.com](http://www.livefreewiththeft.com)





## Desire Resistance

Use one sheet for each desire where you find resistance in your life. Use the other side if needed.

**Desire –**

**Resistance Issue – *but...***

**Self Talk Statements –**

**Messages as a Child -**

**Conclusions -**

**Underlying Beliefs –**

## Questions to Uncover Hidden or Core Issues

### Just the beginning:

- If you could live your life over again, what person or event would you prefer to skip?
- Make a list of all the things in your life you wish hadn't happened. Then ask yourself: Which do you most wish hadn't happened?

### More questions to uncover hidden issues:

- When was the last time you cried, and why?
- What is your biggest sadness or regret?
- What is missing to make your life perfect?
- What are three fears you would rather not have?
- What's the downside of getting what you want?
- How would your siblings feel if you got what you want?
- Am I doing this for them or me?
- Will you be going to heaven?
- What do you wish you had never done?
- What's the worst thing that could happen?
- What is standing in the way between you and your greatest joy and happiness?
- What would your life be like if you weren't sick? (chronic illness)

### When a particular problem persists

Ask these questions for any particular problem/challenge/issue:

- What would happen if this problem wasn't there anymore?
- What makes it impossible to release this problem? What do you do/have that makes this happen?
- What do you need to happen to end this situation?
- If you woke up in the morning and this problem wasn't there, what would be different?

### When physical issues resist healing

Once a physical ailment has been isolated that is resisting healing, ask....

- If there was an emotional contributor to this pain, what would it be?
- If there was an emotional reason for this symptom, what could it be?
- What would it be like to have none of your symptoms?
- What benefits are you getting from this illness?
- What would you have to give up if your illness went away?
- Who or what are you most angry at?
- Why might you deserve this illness?

## List of Feelings

Abandoned	Disgusted	Insecure	Self-conscious
Abused	Disliked	Insignificant	Shamed
Agony	Dismayed	Intimidated	Shattered
Afraid	Disoriented	Irritated	Silly
Alienated	Distraught	Invalidated	Sorrow (or deep sorrow)
Alone	Distrust	Lazy	Startled
Angry	Doubt	Less-than	Suffering
Annoyed	Drained	Lethargic	Suspicious (of self or others)
Anxious	Dread	Lonely	Terror
Apprehensive	Driven	Longing for	Tired
Ashamed	Embarrassed	Loss	Tortured
At a loss	Empty	Lost	Trapped
Awkward	Emptiness	Mad	Troubled
Bad	Enraged	Manipulated	Uncertain
Betrayed	Exhausted	Melancholy	Traumatized
Better-than	Fatigued	Misused	Unacknowledged
Blame (self or other)	Fearful	Mortified	Unappreciated
Bored	Fragile	Needy	Unloved
Burdened	Frantic	Neglected	Untrusting
Cheated	Frightened	Offended	Unmotivated
Concerned	Frustrated	Outraged	Unsure
Confused	Grief stricken	Overwhelmed	Untrusting
Crazy	Guilty	Pained	Unwanted
Crushed	Hapless	Persecuted	Unworthy
Cornered	Harried	Picked on	Used
Deceived	Heartache	Pressured	Victimized
Defeated	Heartbroken	Punished	Violated
Defiled	Heartsick	Put down	Vulnerable
Degraded	Heaviness	Put upon	Wasted
Dejected	Helpless	Puzzled	Wary
Depressed	Hesitant	Rage	Weary
Deprived	Hopeless	Rebellious	Weird
Despair	Horror	Rejected (or rejecting)	Worried
Despondent	Horrificed	Remorseful	Worthless
Devastated	Hostile	Resentment	Wounded
Disappointed	Humiliated	Restless	Worn out
Disconnected	Hurt	Sad	Wrongly accused
Discouraged	Ignored	Scared	
Discounted	Impatient	Scattered	
Disenchanted	Inadequate	Scorned	
	Indignant		