

EFT:

The Box Technique



TANIA A PRINCE
COACH, AUTHOR & TRAINER

1

Why Learn the Box Technique?

- Powerful and simple approach for gently working with complex problems
- Dissociative approach, therefore more gentle
- Does not require the client to tell “the story” of their problem
- Can create amazing shifts
- Clients like it



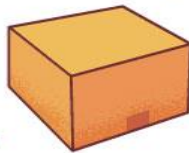
TANIA A PRINCE
COACH, AUTHOR & TRAINER

2

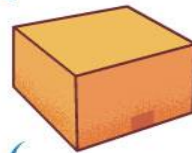
What is the Box Technique?

THE BOX TECHNIQUE

Put "the problems" in to the box



Seal the Box



Describe the box



TANIA A PRINCE
COACH, AUTHOR & TRAINER

3

Reasons for Avoiding Dealing with Problems

Fear of being judged

Fear of being overwhelmed and emotional

Fear of feeling shame

Fear of feeling guilt



Survival
Avoidance/
Flight



TANIA A PRINCE
COACH, AUTHOR & TRAINER

4

Keys to Managing Emotional Intensity Using the Box Technique



TANIA A PRINCE
COACH, AUTHOR & TRAINER

5

Keys to the Box Technique

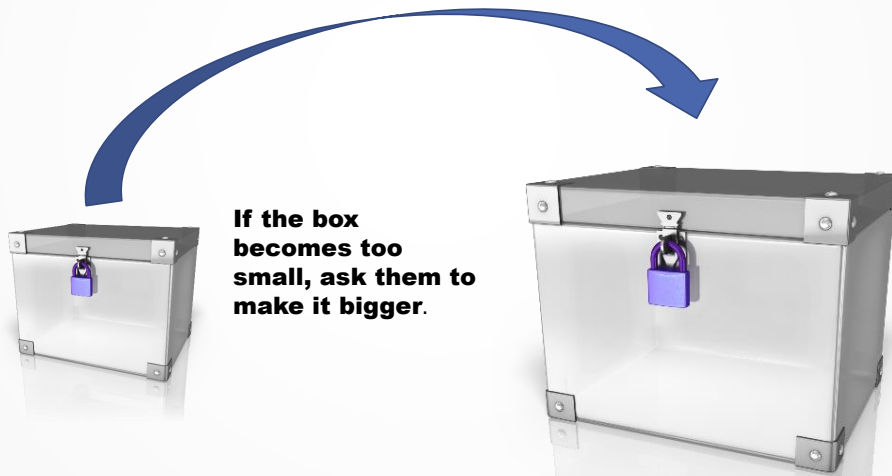
1. Size
2. Outside the Body
3. Distance of the Box



TANIA A PRINCE
COACH, AUTHOR & TRAINER

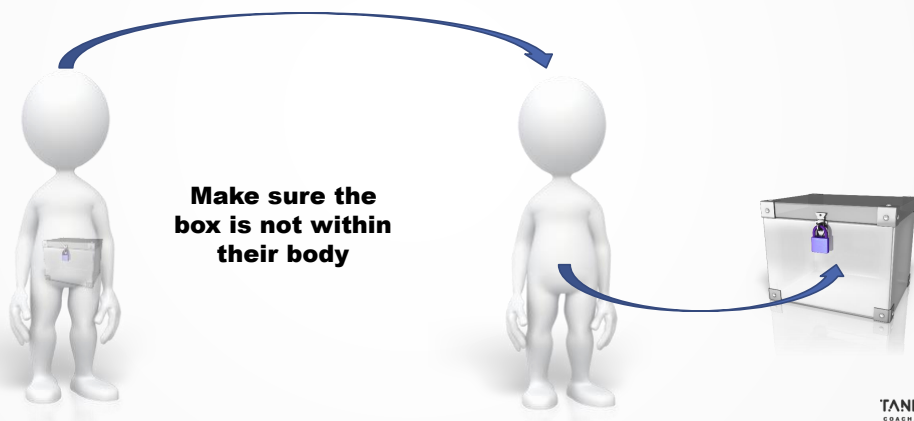
6

Key 1: Size of The Box



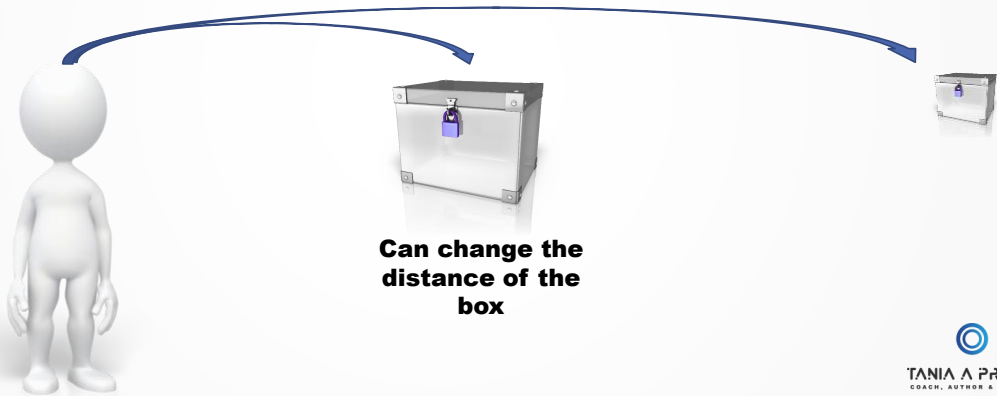
7

Key 2: The Box Outside the Body



8

Key 3: Distance of the Box



9

How to Do the Box?

1. Ask the client to put the problem in the box outside themselves and seal it.
2. Ask the client to describe the box. Use the sensory systems, such as, "What does it look like?" "Does the box have a smell?" "Does it have a size?"
3. Set Up a feedback system

"On a scale of 0 to 10, what would be the intensity rating if you were to open the box and look at it? No need to do that. What number comes to mind?"

10

The Box Technique: Tapping Instructions

“Even though I have this box that is (use their descriptive words), I accept that I have this box.”

- Now, what would be the intensity?
- How would you describe the box now?



TANIA A PRINCE
COACH, AUTHOR & TRAINER

11

How to Do the Box?

4. Identify blocks to letting go of the box and its contents and incorporate them into the tapping sequence



TANIA A PRINCE
COACH, AUTHOR & TRAINER

12

The Box Technique: Tapping Instructions

“Even though this box is who I am, it is my identity (use their descriptive words) I accept I have this box”.

- Now, what would be the intensity?
- How would you describe the box now?



TANIA A PRINCE
COACH, AUTHOR & TRAINER

13

The Box Technique: Tapping Instructions

When the intensity reduces, you can pivot to positive, empowerment statements

Maybe I could....
What if I can....
What if it is ok to let this go....
Perhaps....
Allow....
Might....

***Permissive Language:
Possibilities***

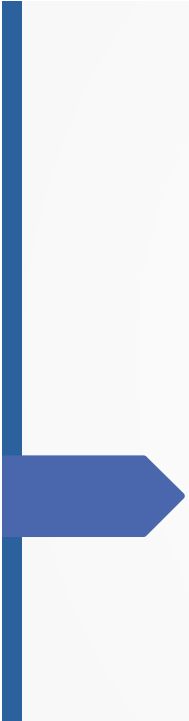
It is OK for me to be empowered
I am letting this go....

***Direct Language:
Certainty***



TANIA A PRINCE
COACH, AUTHOR & TRAINER

14



Exercise

The Box Technique



15



Multi-Box

Approach



16