



Free Resource for Week 2

Relationships: Personal, Family, and Business

Today, let's talk about Relationships and Returning to School.

- *From Jondi Whitis, practitioner and master trainer*

School Returns. (And what if the “old school” approach of the 3 R’s needs a 4th, *more important R*?)

Adding an “R” for *Relationship* may be the best school prep you can make this year, for you and your kids.

“Going back” to school used to mean predictable things like supplies, clothes and managing basic schedules.

But this year is different.

This year requires the whole family come to grips with different realities of both school and job after an extended period of lock-down, change, and bubbles. Which means there is a lot more to consider, now. And it requires transforming our thinking from things... to *people*. Relationships. If you have been working from home and your children learning for home, everyone in the family has some kind of transition coming, as we head into Fall. And all of them revolve around the “R” - relationships.

Here are some questions to ask yourself:

- What is about to change for each of us this Fall?
- Your relationship with job/school/schedule/home that will require some adjustments?
- And how are you doing with that idea?
- What kind of support might you like during the transition, or once you’ve experienced the new arrangements?

One of the first things you could do is to arrange to talk openly with one another about the transitions ahead. Consider creating an opportunity to find out from everyone in your family how they’re thinking and feeling about the changes on their horizon.

You can ask these questions:

- What will change for them? In what way?
- And how do they feel about that?
- And how will that change the relationships and routines at home?

Jondi Whitis, MTOT, www.JondiWhitis.com Jondi@eft4results.com



What if we started simply, with everyday concerns such as how to accommodate everyone's routines? Ordinary things -- like breakfast time and preferences; getting out the door with what is needed for the day without chaos; and how the household duties might be equitably distributed as we all embark upon new paths and schedules.

Without fail, the doubts and fears and irritants will shine through even the most basic of these conversations. And once the subjects are "out" we can talk about them, instead of reacting or acting them out!

Deliberately creating opportunity for meaningful conversation means a chance to find out what is of real concern to each family member. As we hear each other speak up, we begin to feel less isolated and less judgmental, too. Change often isn't easy, and it's normal to find fear crowding out curiosity, and even dominating our thoughts. By creating this opportunity to experience one another more clearly and humanely, everyone will benefit.

You might find it:

- Will create an opportunity to address fixable problems *before* they become problems
- Foster more empathic awareness for others
- Open each of you to more self-awareness and honesty
- Naturally creates more positive and pro-active action plans, for better outcomes
- Creates and reinforces a tradition of talking together in support of each others' life transitions

You can even treat these discussions more like a game, if your family enjoys that. For example: Create some decorated cards that say: "Thoughts," "Feelings," and "Sensations"

Consider making about 6 of each, then shuffle them all randomly.

Pick a topic, choose a card from the shuffled deck, and take turns answering what is happening for you and how you are experiencing it, as the card directs (your Thoughts or Feelings or Sensations). You can even make Topic cards, if you want to extend the game's utility or feel shy asking about specific situations on your own.

Which all brings it back to *Relationship*. Ask yourself these questions:

- Can you feel more support and understanding from your family and friends, sharing your concerns?
- Can you receive help, support...even helpful advice, when you're openly considering or deciding between options? And how do you see yourself in relation to the challenge or obstacle?
- Can you experience more honesty and self-awareness?
- Are you noticing more helpful separation about what is actually yours, and what belongs to someone else or another situation?

It's amazing what adding another "R" to your school shopping list can do for the whole family. :)
Happy Fall!

- Page 2, Jondi Whitis, MTOT, www.JondiWhitis.com Jondi@eft4results.com

International EFT Tapping Month • www.InternationalTappingMonth.com • [@tappingmonth](https://twitter.com/tappingmonth)



So now, let's do some Tapping!

Take it slowly, starting out with a “purposefully global” approach before finding your individual specifics as you Tap.

Even though there is a LOT going on...I am doing the best I can.

Even though there is so much that I'm concerned about.... I accept that truth in this moment.

Even though I don't even know where to start...I am showing up, and that is a start I can manage.

Reminder phrase: *There's a lot going on right now.*

Tap 1-3 sequence rounds before asking yourself, “What is coming to me about this, now?” Write it down here:

Place your specific insights, one at a time, into new Tapping rounds that feature the simple truth along with a simple acknowledgement.

Jot down your insights here or into your Tapping journal so you can do more and more specific, personal Tapping until intensity is greatly reduced and actionable choices become clearer to you.

Consider a Tapping buddy to support you during this time of transition, and practice acute listening to yourself and your buddy. Feedback impressions and insights with your partner, allowing for space to them to ponder, versus offering advice.

Happy Tapping!

Jondi Whitis, MTOT
www.JondiWhitis.com
Jondi@eft4results.com

International EFT Tapping Month • www.InternationalTappingMonth.com • [@tappingmonth](https://twitter.com/tappingmonth)