EFT Practitioner Training:
Section 5

Aspects

Strategies for Working with Problems

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Emotional Aspects

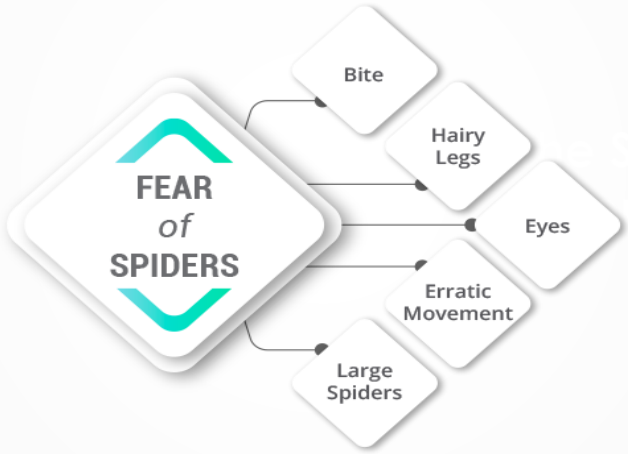


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Aspects



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Finding Aspects

- *Ask, "What specifically about (Name the Problem) is the problem for you?*

Ask, "What specifically about that is the problem for you?

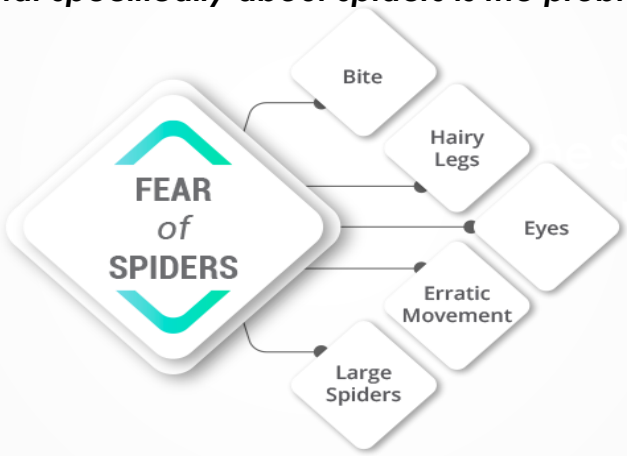


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Finding Aspects

Ask, "What specifically about spiders is the problem for you?

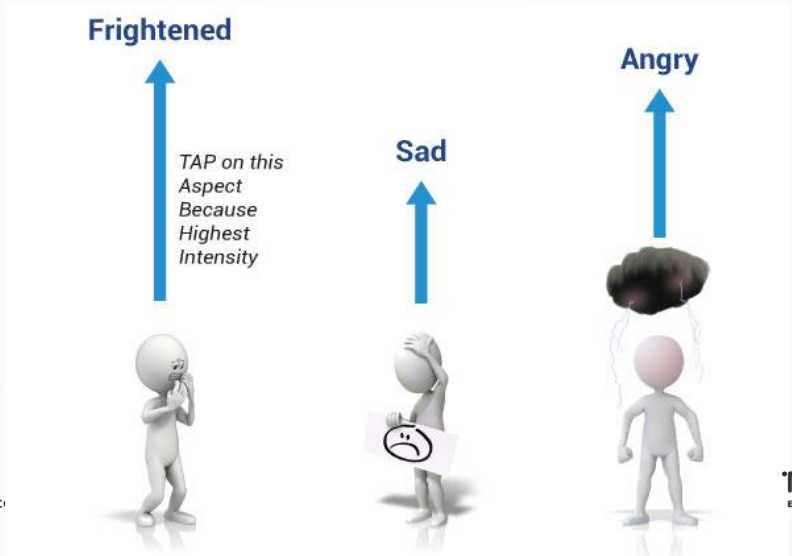


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Switching Aspects

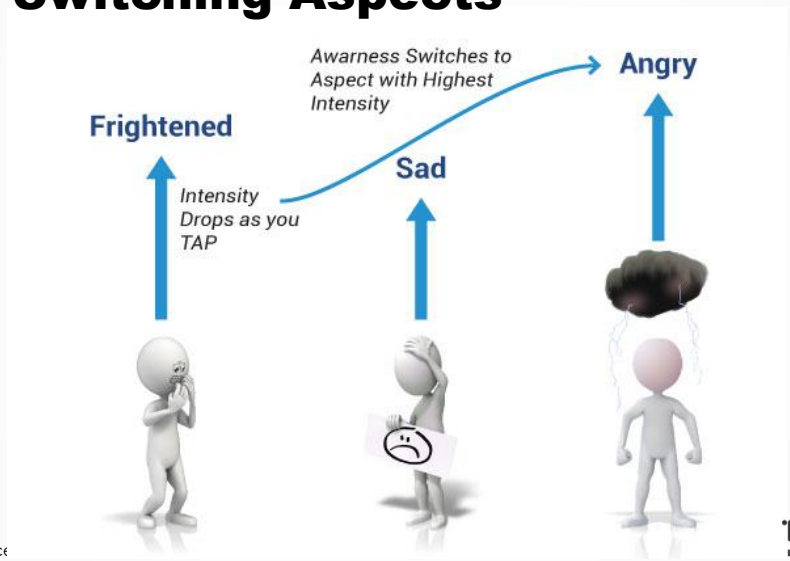


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Switching Aspects



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