

Helping Your Clients Break Through the Barriers That Sabotage Their Lives with EFT

- [written by Carol Look, LCSW](#)

Once I started listening carefully to my client's sabotage behavior, I heard the clues I needed to help them achieve their goals.

My entire practice changed when I started using EFT (Emotional Freedom Techniques) to work with the underlying reasons clients sabotage their progress in psychotherapy. I found several themes with all my clients: *safety issues, identity issues, comfort zones, and limiting beliefs*. If these emotional blocks aren't neutralized from a multidimensional perspective, your clients will continue to sabotage their progress, in spite of good intentions and steady effort.

I ask all my clients to answer a simple question: "What is the 'downside' of getting what you want?" Until the answer to this question is identified and released, no permanent progress will be maintained. Consider *safety issues*. How safe does your client truly feel accomplishing his professional goals? Maybe reaching his goal will upset the family dynamics that have been in place for decades. How safe does your client really feel about quitting smoking or losing weight? Perhaps she'll feel exposed, or frightened, or vulnerable. How safe will your client really feel when entering a new relationship? Remember, if you or your client doesn't feel safe with the achieved change, it is only a matter of time before old habits and behaviors are resumed.

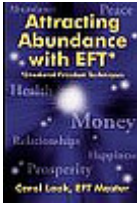
Consider *identity issues*. Who will he be if he is no longer the sibling who can't hold down a job and he starts becoming financially successful? Who will she be if she no longer procrastinates? Ultimately, feeling "different" and unaccustomed to the new identity is too threatening and causes the client to regress, again, despite valiant efforts to maintain the changes.

I always take a look at a client's *comfort zones* and *limiting beliefs*. If you suddenly double your income, are you energetically comfortable there, or does it bump up against your comfort zone? I had a client who reported that her family's primary limiting belief was "Life always has to be a struggle." As a result, she kept sabotaging herself when things were going smoothly.

During my [2 day pre-conference workshop](#) in December at NICABM, we will explore all the traps to maintaining congruence, and identify and release all the "yes, buts" that keep you or your clients stuck and using self sabotage behaviors.

Carol's specialty is inspiring clients to attract success and abundance into their personal and professional lives by using EFT and the Law of Attraction to clear limiting beliefs, release resistance and build "prosperity consciousness." Carol will be speaking at [The](#)

[20th International Psychology of Health, Immunity and Disease Conference in Hilton Head, South Carolina](#). Carol will be giving a [Pre-Conference Workshop](#) entitled *The Power of Congruence: How to Help Your Clients Break through the Barriers, Beliefs and Behaviors that Sabotage Their Lives*. EFT can work for you and your clients, [this workshop](#) can help you make it happen!



Want to read Carol Look's new book before the workshop? [Attracting Abundance with EFT*: *Emotional Freedom Techniques](#) is available at [amazon.com!](#)