



What is Clean Language?

Clean Language is a way of asking questions that keeps the practitioner's assumptions out of the process. Developed by David Grove, it uses the client's own words - especially their metaphors - to help them access deeper insight and healing.

Try It Yourself

“When I’m working at my best as an EFT practitioner, it’s like...”

Used with EFT, Clean Language:

- Enhances **self-awareness** and **emotional clarity**
- Keeps tapping targets **precise** and **client-led**
- Deepens shifts by **honoring** the client's inner world

Why Use It With EFT?

- Stay out of the client's way
- Clarify complex or vague feelings
- Uncover powerful internal metaphors
- Keep tapping focused on the real issue

5 Core Clean Questions

Use the client's exact words (X) in your question:

1. "What kind of X is that X?"
2. "Is there anything else about X?"
3. "Where is X?" / "Whereabouts is X?"
4. "That X is like what?"
5. "What happens just before X?"

Example:

Client: "I feel stuck."

Practitioner: "And what kind of stuck is that stuck?"

Client: "Like being in quicksand."

Practitioner: "And is there anything else about that quicksand?"

Using Clean Language in an EFT Session:

Before tapping: to explore the issue -

While tapping: Gently check in with
Clean-style questions -

After tapping: Let insights unfold in the
client's own metaphors

Want More?

Book: “Clean Language: Revealing Metaphors and
Opening Minds” by Wendy Sullivan & Judy Rees

<https://conversaurus.com>

Book: “Metaphors in Mind” by James Lawley & Penny
Tompkins

Website: cleanlanguage.co.uk