



## Core Issues Questionnaire – Uncovering Those Hidden Core Beliefs

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The series of questions on this worksheet can quickly get you to a core issue, and thus any associated core belief, that your ego-self regards as a personal “truth” about you. A “personal truth” is a belief that holds a great deal of energy (usually emotional). A particular emotional incident in childhood is likely to have seeded a belief and started its energy accumulation. Events similar to the originating incident will reinforce and lend more energy to that belief. The more energy accrued, the more likely the belief becomes a personal truth.

Your ego-self jealously guards your personal truths. This is because it regards them as vitally important to your overall identity. It will often hide them away in your subconscious mind, so that not even your own conscious-mind is aware of them. It does this to prevent outside influences (such as other people’s thoughts, ideas and suggestions) from modifying these highly charged “truths” about your character.

Follow the instructions below and you will have some of your own thoughts, ideas and suggestions to work with when using your Basic EFT sheet ([click on this link for the download](#)).

Use this worksheet to write down your responses to each of the questions overleaf, and then use the Basic EFT sheet to begin the process of uncovering and dealing with the core issues and beliefs that may be troubling you.

**Spend no more than 30 minutes at any one time working with the EFT sheet.** If you feel you have more you can do after 30 minutes, stop, note where you are at, and continue after at least a 24-hour break. Take things nice and gently, come back to the questions and note anything that has come to you during the break. Keep a notepad handy as your inner self may give you inspiration at any time—particularly on waking after a period of sleep. Be persistent with the EFT tapping procedure, make notes as you are going along, but set a timer for no more than 30 minutes per session.

### How to use this worksheet:

- 🌈 **First**, identify one particular issue or problem that is at the forefront of your mind a lot of the time. For example, you are at a loss as to what to do with your life; you can’t seem to find your ideal partner; you are always struggling financially; you feel overwhelmed the whole time; you feel anxious the whole time; you don’t like what you’re doing for a living and want to find something doing what you love to do; or you are simply not able to relax and enjoy life more.
- 🌈 **Second**, go through each question quickly writing down something that **immediately** comes to mind. Spend no time pondering over an answer. If nothing comes to mind within a second or two, leave it blank and move on to the next question.
- 🌈 **Third**, go back to the first question and after a minute or two of deliberation, devise a few words that can contribute to your overall “tapping statement” for when you do your EFT homework later (see the Examples in Step 1 and Step 3 on your Basic EFT sheet). Continue through the questions in a similar manner, incorporating more thoughts and ideas generated by the questions into the overall tapping statement. You can repeat phrases if you wish. If nothing comes to mind for a particular question after a minute or so, leave it for another occasion and move onto the next one.
- 🌈 **Fourth**, set aside 20-30 minutes within the next day or two for addressing the overall tapping statement you’ve created from this worksheet. Make sure you can be in private and will not be disturbed. Follow the instructions on the EFT sheet using your tapping statement. Have a note pad ready to write down anything that comes up for you while doing this.



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**Name of an issue at the top of your mind:**

**Example:**

My fear of speaking out in front of others.

*Write in the box above an issue or problem that concerns you a lot of the time.*

**Q1. What does this issue remind you of?**

(What event, incident, or person comes to mind when you dwell on the issue?)

**Put another way, if you had your life to live over again, what event, incident, or person would you prefer to skip?**

**Example:**

**Immediate thought:** The time my form teacher made me stand on my desk in class to tell me off.

**After deliberating:** I was 10-years-old, her name was Miss Buchanan. I had kicked a ball into a girl's face when playing football.

**Q2. If there were a deeper emotional contributor to this issue/problem, what would it be?**

**Example:**

**Immediate thought:** The feeling of shame.

**After deliberating:** I felt humiliated and that I was being treated unfairly as the incident she was referring to was an accident in my mind. I began crying in front of everyone and remember getting down from the table after what seemed an eternity, asking her to stop punishing me in this way.

**Q3. When was the first time you remember feeling the same kind of feeling?**

(Alternatively, when was the first time you felt this pain?)

**Example:**

This was the first time.

**Q4. What was going on for you at the time?**

**Example:**

I was a happy go lucky boy enjoying my life, playing football whenever I could, and aware that I was quite bright and had a gift for art.



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<p><b>Q5. What would happen if this problem/issue didn't exist anymore?</b> (Imagine what it would be like for you if this problem/issue were no longer there.)</p> <p><b>Immediate thought:</b> Self-confidence.</p> <p><b>Example:</b> If I can get rid of the anticipatory fear just before I speak out I would be able to speak freely in public, unafraid of other people being cleverer than me and ridiculing what I say.</p>	
<p><b>Q6. What do you have that makes this happen?</b> (This includes bad memories, traumatic events and decisions, negative emotions such as fear of failure, things you were told and constantly remember, etc.)</p> <p><b>Immediate thought:</b> I'm not good enough.</p> <p><b>Example:</b> I now imagine that when I speak out I will inevitably be ridiculed. What I have to say isn't worth saying, as I will be made to feel embarrassed.</p>	
<p><b>Q7. What do you need to have in order to end this problem/issue?</b> (This includes all kinds of attributes like strength and courage, a certain talent, creativity, intelligence, good looks, the right gender, the right ethnicity, luck, the right connections, etc.)</p> <p><b>Immediate thought:</b> A way with words.</p> <p><b>Example:</b> A greater intellect, greater verbal skills, and a greater trust in myself that what I have to say is worthy of being said.</p>	
<p><b>Q8. What do you need to do BEFORE you can release this problem?</b> (This question is useful in establishing any "sequencing" of release that your inner self regards as important. A "proviso" aspect to the problem of concern.)</p> <p><b>Immediate thought:</b> Appreciate myself and the talents I have more.</p> <p><b>Example:</b> I will need to establish a greater trust in my creational abilities.</p>	



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Using what you've written against the questions above, now devise your tapping statement for when you keep your appointment with the Basic EFT sheet. A round or two of the EFT tapping for the statement will begin the process of addressing and perhaps further uncovering core problematic beliefs you are holding. You are essentially telling the story of the incident or issue in as much detail, especially emotional detail, as possible as you perform Step 3 on the EFT sheet.

Using my examples above, I would end up with a tapping statement something like this:

"Even though I have this fear of speaking out in public, and I'm afraid I'm going to be ridiculed and embarrassed, just like the time Miss Buchanan made me stand on the desk, and I felt so ashamed, and I cried, and I was quite happy with who I was at the time, and she made me feel as if I was a bad person, and it was so unfair, and now I have this feeling that anything I say isn't worth saying, and I'm not trusting and appreciating myself properly... I deeply and completely love, trust and accept myself, without judgment, anyway."

You may find that as you are tapping for your statement that other things come to mind, just incorporate them into the statement as you're speaking it. One or two run-throughs of Step 4 are sufficient, and keep that notepad handy for any moments of inspiration that come through. Revisit the questions and reformulate your tapping statement if you feel there is more to deal with. Keep any session to a maximum of thirty minutes.

Use the remainder of this page to formulate your personal tapping statement: