



Try It Yourself

"When I'm working at my best as
an EFT practitioner, it's like..."

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.

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?"

In an EFT Session

Before tapping: Use Clean Questions to explore the issue - **While tapping:** Gently check in with Clean-style questions - **After tapping:** Let insights unfold in the client's own metaphors

Try It Yourself

"When I'm working at my best as an EFT practitioner, it's like..." (Use Clean Questions to explore your metaphor)

Want More?

Book: "Metaphors in Mind" by James Lawley & Penny Tompkins

Website: cleanlanguage.co.uk

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

<https://conversaurus.com>