
Do I Want to Change my Career or Not?

This particular situation took place on one of my EFT Practitioner training courses when we were working with ‘Beliefs’ and using VoC (Validity of Cognition) as a measurement of THAT belief. We had also included basic muscle testing into this training, and so I encouraged trainees to use muscle-testing to double-check whether ‘their responses’ were true or not.

Well, one of the participants was in a particular career – data gathering in a scientific department of a public service organisation (very left-brained analytical work) – and he had been in THAT career for most of his working life, progressing through his career by moving to higher positions in different parts of the country.

His wife moved with him too, they did not have any children so she found various part-time jobs to do and was content doing this. However he had been in this one particular ‘organisation’ for several years now and he wondered if he really wanted to stay in it. He was also just thinking about returning to work from a spell off work due to ‘work stress’.

Talking to this trainee, I recognised that here was a little niggle in the back of his mind that - to me - showed he did (in reality) wanted to change. You see he ALSO worked part-time (in his private life) as a successful hypnotherapist (right-brained creative work) - and he thoroughly enjoyed it, his whole demeanour brightened up when he spoke about it.

He had been trained in hypnotherapy about 10years previously – when he was having another career dilemma. He recognised that he “*really enjoyed working with people*

and helping them make the changes they wanted to make, through using hypnotherapy”.

Indeed his wife too had also started to undertake some training in a couple of Complementary Therapies techniques so they shared a common interest. And so successful had they both been in ‘helping people’ that they hired rooms (both working in the same building). And this hiring of rooms cost them a huge chunk of what money they made from this ‘helping’ business.

So a major multi-layered decision was looming here and not just for him but for his wife swell. The two major elements of this multi-layered decision were ‘financial security’ and ‘confidence anxiety’. So we started by looking at the path he would have to take to ‘start his new career’, ie simply talking about the actual process involved gave us loads of information to work with. And, during that journey other offshoots seemed to pop up, leading us down very many side lanes (or issues which hadn’t been considered before), and on these side lanes beliefs were attached.

Looking at the ‘financial security’ element, we came up with the following:

- (1) Should he retire early from his comfortable paid day job and risk losing a ‘good’ income which paid for their home and living – even though he didn’t enjoy this type of work?
- (2) What were the health consequences to him if he stayed put?
- (3) Another financial consequences of this decision would mean that his pension would not be accessible for another 8 years, so they literally would be ‘living on fresh air’ if things didn’t work out;
- (4) How did he feel about that?

- (5) By making this decision it would mean that they had sell up their current house and look for new premises where they could both work and train from as well as live in;
- (6) How did he feel about living and working on the premises?
- (7) How long would it be before they were ‘earning’ a living wage?
- (8) And if things didn’t work out – did he believe he would be able to return back to his ‘old’ job?
- (9) How did he feel about returning to his old job?

Now at this point the ‘confidence anxiety’ element kicked in. And because they had already looked in their own village and knew there were no suitable premises there for them, they KNEW they would HAVE to move. And so by selling up and moving to new premises:

- (1) That would mean moving from their current comfortable neighbourhood - a small village on the edge of a very large city – and would be leaving neighbours and friends behind – how did they feel about that?
- (2) Did he believe they could leave their neighbours and friends behind?
- (3) In their current location they had an established business name for themselves – which had taken years to build up – so how would they feel about having to start up again somewhere else?
- (4) Did he believe they could start up again somewhere else?

(5) In the new premises, it was their intention to offer trainings to groups, and neither of them had ‘taught’ anyone anything before, so could he overcome this anxiety?

(6) Did he believe he would be a successful trainer?

By going down his ‘retirement journey’ and uncovering the ‘effect’ it would have on his ‘financially security’ and ‘confidence anxiety’ we were able to come up with signposts on his journey. Signposts which uncovered beliefs. And by re-iterating those beliefs BACK to this trainee, this action enabled us to get his reaction to them, see what else came up, and deal with that. And then we used EFT to ‘deal with’ and ‘release’ those negative beliefs.

And we double tested the beliefs by checking that the negative belief was totally false (at a 0 or totally untrue) and that the positive belief was totally true (at a 10). And we ALSO rechecked the VoCs by muscle testing too. Which helped both trainees the ‘trainee client’ and the ‘trainee therapist’.

Oh and the conclusion he came to:

Well “Yes, he still wanted to set up a full-time business in suitable premises so he would start the process by looking for suitable premises first. THEN having found them, he’d sell-up to move to them. THEN after working there part-time for a set period of time to enable them to ‘get their business established’, he would review the situation and look AT THAT POINT towards a possible retirement. And if it didn’t work out, then he’d look to leasing out the training area whilst still using the therapy rooms. And with regard to the trainings, he would start offering trainings whilst still at his current hired rooms. Now he had a structure to work from.

What it did show him was that he COULD do this a step at a time; he had a logical and reasonable time line in his head; he was ‘listening’ to what he wanted to do – *the carrot*; and he was not “just reacting against what he didn’t want to do” ie his current job - *the stick*; PLUS it helped him deal with several underlying negative beliefs he didn’t realise were there regarding the man in the house MUST be in a masculine job and keep his role as the breadwinner AND he HAD to have financial security BEFORE allowing himself to enjoy his work..

These negative beliefs were what kept him from ‘going the full hog’ when he trained in hypnotherapy at his last career crisis 10 years previously.

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