

3. Looking for every thought field

A look at further examples: On arrival the client will say: "I am so stressed and feel depressed." So how are you going to proceed given this brief all encompassing information? Your first thought should be: 'Why is this person stressed and depressed? It's not a normal state of living'. Indeed I know you will remind me that: 'everyone is stressed these days due to pressure of work, overload of information and intense demands on their time stretching them to their physical and mental limits.'

Unfortunately we all know this to be the case but it doesn't make it any more acceptable just because so many are suffering from this dangerous problem. In fact it shows that we should all fully realise how this unnatural way of leading our lives has become 'normal' for so many people. And of course the great danger lies in the fact that eventually the body will complain: 'I can't cope any more so I'll make you stop' and then physical problems arise which can sometimes be very serious, such as cancer which will finally terminate the presenting issues!

Using our gentle and effective TFT to resolve the earlier symptoms of possible major problems developing is by far the better route to a full recovery!

So your asking why is this person stressed shows you are understanding that this is a totally abnormal way of living and to have any hope of returning to an acceptable existence you will have to discover the full details of the many causes of his/her present condition. This will inevitably be a combination of worries, anxieties, fears – even panics in certain situations and traumas. If you add this lot together it's hardly surprising that your client reports also feeling depressed!!

So you have a collection of problems which in turn result in a basketful of thought fields that all have their perturbations sitting up waiting to be addressed! Now the really important part of your work is finding each and every thought field that needs resolution. Don't be fobbed off with: "Oh I'm worried and anxious about everything." Looked at globally as the client will do and think simply that everything is 'my problem' must be broken down into the many thought fields that, when put together, will indeed form 'my problem.'

So here your really vital questioning begins. Having established there are many worries and anxieties involved, begin putting the details on them. For example: "What causes the most worry?" "Your boss because she doesn't value your work even though you have been in this job for many years and know exactly what you are doing""She also puts unnecessary pressure on your time by demanding stupid reports on the progress of your department" - etc etc. This and it's myriad variations are so common in the commercial world. With further questioning the client in this example will come up with several more concerns over her boss at work and each one will be a unique thought field needing treatment.

Avoid the temptation to save time by lumping the whole lot under one heading 'my boss' and treating it as one problem while your client simply thinks of 'my boss.' Even this might give you a phoney result because your client could well be thinking simply of her 'nasty demanding boss' and this could give her a feeling of being more relaxed over the issue. But that still leaves all the other thought fields sitting in the basket untouched! Always remember that – it's what the client is thinking about that gets treated. TFT is very precise in every way and that is why it's so powerful in targeting the very root cause or core issue of the problem being addressed – given that you have properly identified this root cause and are therefore treating the required thought field.