

Final Exam Sample

Attempt to answer each question on your own before referring to reference material, or other resources. We suggest you pair up with 2 others to work on this SAMPLE test together. We will go over any questions you have on this prior to the final exam on the last day of class. Your FINAL exam, on Sunday will be different!

1. What is the fourth type of Reversal – taught only in Level 3 or even later?

- A. "I want to live...I want to die"
- B. The Ultimate Decision
- C. Massive Reversal
- D. The Ultimate Choice
- E. A and B

2. You would primarily use the Relationship Remedy to:

- A. Fix an existing, contentious relationship**
- B. To understand why a loved one is behaving as they are and learn how to deal with them
- C. To work on a past relationship that is no longer in your that is still bothering you
- D. To attract a new life partner or other relationship such as a new boss or friend
- E. None of the above

3. In doing a phone session it's important to

- A. Record the session
- B. Pay close attention to what the client says and make sure you are interpreting it correctly by asking questions such as "If I'm hearing you correctly, you're saying..."
- C. Have a picture of the client in front of you
- D. Use your intuition to the max
- E. A and D
- F. All but C

4. You have a client who wants to fix his relationship with his wife. She's wants a divorce and he doesn't understand where she's coming from. What two processes would most likely work *best* with him?

- A. Trauma Tree and Bundling Baggage.
- B. Golden Gate Technique, Reversals and Role Reversal
- C. Role Reversal and Relationship Remedy
- D. Tower of Shame and Bundling
- E. A and B
- F. B and D

- 5. What are the common elements of Bundling Baggage?**
- A. Multiple traumas with different core issues
 - B. A singular trauma that is highly charged
 - C. Fears, phobias and traumatic circumstances
 - D. Similar, repetitive, negative events or traumas
 - E. All of the above
 - F. A and D
- 6. W What are the 3 primary communication modalities?**
- A. Site, sound and hearing
 - B. Visual, auditory and neurology
 - C. Kinesthetic, visual and auditory
 - D. Verbal, diatonic and compensatory
- 7. Identify some of the most common ways to use muscle testing with tapping**
- A. To introduce tapping to people by demonstrating how the body's energy system is affected by negative words or thoughts
 - B. To test for Reversals
 - C. To see if an issue has been completely cleared
 - D. To check for underlying elements of an issue (such as sensitivities or shifting aspects)
 - E. To get an answer to which the client may not consciously be aware
 - F. All of the above
 - G. A B and D only
- 8. How would you handle someone who keeps saying that they don't think tapping is going to work for them?**
- A. Assure them it *will* work for them
 - B. Do a few rounds, beginning with this set-up statement "Even though I don't believe this will work for me, I am willing to be open to the possibility that it might."
 - C. Tap on their limiting beliefs about EFT, and assure them it works on everyone
 - D. Tap with them on being pessimistic
 - E. All of the above
 - F. Graciously terminate the session and ask them if they would like to leave
- 9. What are some important things to *always* do when you're working on any issue with someone?**
- A. Always be specific and persistent
 - B. Find the core issue *before* you start tapping and always deal with shifting aspects at the end
 - C. Listen for what the client is saying verbally and non-verbally
 - D. Check their intensity often and test for clearance when they are at a zero
 - E. Ask appropriate questions, being sensitive to where they are emotionally
 - F. All of the above
 - G. C, D and E

10. When would you most likely use the Tower of Shame?

- A. B and D
- B. If the client has recently done something for which they are very ashamed or guilty
- C. If he/she has mentioned several things they regret or for which they feel remorse or disappointed with themselves.
- D. If he/she was continually shamed by his/her parent(s) as a child for bedwetting, weight issues or other childhood problems
- E. If he/she has an issue of self-sabotage, low self-esteem or unworthiness
- F. C, D and E

11. Self-asked questions, such as – *What if...? Will I be able to...? Can I...?* are usually:

- A. A subtle subconscious resistance to change
- B. Fear-based statements
- C. Introspective reasons that help keep you from moving forward too quickly
- D. A natural, harmless way to sort out potential problems & prohibit mistakes
- E. All of the above
- F. B and C

13. What are some of the *benefits* to establishing rapport with a new client?

- A. To illicit open-ended answers, to find common interests and to start a conversation
- B. To clear issues more quickly and easily
- C. If you have good rapport with them it's more likely EFT will work for them
- D. To establish a connection and trust with the client
- E. So they will come back to see you again and hopefully refer others.
- F. A and C only

14.W During your first year as a practitioner how would you deal with someone diagnosed as Bi-polar or Borderline Personality Disorder?

- A. Refer them to a skilled or licensed practitioner, qualified in dealing with psychosis; psycho-therapist or psychologist or psychiatrist (unless you are trained in that yourself.)
- B. Make sure the client keeps taking their medications and tap with them using caution
- C. Have them sign a waiver that absolves you from responsibility, then tap with them while observing them closely for additional symptoms
- D. Tap to give them relief, but let them know that tapping doesn't usually work for psychological disorders
- E. Postpone working with them until they get off their medications

15. W Until you are more experienced in tapping, how would you deal with clients who are on three or more medications for depression, anxiety or other mood altering drugs?

- A. Ask them to refrain from taking their medications during the time you will be working with them (for at least 2 weeks)

- B. Tell them to *gently reduce* their meds (gradually reducing the dosages for 2-3 weeks) until they are weaned off of them
- C. Let them know that mood-altering medications can impede the results of tapping, but that you can work with them anyway
- D. Refer them to licensed practitioner, trained in dealing with people on medications
- E. B and C

16. W Select the answer that best describes some of the major elements to the Art of Tapping

- A. Sense of humor, knowledge of the chakras, pre-framing
- B. Using tapping with the Law of Attraction, humor and intuition
- C. Reframing, establishing rapport, and compassionate listening
- D. Being a good detective, sensitivity to where they are, timing
- E. All of the above
- F. B, C, and D

17. The best way(s) to establish rapport is:

- A. Ask open-ended questions and nod your head
- B. Finish their sentences for them
- C. Mirror their movements or body position
- D. Tell them a personal story about yourself or problems you're having
- E. Make comfortable eye contact and find common ground with them
- F. C and E

18. Some of the ways you can (unintentionally)break rapport is (or are):

- A. Be totally honest by letting them know if you disapprove of something they admit having done or said.
- B. Tell the client you know exactly what they are thinking
- C. Try not to look at them in eyes too much
- D. Correct mistakes they are making verbally or with tapping
- E. All of the above
- F. A, B and D

19. Limiting beliefs and fears are often:

- A. Seemingly logical reasons from the subconscious that provide people with excuses to keep them from and potentially getting hurt or failing
- B. Reasons to slow down and make sure you do it right
- C. Often based on partial truths
- D. Are actually truths that keep us safe...or help us predict failure or loss.
- E. All of the above
- F. A and C

20. The most appropriate times to use the Ultimate Choice are:

- A. All of the below
- B. When someone says "I can't do this anymore" or "I just want to run away"
- C. When someone seems uncommitted to life or moving forward

- D. When the person is possibly suicidal
- E. When a client has experienced a series of losses and seems very stuck, apathetic, or resistant to do anything
- F. When someone is already crying or highly upset
- G. All but D and F

21. Which of the following issue(s) would be ideal to use the UTS?

- A. Procrastination or Clutter
- B. A person wanting to go from being an amateur cook to becoming a professional chef. Or a golfer wanting to improve her game?
- C. A person seems to always be late and can't seem to keep commitments
- D. Weight issues
- E. All of the above
- F. A, C and D

22. What would be the best or most efficient way to begin to work with a man who has had a lot of bad things happen to him? He's stuck and starting to think he's just a trouble magnet. He feels incapable of doing anything right. His circumstances are causing a lot of problems and he can't seem to figure out what's going on and how to turn it around.

- A. Ask him what HE thinks is wrong and help him come up with his SUDs level
- B. First, help him define his core issues and other obstacles that have definable intensities. Then tap them away.
- C. Use Bundling Baggage then the Dan Rather Technique
- D. Define and work with the *emotions* then do the UTS to tap it all away.
- E. Start with the Trauma Tree so he can see the relationship amongst the things that are happening to him, the feelings he's experiencing, and the beliefs he's formed as a result.
- F. C and D

23. What are some of the ways can you use the (Law of Attraction) LOA with Tapping?

- A. To tap away past hurts, disappointments, traumas or failures that are likely to be the causes for keeping them stuck
- B. Use tapping to eliminate limiting beliefs and fears about getting what he/she wants
- C. Have them imagine how they want things to be, and tap away any blocks
- D. Tap on what they want in order to stay focused on the positive
- E. All of the above
- F. B, C and D

24. W What are thing(s) should you do at the end of a session?

- A. Give the client homework
- B. Stop tapping at least 5 minutes before the end of the session for questions and to get them grounded

- C. Have client remember and recap everything you've worked on during the session
- D. Encourage them to work on a highly charged issue until you see them the next time. Have him/her write down whatever comes up for them
- E. Ask new clients to refer others to you for a reduced rate on their next session.
- F. A and B
- G. A, B and C

25. Which of the following would *NOT* be good homework for new clients between sessions?

- A. Suggest that they keep a journal about their thoughts or tail-enders
- B. Have them listen to the recording of your session and tap on anything that might come up as they listen
- C. Have them practice getting upset about a highly charged issue and working on getting the number down before your next session
- D. B and C
- E. Give them specific things to tap on (remaining doubts and fears, limiting beliefs, positive affirmations, etc.)
- F. A, B, and E

26. What ways could you test an issue to make sure it's resolved?

- A. Have the client *try* to get upset about the issue
- B. Ask him/her to tell the story again to see if there is a charge at any point or on any aspect
- C. Nudge them verbally with parts of the issue that were sensitive to them before you started tapping
- D. All but E and G
- E. You should avoid asking them to try to get upset so you don't re-traumatize them
- F. Muscle test them
- G. A, B and C only

27. Why should you test a client when they say the intensity is at a zero?

- A. To make sure the issue is fully resolved
- B. To catch them if they are lying to you
- C. To catch any shifting aspects or hidden emotions
- D. To ensure the issue isn't likely to come back
- E. All of the above
- F. A, C, D

28. Why *wouldn't* you want to prod them verbally when *they* think an issue is resolved?

- A. Because you don't want to upset them again
- B. You see *clear signs* that the intensity isn't even close to a zero and don't want to re-traumatize them**
- C. A and E
- D. You're running out of time and want to work on another issue

E. To avoid reminding him/her of a bad memory or upsetting them

29. What are some essential elements of being a good EFT or Pro EFT™ practitioner?

- A. Good listener and a good detective
- B. Empathetic and compassionate
- C. Non-judgmental and supportive
- E. Skilled and knowledgeable at tapping
- F. All of the above
- G. A, B and C only

30. What *non-tapping* tasks could you perform with clients *prior* to a first meeting that would be professional and improve the efficiency of the session?

- A. Send the client a confirmation e-mail or letter with the time and date of the appointment
- B. Ask them to read a little about EFT, the Chakras and TFT to understand the energy system before their appointment
- C. Let them know what to expect in the first session; i.e. possible yawning, they might think it will work, it may require more than one session, etc.
- D. Have them fill out an intake form with their contact information and issues they want to work on and review it ahead of time
- E. All of the above
- F. All except B
- G. A, B and D

31. How would you deal with someone who says they just can't get a SUDs or intensity level on anything?

- A. Have them guess what it is
- B. Ask them to say this sentence out loud and complete it, "Even though I don't know my SUDs, if I had to guess, I'd say it was a ____."
- C. Notice their body language, facial expressions, signs of emotional distress (crying, red face, furrowed brow, etc. and use your intuition to guess it
- D. Muscle test them for it
- E. All of the above
- F. All but B

You must get 80% correct to pass (if this were the real test.)