

# THE DISCOVERY BOOK

## EFT AND THE 8 MASTER KEYS



BY  
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# FINDING AND AFFIRMING

...the positive intention of your feelings and behaviors

## Ask inside:

You, this part of me that is running this (anger, fear, overwhelm, or \_\_\_\_\_), what are you trying to get *for* me?

What are the benefits for me of feeling/acting this way?

If I didn't have this \_\_\_\_\_, what would I lose? What would be the downside?

## Use these questions to go deeper:

So if I had \_\_\_\_\_, what would having \_\_\_\_\_ get for me that is even more important?

Or:

When I have \_\_\_\_\_, how will having \_\_\_\_\_ benefit me?

## What becomes possible now?



The set-up statement in EFT is there, on purpose, to repair the **psychological reversals** (or, keeping with our metaphors here, change the chain of command, get past the dark to the radiant message of the angel). It points our minds towards being receptive to hearing a deeper truth about ourselves.

## THE 8 MASTER KEYS TO HEALING WHAT HURTS

Here, as you know, we rub the sore spot or tap the side of the hand while repeating the reversals that are needing to be cleared.

Then we add something like, “I deeply and completely love and accept myself, I choose to honor and respect myself, and I forgive myself for any part I may have played in (the problem). I (want to) forgive (names of people) for (whatever they did.)”

**Thinking this way makes it possible for something inside us to accept that the wholeness of us can not be defined by our mistakes and misjudgments.**

On the way to discovering the positive intention of something that hurts, I might begin by asking something like, “Imagine that it is six months from now, and you no longer have this problem. What is that like? Is there anything uncomfortable about it? What would be the downside to getting rid of this problem?”

At first it may be hard to do this, because the answers to these questions operate below the level of conscious awareness.

But sometimes we suddenly blurt out an incongruous-sounding answer—and then, almost as if we are not aware we said that, we go off on another track—“But what I really want is...” Then we can gently refocus to the question.

I just keep repeating the questions  
in different wording:  
**“What would be the downside?  
What would be hard about that?”**

Eventually, you will come up with your own list of perfect set up statements, tailor made to your (or your client’s) own unconscious stumbling blocks.

## THE 8 MASTER KEYS TO HEALING WHAT HURTS

- \* How is that a problem for you?
- \* What emotion do you feel when you say that belief to and about yourself?
- \* Where do you feel that emotion in your body?
- \* If those tears had a voice, what would they be saying?
- \* If your (shoulder/back/throat/foot) could talk, what would it say?
- \* What did that (experience/tone of voice/trauma) lead you to believe about yourself?
- \* What did that mean about you?

Then tap on all of the statements that arise from these questions.



Next, I will want to know something—something that I think is the very key of healing. Thinking this way is definitely a learned skill. People don't usually understand this question at first—no one has taught us to think this essential way—but if we keep working with it, working around it, it can produce the deep revelations that lead to growth and healing.

By now, having read the chapter (you *did*, didn't you?), you will have guessed the question:

What is the positive intention of that  
emotion/behavior/symptom?

If the part of you that is running that  
behavior were trying to get something for you,  
what would it be?

I might even follow the flow from the first answer to find a deeper one by saying: "So if you got that benefit, if you imagine just having it now, what would it get for you that is even more important?"