

DAY 11 - STUDENT CONCENTRATION & EFT FOR ANXIETY WORKBOOK

दिन 11 - छात्र कार्यपुस्तिका



CONCENTRATION & EFT FOR ANXIETY

एकाग्रता और चिंता के लिए EFT

Practical Exercises, Partner Practice Logs & Skill Building

व्यावहारिक अभ्यास, साझेदार अभ्यास लॉग और कौशल निर्माण

Student Name / छात्र का नाम: _____

Date / दिनांक: _____

SECTION 1: PRE-SESSION PREPARATION

सत्र-पूर्व तैयारी

Complete BEFORE today's session begins:

1.1 DAY 10 REVIEW CHECK

दिन 10 पुनरावलोकन जांच

Test yourself without looking at notes:

THE FOUR BREATH TECHNIQUES:

1. B _____ A _____
2. D _____ B _____ B _____
3. 4-7-8 Breathing
4. B _____ Breathing

THE FIVE QUESTIONS FOR SETUP STATEMENTS:

1. "What _____?"
2. "Where in _____?"
3. "0-10, how _____?"
4. "What's the _____?"
5. "What do you _____?"

AFTER EVERY TAPPING ROUND, WE:

My confidence level after Day 10: ____/10

1.2 TODAY'S LEARNING OBJECTIVES

आज के सीखने के उद्देश्य

By the end of today, I will be able to:

- Practice and teach Tratak (candle gazing meditation)
- Understand and develop Ekagrata (one-pointed concentration)
- Apply the EFT Anxiety Protocol effectively
- Identify and work with multiple aspects of an issue
- Find and address root causes of anxiety
- Use emergency protocols for acute anxiety and panic
- Design comprehensive anxiety treatment plans for clients

What I'm most curious about today:

SECTION 2: TRATAK - CANDLE GAZING MEDITATION

त्राटक - मोमबत्ती टकटकी ध्यान

2.1 UNDERSTANDING TRATAK

त्राटक को समझना

DEFINITION:

Tratak is the practice of _____ gazing at a _____ point or object without _____, until tears _____.

THE SOURCE:

Tratak is one of the _____ Shatkarmas (purification practices) described in _____ Yoga Pradipika.

THE TWO PHASES:

Phase 1: BAHIRANGA TRATAK (_____ Tratak)

Gazing at an _____ object (candle flame)

Phase 2: ANTARANGA TRATAK (_____ Tratak)

Gazing at an _____ image with eyes closed

WHY CANDLE FLAME?

Write 3 reasons the candle flame is ideal for Tratak:

1. _____
2. _____
3. _____

2.2 TRATAK BENEFITS

त्राटक के लाभ

Complete this chart:

PHYSICAL	
MENTAL	
SPIRITUAL	

2.3 MY TRATAK PRACTICE

मेरा त्राटक अभ्यास

Record your in-class Tratak experience:

EXTERNAL GAZING (Phase 1):

Duration I gazed: _____ minutes

What I experienced:

- Difficulty not blinking (normal)
- Eyes watering / tears (excellent - cleansing)
- Flame appearing to change size or shape
- Deep focus / absorption
- Mind becoming quiet
- Other: _____

What colors did I see in the flame?

INTERNAL GAZING (Phase 2):

What did the after-image look like?

Color: _____ Shape: _____

Location: Center Moving around

Duration visible: _____ seconds/minutes

OVERALL EXPERIENCE:

How I felt after Tratak:

Very calm Calm Neutral No change Emotional

Any emotions that arose:

My rating of this practice: _____/10

Would I use this with clients? Yes Maybe No

Why: _____

2.4 TRATAK SCRIPT FOR CLIENTS

ग्राहकों के लिए त्राटक स्क्रिप्ट

Write a simple script you would use to introduce Tratak to a client:

"I'm going to teach you an ancient technique called Tratak...

_____ "

SECTION 3: EKAGRATA - ONE-POINTED CONCENTRATION

एकाग्रता - एक-बिंदु ध्यान

3.1 UNDERSTANDING EKAGRATA

एकाग्रता को समझना

SANSKRIT MEANING:

Eka (एक) = _____

Agra (अग्र) = _____

Ekagrata = _____

THE EKAGRATA SPECTRUM:

Fill in the progression:



THE THREE STAGES OF CONCENTRATION (from Yoga Sutras):

1. _____ (Holding) - Initial effort to focus
2. _____ (Flow) - Unbroken flow of attention
3. _____ (Absorption) - Complete oneness

3.2 EKAGRATA AND ANXIETY

एकाग्रता और चिंता

Draw or describe the difference:

ANXIOUS MIND:

[Draw scattered arrows]

CONCENTRATED MIND:

[Draw single arrow pointing down]

How concentration helps anxiety:

WHY TRATAK + EFT WORK TOGETHER:

SECTION 4: UNDERSTANDING ANXIETY

चिंता को समझना

4.1 TYPES OF ANXIETY

चिंता के प्रकार

GENERALIZED ANXIETY सामान्य चिंता	
SOCIAL ANXIETY सामाजिक चिंता	
SPECIFIC PHOBIAS विशिष्ट भय	
PANIC ATTACKS पैनिक अटैक	
PERFORMANCE ANXIETY प्रदर्शन चिंता	

4.2 ANXIETY FROM ANTAHKARANA PERSPECTIVE

अंतःकरण दृष्टिकोण से चिंता

Complete how each instrument contributes to anxiety:

MANAS (मनस्):

- Perceives a _____ (real or imagined)
- Generates _____ thoughts
- Creates _____ sensations

BUDDHI (बुद्धि):

- Interprets situation as _____
- Makes negative _____
- Catastrophizes _____

CHITTA (चित्त):

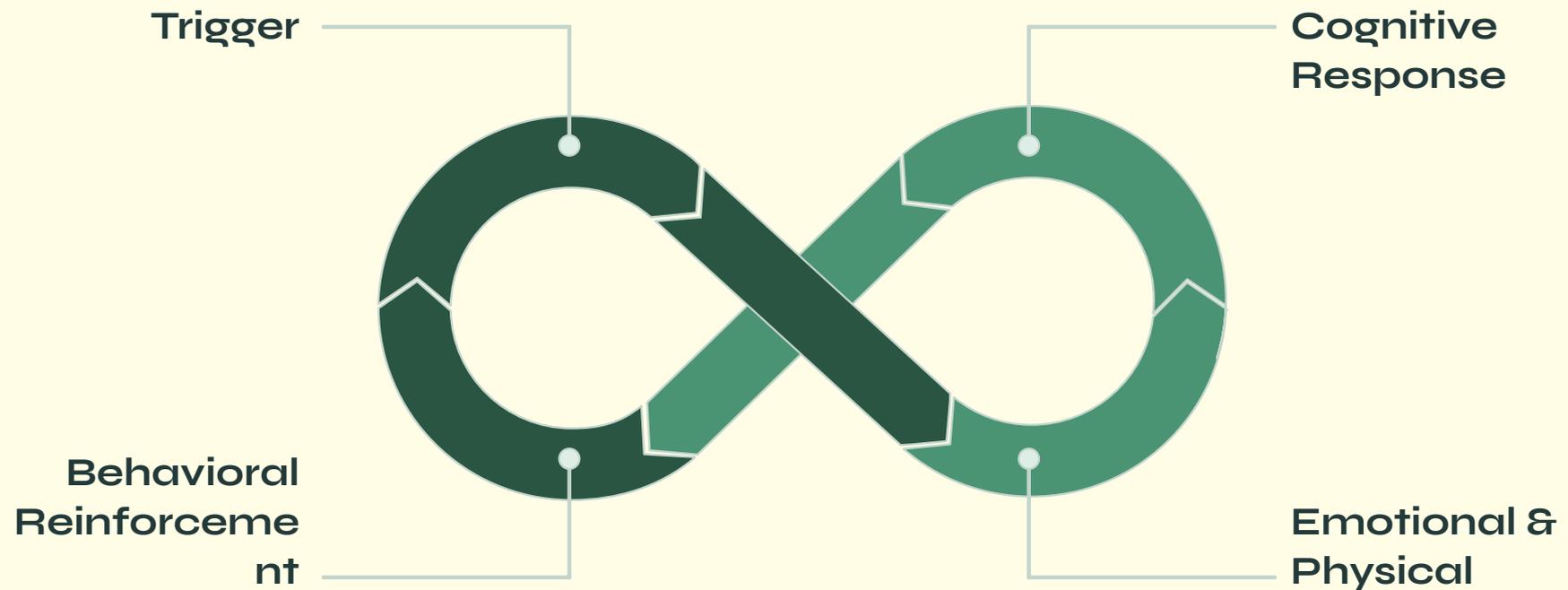
- Contains past experiences of _____
- _____ activate when triggered
- Patterns repeat _____

AHAMKARA (अहंकार):

- Identifies with the _____
- "I am an _____ person"
- Creates resistance to _____

4.3 THE ANXIETY CYCLE

चिंता चक्र



Fill in the cycle:

- TRIGGER
- _____ (Thought - "What if...?")
- _____ (Fear, tension)
- _____ (Racing heart, etc.)
- _____ (Avoid the trigger)
- REINFORCEMENT → (back to stronger trigger)

How EFT breaks this cycle:

SECTION 5: EFT ANXIETY PROTOCOL

EFT चिंता प्रोटोकॉल

5.1 THE BASIC ANXIETY PROTOCOL

मूल चिंता प्रोटोकॉल

STEP 1: IDENTIFY THE ANXIETY

Write the 5 questions to ask:

1. "What specifically _____?"
2. "When did _____?"
3. "What's the worst _____?"
4. "Where do you _____?"
5. "0-10, how _____?"

STEP 2: CREATE THE SETUP

ANXIETY TEMPLATE:

"Even though I have this [_____] anxiety about
[_____] , with this [_____] in my
[_____] , and I'm afraid that [_____] ,
I deeply and completely accept myself."

STEP 3: TAP THROUGH THE NEGATIVE

Example Round 1 phrases (write your own):

- KC: Setup x 3
- TH: "All this _____..."
- EB: "This constant _____..."
- SE: "I can't _____..."
- UE: "This _____ in my body..."
- UN: "So much _____..."
- CH: "What if _____..."
- CB: "All this _____..."
- UA: "I feel so _____..."

STEP 4: INTRODUCE THE POSITIVE (when SUD is 5 or below)

Example phrases:

- TH: "What if I could _____..."
- EB: "Maybe I can _____..."
- SE: "My body knows how to _____..."
- UE: "I'm _____ right now..."
- UN: "I can take it _____..."
- CH: "I choose to _____..."
- CB: "My body is _____..."
- UA: "I am capable of _____..."

STEP 5: POSITIVE INSTALLATION

- TH: "I am _____..."
- EB: "I trust _____..."
- SE: "I can handle _____..."
- UE: "My body feels _____..."
- UN: "My mind is _____..."
- CH: "I release _____..."
- CB: "I am _____..."
- UA: "I choose _____..."

5.2 SETUP STATEMENTS FOR DIFFERENT ANXIETY TYPES

विभिन्न चिंता प्रकारों के लिए सेटअप स्टेटमेंट

Write Setup Statements for each type:

SOCIAL ANXIETY:

"Even though _____
_____,

I deeply and completely accept myself."

PERFORMANCE ANXIETY:

"Even though _____
_____,

I deeply and completely accept myself."

GENERALIZED ANXIETY:

"Even though _____
_____,

I deeply and completely accept myself."

PANIC:

"Even though _____
_____,

I deeply and completely accept myself."

SECTION 6: ASPECT-BASED APPROACH

पहलू-आधारित दृष्टिकोण

6.1 UNDERSTANDING ASPECTS

पहलुओं को समझना

DEFINITION:

An aspect is a _____
_____.

THE TABLE METAPHOR:

Draw the table for this example:

ISSUE: Fear of Public Speaking

Aspects (legs):

- Voice shaking
- Everyone staring
- Past failure memory
- Fear of judgment
- Going blank

[Draw a table top labeled "Fear of Public Speaking" with legs]

6.2 IDENTIFYING ASPECTS

पहलुओं की पहचान करना

QUESTIONS TO FIND ASPECTS:

1. "What's the _____ part?"
2. "What _____ bothers you about this?"
3. "Is there a specific _____ connected to this?"
4. "What do you _____ / _____ / _____?"
5. "What happens _____ / _____ / _____?"

COMMON ASPECT CATEGORIES:

PHYSICAL	
THOUGHTS	
PAST EVENTS	
FUTURE FEARS	
BELIEFS	

6.3 ASPECT TRACKING TEMPLATE

पहलू ट्रैकिंग टेम्पलेट

Use this template for practice:

MAIN ISSUE: _____

Overall Starting SUD: ____/10

1		/10	/10
2		/10	/10
3		/10	/10
4		/10	/10
5		/10	/10

MAIN ISSUE CHECK (after each aspect):

- After Aspect 1: ____/10
- After Aspect 2: ____/10
- After Aspect 3: ____/10
- After Aspect 4: ____/10
- After Aspect 5: ____/10

Overall Ending SUD: ____/10

SECTION 7: FINDING ROOT CAUSES

मूल कारणों को खोजना

7.1 QUESTIONS TO FIND ROOT CAUSES

मूल कारण खोजने के प्रश्न

Write the questions:

1. "When did you _____?"
2. "What's your earliest _____?"
3. "Does this remind you of _____?"
4. "Whose voice is that _____?"
5. "What was happening in your life _____?"

COMMON ROOT CAUSES:

- Childhood experiences (criticism, bullying, embarrassment)
- Traumatic events (accidents, losses, violence)
- Learned beliefs ("The world is dangerous")
- Modeling from anxious parent

7.2 THE MOVIE TECHNIQUE

मूवी तकनीक

Complete the steps:

01

Name the Movie

"If this memory was a short movie, what would you _____ it?"

03

Tap Before

Tap on: "Even though I have this movie called ' _____ '..."

05

Tap on Crescendos

Each spike is an _____. Tap until _____.

02

Get SUD

"Imagine _____ this movie from a distance. 0-10?"

04

Play the Movie

"Now play the movie _____. Stop at any emotional _____."

06

Test

"Play the whole movie. Is there any _____ left?"

SECTION 8: EMERGENCY PROTOCOLS

आपातकालीन प्रोटोकॉल

8.1 FINGER POINTS TECHNIQUE

फिंगर पॉइंट्स तकनीक

THE FINGER MERIDIANS:

Complete:

- THUMB - _____ meridian (grief, breathing)
- INDEX FINGER - _____ meridian (letting go)
- MIDDLE FINGER - _____ meridian (heartache)
- RING FINGER - _____ meridian (fight/flight)
- LITTLE FINGER - _____ meridian (joy)

THE TECHNIQUE:

1. Use thumb to tap on _____ of each finger
2. Tap each finger 5-7 times
3. While thinking "calm" or "peace"
4. Move through _____ fingers
5. _____ if needed

When to use:

8.2 COLLARBONE BREATHING TECHNIQUE

कॉलरबोन ब्रीदिंग तकनीक

THE STEPS:

1. Locate _____ points
2. Place two fingertips there
3. Breathe _____ and out
4. Hold breath _____ full and tap
5. Hold breath _____ full and tap
6. Hold breath completely _____ and tap
7. Breathe _____ and tap
8. _____ sides and repeat

8.3 GROUNDING TAPPING PROTOCOL

ग्राउंडिंग टैपिंग प्रोटोकॉल

SETUP: "Even though I feel _____ and _____,

I am _____ in this moment."

SEQUENCE:

- TH: "I am here... in this _____..."
- EB: "I can feel my _____ on the ground..."
- SE: "I can feel the _____ beneath me..."
- UE: "I am _____... I am alive..."
- UN: "I am _____ right now..."
- CH: "This feeling will _____..."
- CB: "My body knows how to _____..."
- UA: "I am _____... I am here..."

5-4-3-2-1 GROUNDING:

5 things I can SEE: _____

4 things I can TOUCH: _____

3 things I can HEAR: _____

2 things I can SMELL: _____

1 thing I can TASTE: _____

SECTION 9: PARTNER PRACTICE - ANXIETY PROTOCOL

साझेदार अभ्यास - चिंता प्रोटोकॉल

9.1 AS PRACTITIONER

प्रैक्टिशनर के रूप में

Partner's Name: _____

OPENING:

Breath work/Tratak awareness used: _____

Partner's response: Calm Somewhat calm No change

INFORMATION GATHERED:

What is the anxiety about? _____

When did it start? _____

Where in body? _____

Starting SUD: ____/10

Worst that could happen: _____

Self-talk: _____

SETUP STATEMENT CREATED:

"Even though _____

_____,

I deeply and completely accept myself."

TAPPING ROUNDS:

1	/10	
2	/10	
3	/10	
4	/10	

ASPECTS IDENTIFIED:

Aspect 1: _____ SUD: ____ → ____

Aspect 2: _____ SUD: ____ → ____

Aspect 3: _____ SUD: ____ → ____

ROOT CAUSE (if found):

POSITIVE ROUND PHRASES:

EMERGENCY TECHNIQUE TAUGHT:

Finger Points Collarbone Breathing Grounding Other

CLOSING:

Final SUD: ____/10

Partner's feedback on how they feel:

9.2 AS CLIENT

क्लाइंट के रूप में

Anxiety I worked on: _____

Starting SUD: ____/10

Ending SUD: ____/10

FEEDBACK FOR MY PARTNER:

What they did well:

What could be improved:

Did they find aspects? Yes Partially No

Did they look for root cause? Yes No

Did they teach emergency technique? Yes No

Overall experience rating: ____/10

SECTION 10: SKILLS SELF-ASSESSMENT & HOMEWORK

कौशल स्व-मूल्यांकन और गृहकार्य

10.1 CONFIDENCE RATINGS

विश्वास रेटिंग

Rate your confidence BEFORE and AFTER today:

Practicing Tratak (candle gazing)	/10	/10
Teaching Tratak to clients	/10	/10
Understanding Ekagrata	/10	/10
Understanding anxiety types	/10	/10
Creating anxiety Setup Statements	/10	/10
Conducting EFT anxiety protocol	/10	/10
Identifying aspects of an issue	/10	/10
Tracking multiple aspects	/10	/10
Finding root causes	/10	/10
Using the Movie Technique	/10	/10
Finger Points emergency technique	/10	/10
Collarbone Breathing technique	/10	/10
Grounding Tapping Protocol	/10	/10

SECTION 11: POST-SESSION REFLECTION

सत्र-पश्चात प्रतिबिंब

The most valuable learning from today:

What surprised me:

What I want to practice more:

Questions I still have:

SECTION 12: HOMEWORK ASSIGNMENTS

गृहकार्य असाइनमेंट

Complete before Day 12:

□ ASSIGNMENT 1: Tratak Practice (5-10 minutes before bed)

Date: _____ Duration - External gazing: _____ minutes Duration - Internal gazing: _____ minutes

What I experienced: _____

How I slept: Better than usual Same Worse

Would I do this again? Yes Maybe No

□ ASSIGNMENT 2: Self-Tapping on Any Personal Anxiety

Anxiety I chose: _____

Starting SUD: _____/10

Aspects I found:

1. _____ SUD: ____ → ____

2. _____ SUD: ____ → ____

3. _____ SUD: ____ → ____

Ending SUD: _____/10

□ ASSIGNMENT 3: Practice Emergency Techniques

Finger Points: Practiced When I used it: _____

Collarbone Breathing: Practiced When I used it: _____

Grounding Protocol: Practiced When I used it: _____

□ ASSIGNMENT 4: Review Coursebook Focus on aspect-based approach

□ ASSIGNMENT 5: Prepare for Day 12 Tomorrow: Meditation and EFT for Limiting Beliefs

□ SESSION COMPLETION CHECKLIST

Before leaving today, ensure you have completed:

Pre-session review Tratak practice and notes Ekagrata understanding Anxiety types and cycle EFT Anxiety Protocol Aspect-based approach Root cause questions Emergency protocols Partner practice - as practitioner Partner practice - as client Skills self-assessment Post-session reflection Understood homework assignments

Partner practice completed: Yes Partial

My partner's anxiety reduced from _____/10 to _____/10

Number of aspects identified: _____

Emergency technique taught: Yes No

My readiness to work with anxious clients: _____/10

Instructor's Signature (if applicable): _____

END OF DAY 11 WORKBOOK

DECODE LIFE TRANSFORMATION - Level 1

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"Concentration is the path to peace. Freedom from anxiety is true freedom." - Manudada

TOMORROW - DAY 12: MEDITATION & EFT FOR LIMITING BELIEFS

कल - दिन 12: ध्यान और सीमित विश्वासों के लिए EFT

🙏 नमस्ते 🙏