

The EFT Academy

Mentee Training

Jan's Reframe Formula

A verdict is a word or phrase that sounds unquestionable to the client. It's actually keeping them stuck defending their brokenness and pain. We can work all of the aspects in the world, but if we fail to neutralize these beliefs the client will continue to suffer and struggle to find peace and closure.

Often, a Verdict is recognizable by a preceding phrase like:

- Always
- Never
- Totally
- Every (one, every time, everything)
- It's just the way it is
- Nothing I can do about it

A reframe is NOT some earth-shattering personal revelation. It's merely the ability help them recognize the verdicts, soften their attachment to them and choose a more hopeful, uplifting perception.

On the call I mentioned that I like to help them choose a belief that serves them instead of having them be servant to the fear-filled belief.

Never try to reframe a verdict until you have done many rounds (and possibly many sessions) on all of the aspects you can find. Maintaining trust and rapport is crucial in ensuring that the client is open to you offering them a new perception!

Before you listen to the class recording

1. *Find and highlight all Aspects*
2. *From those aspects, UNDERLINE all of the Verdict statements.*
3. *Write each VERDICT in the first column of the worksheet below.*

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Stuck in Sadness

My sister died of a rare and aggressive disease. She was sick for 10 years, but the disease progressed quickly in the end and I never really got to say goodbye to her. By then, she couldn't speak, so I'm not sure if she understood what we were saying to her.

She was my best friend and the best person I'll ever know.

It's been nearly four years since she died, and I'm still completely grief stricken. I miss her every day and waves of intense sadness strike often, even when I'm at work or out with friends. I cry myself to sleep most nights. I've seen two therapists, but it hasn't helped because there's nothing I can do to change my problem. My sister is gone.

I have good parents and friends, but it isn't enough. There's a hole in my heart. My grief hasn't lessened or gotten easier to deal with over the years. It's only become stronger and harder. Sometimes I pretend my sister is still alive and I call and text her even though her phone is no longer in service. I'm not suicidal, but I honestly don't know how to continue on in this way. Everything feels wrong. My heart aches. Will things ever get better?

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Jan's Reframe Formula Worksheet

<p style="text-align: center;">1: Write All the Aspect Phrases</p>	<p style="text-align: center;">Is it a verdict? Ask Yourself: “IS THIS TRUTH?” (If NOT, it’s probably a verdict phrase.)</p>	<p style="text-align: center;">2: Tap with the client. ECHO the phrase and add the word “feeling.” Ask Questions. Cautiously test it. Challenge or Provoke.</p>	<p style="text-align: center;">3: Anchor More Hopeful & Inspiring Perceptions/Mindset</p>