

1. "Sometimes your emotions know more than you do."
2. "Your emotional system was designed to keep you from dying -- to tell you what's good for you or bad for you in the world and to help you respond quickly -- and it does that not only before you think, but sometimes completely separate from what you think."
3. "Ever meet somebody who seems perfectly nice, pleasant, and appropriate, but you still get that 'blech' feeling in your gut that creeps you out? That is your emotional system telling you something just isn't right -- looking out for you when your intellect isn't paying enough attention -- and that emotional system is influencing your behavior, for better or worse, all the time."
4. "Emotions tell you what's important, and remind you of it, even if you don't even know or remember what 'it' is."
5. "Intellect, memory, and emotions are all properties of the soul, right? You learn that here [at Benedictine College in most cases]. So if your memories and intellect are eternal, don't you think the everlasting quality of your emotions suggests God thought they were pretty important too? They are a power of your soul and therefore just as important and useful as your intellect." [There is an abundance of Augustinian/ Aquinian emotion-bashing around here...]
6. "You may intellectually grasp a ton about being a good and virtuous person, but it's your emotions that actually get your butt out of the chair to do something about it."
7. "Thoughts change attitudes. Emotions change actions."
8. "EFT recognizes that you don't just 'get over' powerful emotional experiences. They continue to guide and shape how you think, see the world, relate, and feel, and because they are powerful, they can be powerful in creating change for the better, too."
9. "We can not only be of two minds, but also of two hearts. The empty chair recognizes that and allows those two hearts to have a conversation to help the one you feel better."
10. "Here's how to spot an unhealthy [i.e., maladaptive -- I avoid this term with clients] emotion: a) you allow it and feel it and you feel worse instead of better, b) you do something about it and it makes things worse instead of better, and c) whatever it tells you about yourself or other people hurts instead of helps."
11. "An emotionally HEALTHY person knows what she feels, allows those feelings to happen, distinguishes the good and helpful feelings from the bad ones, acts on the good ones, gets her needs met as a result, and moves on contentedly to the next moment of her life. EFT can help you learn or rediscover how to do this."
12. "An emotionally UNHEALTHY person is in a fog about what she actually feels, blindly fights what she feels, is confused about what to do because of how she feels, acts on what she feels in a fog and regrets it later, and waits painfully for the next wave of mysterious, confusing, unhelpful feelings. EFT helps clear that fog on multiple levels."