

Technical points for EMT process

1. EVERY CHANGE (possible or impossible) IS OK (except of the time).

As I have already said, there are no restrictions regarding the changes that you can make in EMT (only the time of the experience needs to stay the fixed during the process).

Even if one starts with experience he called “experience of his father’s death”, he can change any element that needs to be changed.

Practitioner should just ask herself what could be different in that experience that would make it less problematic for her, and then see how that changed experience would feel.

Even in the experience you initially call "the death of my father", it's natural that this very fact is one of the first elements that demand changing.

What you should notice here is that you are just asking yourself: "What could have been different in this experience to make it better for me?"

You are not asked to change anything, so there isn't anything there that could be possible or impossible to do. You are just CONSIDERING and examining different changes in experience (and you are free to consider anything).

You are just examining one previous experience and asking yourself: "If I could freely choose my experiences how would I like this one to be different?"

"Would that experience be better if that day was a beautiful, sunny day?"

"Would it be different if I had gone to the college when I was 18?"

"If my parents were rich?"

"Or if I were a very confident person?"

"Or brave?"

"Or lucky?"

Would it be different if my mother always provided me with unconditional support.

We are just asking ourselves what needs to be different in this experience to make it more desirable for us. There is no reason why you couldn't consider even impossible changes.

So, my point here is:

In EMT, all changes of experience you can think of are OK.
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It doesn't matter if the change is unrealistic, or even impossible.

2. History alignment.

This point is about step 8 in the EMT process.

Point here is that every experience has a past. It means that some other events have preceded experience you are processing, and in a way caused and produced experience we are working on.

This means that if you modify experience you are working on, something usually needs to be modified in its past as well.

For example, if your experience is moment in which you can't pay your bills, and modification is „If I had 1 million dollars in the bank“ naturally your new experience needs to have different past from the original one.

Somehow, that money got into your bank account in modified experience.

It could be that you have created your own software business five years ago, and now you manage your company and have your million in the bank.

That would be a different past of your experience.

Or, that you have won the lottery few days ago.

Or that your long forgotten uncle had died in the far away country and has left you inheritance.

Anyway, somehow this money have gotten in the bank, so past of the new experience needs to be at least a little different.

This is what you write down as „history alignment“ (step 8 in EMT process).

3. Description in the point 9 of EMT process should be in the present tense, as if it were happening in that very moment (moment in which you are doing the process).

In this step, just write down what that experience would be like if it were modified according to the desired changes identified in step 7.

In step 9 you describe changed experience, as if it were happening in that very moment. And as the remark in step 9 of EMT process clearly says, you always start the description with the sentences that describe where you are located, and what are you doing (or experiencing).

This point is something that is easy to neglect, and it's there where most mistakes are made in EMT process. So, remember:

To really benefit from this process, you need to write down the new, changed experience, as if it were happening right now (step no. 9 in the EMT process).

EXAMPLE: “I have the emotional partner which is ideal for me.” is not a good description for experience in step 9 (it's abstract statement). “I am having a romantic dinner in a expensive restaurant with my partner, and I see him taking out a ring and proposing to me” is (it's a specific experience).

4. False 10 (and how to check it (worst-best scale))

It is easy to say that rating is 10/10, even when experience is not perfect.

It usually happens when practitioner observes his experience and changes one very traumatic element in it (For example if you are EMT-ing really traumatic experience like the death of one's loved persons or something similar).

In that situation, usual mistake is to rate the new experience 10/10, because we are comparing it with the very traumatic experience.

Another reason for "false 10" is that sometimes we perceive experiences in one specific context.

For instance, if a practitioner is processing an experience of waking up very early, and if he substitutes it with sleeping as long as he likes, he could feel completely OK about it.

And it is OK, but only in the context of sleeping as long as he wants (which can seem like a main issue in that experience at first).

Because the most troublesome part of the experience is changed, he could easily neglect the fact that he is not happy with his job, or that his relationship with his girlfriend is full of tension.

These elements would make the experience of waking up less than perfect for him.

All these elements are parts of waking up experience, and when he describes the changed experience, he will realize that the waking up experience wouldn't have been perfect (10/10) even if he had slept longer.

5. When doing EMT process by yourself write down all your answers

Writing down your answers is really necessary in order to do this process effectively on your own.

Any processing (therapy etc.) is basically a two-person activity. One of the persons (therapist, processor) is there to guide and direct the process. Other person (person that is being processed, or "therapee") is deep in the process, exploring contents of her mind. She is experiencing and re-living various problematic issues.

Because the processed person is exploring experiences that are usually unpleasant or painful, she usually needs a processor to guide the process. This is why in order to do the process on your own, you need to "put it on **auto-pilot**".

You can do that by writing down all your answers. In this way you are substituting processor with your piece of paper where all your answers are noted down. When you are stuck somewhere in the course of the process, all you need to do is take another look at the last thing you've written, and continue from there.

And believe me, in some processes you WILL get stuck or wander off.

Sometimes, process will become very emotional, and sometimes you will wander off when you have a significant insight. This is the moment when you would need your process notes.

6. Only one change in the answer to the question number 7 (for EMT process. It's question 10 in EMTfG).

Another important technical point about EMTfG process, is that you should introduce changes one by one. This means that, even though you may realize that few different things need to be different in the experience you are working on, you should pick just the most important one in step number 10 (of EMTfG or step 7 in EMT process).

You should forget about the rest of them until you go through following steps (history alignment, description of modified experience, and rating). Only then (if the rating is still less than 10/10) should you check what else needs to be different in your experience.

So, if there are few things that should have been different in the past experience (and there usually are), you should:

- Pick the most important one.
- Go through following steps with this change.
- Only then (if the rating is still less than 10/10) go and ask for further changes.

This is so because, it's easy and simple to do following steps with one modification, and it would be complicated (and sometimes impossible) to do them right with a few at the same time.

So, your "the rule of the thumb" is simple. IN EMT ALWAYS INTRODUCE ONLY ONE CHANGE AT THE TIME.

Practical exercise:

Now, go once more through the Practical exercise 1 you have done previously for your homework, and check how is it done. Are all these points covered well in YOUR EMT process, or have you made some of these usual mistakes.