**Final Exam “1” for the   
PRACTITIONERS INTENSIVE WORKSHOP**

# Important Rules, Regulations and Tips for taking this exam:

* **Please read each question twice and pay attention to what we’re asking.**
* **Read all of the possible answers to each question before choosing the best answer.**
* **If any part of an *answer* is not right, then the entire answer is incorrect.**
* **Please do not refer to reference material, previous tests or ANY other resources while taking the exam…or afterwards to check your results.**
* **When a question is the last one a page, always look for other potential answers on the following page.**

**Scoring:**

* Each question is one point. There are two bonus questions with a total of three possible points.
* You must get at least 80% of the 36 regular points correct to pass (so the bonus questions give you some ‘wiggle room’.)

29 correct points is passing

Anything above 33 is GREAT

28 or below will earn you another try at a different slightly different test

**1. Finish this sentence with the *most correct* answer(s): “Neutralizing a Reversal…**

A. … is often all you have to do to resolve an issue (if you stay on the KC point long enough)

B. …works best for repetitive, negative childhood events or circumstances

C. …needs to be followed up with regular tapping sequences

D. …does not usually need to be used on simple issues that just happened

E. …can be done on the tapping points or the KC point

F. A, B and D

G. C, D, E

**2. Name some of the ways you could use Muscle Testing with Tapping**

A. To test for all four types of Reversals

B. To introduce the energy system to people who are new to tapping

C. To see if a client has been deliberately been lying to you

D. To check for sensitivities to food or other elements

E. To determine the outcome about a future event

F. All of the above

G. A, B, D

**3. What is the most common type of Reversal?**

A. Secondary Benefit Symptoms

B. General Polarity Reversal

C. Psychological Reversals or Dehydration

D. Secondary Benefit Syndrome

E. GPR, GPS, PR and MR

F. A and C

**4. When would you use the Tower of Shame?**

A. When the client expresses that he/she hasn’t been able to cry

B. When there are indications of great guilt or shame

C. If the client can’t remember what happened or can’t get an intensity rating

D. When there are signs of self-sabotage or low self-esteem

E. When the client has a lot of childhood trauma, abuse or adverse, repetitive events

F. B and D

G. A, B and D

**5. On what kind of issue(s) would you most likely use The Trauma (Tapping) Tree?**

A. Separate traumas with different core issues

B. Singular traumas with the same core issues

C. A troublesome circumstance or a lifetime of trauma or drama

D. With fears, phobias and physical pain

E. When there are multiple troubling events or circumstances and/or on most complex issues

F. C and E

**6. If someone says;** *“Who will I be if I let this go?”* or *“What if this doesn’t work (or last?)”* **…he/she is most   
 likely expressing underlying:**

A. Distrust in the practitioner (possibly due to lack of rapport)

B. Uncertainty

C. Fear of the unknown

D. Anger or resentment

E. All of the above

**7. What are the four elements of the Trauma Tree?**

A. Traumas, circumstances, events and beliefs

B. Events or circumstances, issues, beliefs and negative emotions

C. Negative emotions, limiting beliefs, events and Reversals

D. A disastrous wedding, funeral, divorce or lawsuit

E. Fear, anxiety, sadness, helplessness

F. A, C and D

G. All but B and D

**8. When should you be specific with someone?**

A. When dealing with a singular event, emotion or aspect

B. When someone says “I remember the time when…”

C. All traumatic events with an intensity above an 8

D. When you are not sure what the core issue is

E. A and B

F. A and D

**9. What are some good ways to begin dealing with a hard-to-measure issue like addiction?**

A. First ask them to guess their intensity level (SUDs level)

B. Help them define what result they DO want, to help uncover the obstacles in the way. Then you have a measurable, tap-able issue.

C. Use the setup statement of “Even though I have this immeasurable problem…”

D. Define and work with their emotions that *are* measurable about their issue, such as shame, guilt, or frustration, disappointment in themselves

E. Find out when the problem started and what was going on at the time

F. All but E

G. B and D

**10. On what kind of issue(s) would you *most likely* use Bundling Baggage?**

A. When you cannot identify the core issue

B. Singular traumas with the same core issues

C. Similar, repetitive, negative events or childhood issues

D. With addictions, clutter and procrastination

E. Limiting beliefs and fears, or multiple emotions

F. C and E

**11. What are some of the ways can you use the Law of Attraction with Meridian Tapping?**

A. Tap on any and all past hurts, disappointments and failures that are blocking them

B. Use tapping to eliminate limiting beliefs or fears about getting what he/she wants.

C. Have them imagine and visualize how they want things to be, and tap on any obstacles in their way

D. Tap on any resistance they have about using the Law of Attraction

E. All of the above

F. A, B and C

**12. Chose the applicable method(s) or technique(s) below that can help in dealing with Complex Issues**

A. Chunking it down into workable or measurable segments

B. Identifying the core issue before you start tapping

C. Asking thought-provoking questions

D. Start by tapping away the guilt, shame or disappointment about the problem

E. All of the above

F.A, C and E

**13. Which one of these questions would be best to ask about a Complex Issue?**

A. When did this issue start (or when did you first notice it)?

B. If you had to guess, what would your intensity be?

C. Who else do you know who has had this issue?

D. What does this remind you of?

E. All of the above

F. B and F

**14. What are some of the issues upon which you could most *effectively* use the UTS?**

A. When someone wants to become an accomplished speaker, musician or writer

B. When someone says “I want to let go of (or get over) that time when…”

C.When someone wants to eliminate an unacceptable or inappropriate habit or behaviorD. With PTSD

E. Any of the above

**15. When should you avoid being specific?**

A. When someone is already crying or upset

B. When dealing with a highly charged emotion

C. When dealing with a horrific trauma

D. When the person is very sensitive or traumatized

E. Any time there’s a chance you could re-traumatize the person

F. All of the above

G. B and C only

**16. Limiting Beliefs are:**

A. All of the below

B. Often paired with partial truths – “This has never worked before, so…”

C. Almost always hindered by a subconscious resistance to change

D. One of the biggest impediments to getting what we want

E. Usually part of the “Erroneous Chain of Logic”

F. B and C

**17. There are how many parts of the UTS?**

A. Two

B. Three

C. Four

D. Over 10

E. Just one

F. It depends on the issue

**18. There are how many *steps* to the UTS process?**

A. Two

B. Three

C. Four

D. Over 10

E. Just one

F. It depends on the issue

**19. During your first year as a practitioner how would you deal with someone diagnosed as borderline personality disorder, but seems OK?**

A. Keep a close eye on their behavior and responses, but go ahead and tap as usual

B Have them sign a waiver absolving you from responsibility, then follow guidelines in answer A

C. Refer them to someone skilled in dealing with personality disorders (unless you are already trained in that yourself)

D. Let them know that tapping doesn’t usually work for psychological disorders, but offer to use a “Gentle Technique” with them

E. B and D

F. A and B

**20. What technique relies heavily on components of the Law of Attraction?**

A. First tapping away limiting beliefs and fears

B. UTS

C. Bundling Baggage and the Tapping Tree

D. Dan Rather Technique and the UTS

E. A and C

F. Secondary Benefit Syndrome and Massive Reversals

**21. What three Pro EFT™ techniques are *integral* to using the UTS?**

A. The Golden Gate Technique, Dan Rather Technique, Tower of Shame

B. The Choice method, Bundling Baggage and Tearless Trauma Technique

C. Matrix Reimprinting, Law of Attraction and Bundling

D. Belief Busting technique, Golden Gate Technique, Reversal neutralization

E.All of the above

F. A and \_\_\_\_

**22. How can you test an issue to make sure it’s resolved?**

A. Have the client *try* to get upset about the issue to see if there’s a charge

B. Ask him/her to tell the story again to see if there is a charge at any point

C. Prod them verbally with parts of their story or issue that were sensitive when you first started

D. You should avoid testing when possible so you don’t risk upsetting the client again

E. A, B and C

F. A and B only

**23. When someone is at a zero on their limiting beliefs and fears, using a UTS, what is the next thing (or step) *you* should do?**

A. Have them tap on the UTS daily to stay focused on their goals

B. Read the UTS again and ask them rate the believability of it now that their Fs and Bs are gone

C. Make a positive, present tense statement out of the UTS that they can now tap on

D. Ask them to recap what you have just worked on with the UTS

E. B and C

F. All of the above

**24. If the UTS is at a 9, after zeroing out the blocks, what is the most effective step to take next?**

A. Troubleshoot until you get them to a 10

B. Have them tap on the UTS as homework until they are at a 10

C. Do a round or two *choosing* to let go of any resistance or reluctance to owning their   
 statement; i.e. *“ET there’s still some reluctance to owning my UTS, I choose to let it go…”*

D. Do a Reversal neutralizing to see why they aren’t at a 10

E. All of the above

F. A, B and D

**25. When doing a phone session, what are arguably the *most* important things to do?**

A. Listen with all of your senses and use your intuition to the max

B. A and E

C. Ask the client try to imagine that you are face to face and to trust you.

D. Make sure you have 3-way calling on your line!

E. Get your client involved with ping-ponging or frequent feedback

E.All except E

**26. Which of the following issues are difficult to assign a SUDs level?**

A. Loss of a loved one

B. Insomnia

C. B, D and F

D. Weight issues

E. Fears and phobias

F. Procrastination

G. All of the above

**27. What should you do if you realize before a session that you really don’t like the client or realize you can’t affectively work with him/her?**

A. Tap on it together

B. Tell him/her you need to refer them to someone else because they aren’t your kind of client

C. Do the first session anyway, the, send them an e-mail saying you are referring them to a colleague

D. Handle each case individually, depending on the circumstances and the needs of your client

E. Any of the above

F. None of the above. Tap on it then take them on regardless.

**28. In what type of case could you *most effectively* use the Relationship Remedy?**

A. With any current, challenging or contentious relationship

B. Any past, troubling relationship, even if they are no longer in your life

C. Someone with whom you just can’t understand or communicate with effectively

D. Someone you want to attract into your life or someone you would like to change

E. B and C

F. A and D

**29. What are three of the *most obvious* ways in which to use the Trauma Tree?**

A. For a lifetime of unfortunate events or circumstances

B. For childhood traumas, dysfunction parents/families, or ongoing unpleasant situations

C. For a singular troubling event or circumstance, such as a prolonged divorce or lawsuit

D. To set up and attract your ideal partner or career

E. To work on weight issues, procrastination or clutter

F. A, B and C

G. A, B and E

**30. What are some important things to do when you’re working on just about any issue?**

A. Always be specific and persistent

B. Find the core issues before you start tapping

C. Deal with all shifting aspects at the end

D. Write down some of their words and phrasing and use them in your sequences

E. Check their intensity often and, when they are at a zero, test to make sure the issue has been completely resolved

F. A, B and E

G. D and E

**31. What is the *biggest* impediment to successful or effective tapping?**

A. Someone not believing that it’s going to work for them

B. Lack of knowledge about tapping or the Law of Attraction

C. The client or practitioner is not doing it right

D. Reversals

E. Not being able to find and resolve the core issue

F. Not finding or recognizing shifting issues

**32. Relationship Remedy is to be primarily used for:**

A. Any contentious relationship; those who are long-gone and will not be in your life, as well as   
 present relationships or to find future relationships

B. Existing, contentious relationships or estranged relationships you’d like to restore

C. Primarily for romantic relationships

D. Primarily for parent/child relationships, especially childhood traumas and circumstances

E. Releasing anger, hurt feelings or a broken heart from past breakup

F. A and D

**TRUE or FALSE**

**33. GPRs are the most common reversals and should be dealt with after the first round or two**

T. True

**F. False**

**34. It’s OK to only know only 85% of the Pro EFT™ techniques before becoming a practitioner**

**T. True**

F. False

**35. You should *never* Borrow Benefits on your own issues when working with a client**

T. True

**F. False**

**36. You could use the UTS to help someone who wants to start being on time or improve their golf game, or be a better parent or become more focused**

**T. True**

F. False

**Bonus Question 1: (2 point)   
Q. Name at least 6 of the 20+ exclusive Pro EFT™ processes or techniques.   
(Note**: Six *correct* responses**, is worth ONE point, 7 or more is worth TWO. Get at least 14 and you’ll earn THREE bonus points.** *However*, if any of your “guesses” are wrong you won’t get any bonus points. This will keep you from “fishing” for correct responses – (Hint: *additional tapping points* is not a process or technique.)

**Bonus Question 2: (Worth two points)**

**Q. What is/are the biggest reason(s) people don’t get what they want in life?** (Hint: this should be a short answer. Anything over 5 words is too much.)

**A. Limiting beliefs and Fears**

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