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Source: Emotional Freedom Service, St Jeanne
Antide Foundation
Website: /

will try and ask you via SMS how the testing went
after your session.

Document Title:

Testing at Home the Results Obtained your Session

By T.M.

Happy with your encouraging results during the Emotional Freedom session? That's fine! But an essential part of this work is the testing back-home or in another relevant environment, such as your place of work or at school.

Testing

Testing is something that you do at home twice or a few times after the Session. It is important so that we can find out whether the changes obtained during the session seem to be permanent or not. If not, then further work by the person himself or herself, or in another session, is usually required.

Here is how it works.

Remember and visualize exactly the same incident you were asked to choose during the session. After a few moments touching that memory without judging get or protecting yourself from it, check the intensity level between zero and 10 of that distress which you usually have when thinking about those matters.

Write down the number and do the same message as you did during the session to try and reduce it to 0 (If it is not zero.) Keep doing this once or twice every day until you come to a point where the number starts off at zero.

After that you can test it once more at another time. And if it is still zero you may have released the emotional knot, permanently.

Note from Tony:

As I told you testing is an essential part of the message and is a very important information about your own state. This information is very important for you to know. And it is also very important for me to know. If I don't hear from you after 2 or 3 days, I