

Making New EFT CHOICES



**EFT Master
Lindsay Kenny**

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EFT Master Lindsay Kenny

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Angela Treat Lyon
AngelaTreatLyon.com

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How and When to use Choice Statements

**An effective Setup Statement is
the foundation for a successful
EFT session**

I Accept Myself....

Because acceptance is such an essential element for change, statements such as “I deeply love and accept myself,” or “I trust and forgive myself unconditionally” are used to complete most of the set-up statements, especially when the emotional intensity is high.

These are especially effective for personal issues, and/or where we might judge ourselves.

Since we often blame ourselves (sometimes only subconsciously) for our emotional or physical pain, it’s important to first accept ourselves in order to facilitate change.

Setups and I Accept Statements:

Even though:

I bite my fingernails,

I deeply love and accept myself anyway

I lose my temper with my wife for anything she says or does,

I accept myself completely

I'm afraid of spiders,

I completely trust and accept who I am as a man/woman

I feel helpless and hopeless in my relationship with my father,

I deeply accept and respect myself

I drink too much and make a fool of myself when we go out with friends,

I totally accept and respect myself as a good husband and father.

I wet the bed last night, I'm really a good kid and

I know mommy and daddy love me

I'm terrified about my speech tomorrow,

I love and trust myself and my abilities

Personally....

In other words, if you're working on a very personal issue, then loving, accepting, forgiving, trusting and respecting yourself are vital elements for healing and growth. Therefore one or more acceptance statements should always be included in the setup statement.

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If you find it's difficult to say "I love and accept myself" or any of the other positive affirmations, then buffer the statement with "I really *want* to love and accept myself," or "I'm truly working toward self acceptance," or "I choose to *start* trusting and forgiving myself."

Not so Personally....

Some might think all issues that we deal with using EFT are personal, and indeed many are. That's why the most common set-up phrases include the words "love and accept."

There are many cases where the issues aren't as personal, and choice statements work as well as, or even better than acceptance statements.

Issues such as being stressed about being stuck in traffic, having a headache, or getting over a traumatic event or memory, work great with choice statements.

Experiencing pain from bodily injury, being angry with someone, or having difficulty breathing are other examples where choice statements come in handy.

A choice statement is also appropriate when an issue has diminished in intensity to a rating of 3 or less

Examples of Setups and Choice Statements:

Even though:

There's still some remaining anger about being mugged on the way home from church,

I choose to let it completely go and begin feeling comfortable going out again.

I have this pain in my right shoulder,

I ask my body to eliminate it and be able to move my arm easily and comfortably.

I may still want to eat this piece of chocolate,

I choose totally overcome this remaining craving and eliminate any desire to eat it.

I'm really anxious about going into this meeting,

I choose to overcome my jitters and be completely confident, strong and certain speaking to this group.

I dread seeing my brother-in-law after he cheated on my sister,

I choose to be accept him and move on

or:

I choose to trust myself to handle the situation.

I have rats in my basement and have to clean up their mess, and even though it gives me the willies,

I choose to overcome being squeamish and nauseated and deal with it calmly and confidently.

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I may still have some sensitivity to wheat (or any food, or benign substance)

I choose to have my body accept it as safe and healthy.

I'm allergic to cats,

I realize that they are safe for me to be around and I choose to allow my body to be remain allergy-symptom free when I'm around cats.

Tapping the Reminder Statements

Do the setup statement 3 times while rubbing the sore spot, then use Reminder Statements.

Reminder Statements are where you express the gist of the negative feeling being experienced, such as: “this fear of spiders” as you tap through the points.

Tap through one round using the Reminder Statement, “this pain in my shoulder,” or, “this sensitivity to soy.”

Tapping the Positive

Then start tapping at the eyebrow point doing a round on only the positive, or choice statement.

You'll tap: “I choose to be confident,” “I'm choosing to let this anger go,” “I'm choosing to overcome this fear,” “I choose to accept cats safe and healthy for me,” etc.

Alternating the Phrases

Next, do a third round, this time alternating the negative and choice statements.

At the eyebrow point “This fear of birds,”

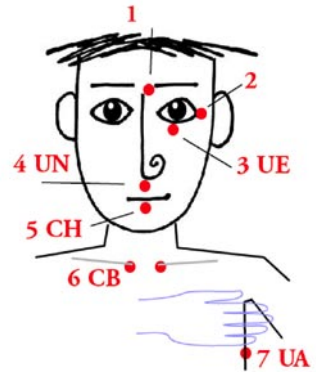
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At the corner of the eye “Choosing to let this fear go,”

Under the eyes, “This fear of birds,”

Under the nose “I choose to overcome this fear,” etc.

and so on down the rest of the points.



It doesn't matter if you get the order wrong (just make sure to end with the positive). It only matters that you keep doing it until your symptoms or issues are completely alleviated.

So if after three or four rounds of doing the choice statement you haven't eradicated the issue, change the setup statement, or change the choice statement, or be more specific about the issue until you get the results you want.

**Don't stop just because you
start to “feel better!”
Keep tapping until you're feeling great
and the issue has been put to rest!**



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Perfecting the Choice Method and Applying the Rules of Choice Statements

Several ways to expand the use of the Choices Method

To get the most out of your Choice Statements, study and use the Perfecting Choice Statements process on the following pages.

Rules of Choice Statements:

1. Be specific

Think of your subconscious as a Genie who's taking you literally. Instead of "I choose to earn more money," use "\$200,000."

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Instead of “I want to lose weight,” use “I choose to weigh 135 pounds by September.”

2. Create “pulling” choices

These are statements that draw you to them like a magnet.

For example: **“I choose to have fun while losing weight”**

“I choose to find a creative way to _____.”

“I choose to surprise myself by.....”

Other pulling words are:

comfortable, exciting, empowered, satisfying, rewarding, confident, powerful, etc.

3. Go for the BEST possible outcome

Instead of “I choose to have more time to work on my book,”

USE: **“I choose to have more than enough time to work on my book and other projects.”**

Instead of “I choose to earn \$100,000 a year,”

USE: **“I choose to earn \$1,000,000 a year.”**

4. Always state the choice in the positive

Not: “I choose to quit smoking”

USE: **“I choose to be healthy and nicotine-free.”**

Not: “I choose to not get angry at my sister all the time”

USE: **“I choose to be patient, calm and accepting with my sister.”**

5. Don't choose for others

Never: “I choose to have _____ fall in love with me”

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USE: “I choose to find a creative way to be charming and irresistible.”

6. Make choices uncomplicated and easily pronounced

Instead of, “I choose to have an infinitely enjoyable existence living in the moment rather than anticipating the future,”

USE: “I choose to completely enjoy being in the moment.”

Or try this: “I choose to let it be easy.”

7. Avoid Possible “Tail-enders”

Create antidotes for unbelievable or uncomfortable choices:

“I choose to be comfortable and confident earning \$xxx.”

“I choose to feel respected and successful when I _____.”

“Even though I have doubts about _____
I choose to feel empowered when I _____.”

“Even though I’ve failed at keeping weight off in the past I
choose now to surprise myself by releasing _____ pounds in
a safe, fun manner, keeping it off for good.”

The Choices Trio

Using three points as you Alternate Statements

To start

Do the regular EFT setup on the sore spot or karate chop point.

Now insert a choice statement in place of the customary **I Accept**

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Phrase, “I deeply love and accept myself.”

On the first round

Use the negative reminder statement of
“this _____ .

Second round

Use the positive choice affirmation such as

“I choose to find the hidden part of me that is confident and certain (or whatever)

On the third round

Alternate the positive and negative reminders, ending in a positive on the last point.

TAP!

Top of the head: “This writer’s block.”

Eyebrow point: “I choose to chill out and let my creativity soar through me.”

Outside of Eye: “This writer’s block,” etc.

The 9 Gamut

If after all the rounds, there is some remaining doubt, do the alternating or positive sequence again. You can also try doing it using the 9 point Gamut.

Personal Resource Choice

Think of someone you admire, or of a time when you felt, acted or behaved the way you want to feel or behave now. Create a statement you think would work, like:

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“I choose to be confident and certain like John F. Kennedy”
“I choose to feel the joy again like I did when _____.”

Keep a Journal

We tend to remember what we do wrong, not what we've done right. Even the smallest accomplishment or act of kindness should not go unnoticed. Help your brain remember the great things—small and large—you have done and feel good about.

Write down 10 successes and/or reasons for gratitude at the end of each day for 30 days to build confidence and self esteem

Make New Choices!

Write down what you would like to change about yourself or your life

Examples:

- ❖ Weigh 30 pounds less
- ❖ get a beauty makeover
- ❖ improve health or fitness
- ❖ gain positive attitude
- ❖ learn to play the piano

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- ❖ become a sensitive, caring son/daughter/husband/wife
- ❖ double my income this year
- ❖ learn how to speak Swahili
- ❖ visit Aunt Tilly

Here are some simple exercises to help you get going:

1. I Like....

List 5 tangible things in your life that you have and you like having. i.e. spouse or significant other, pets, children, your favorite restaurant is just around the corner from you, fun career, vacation home, etc.

2. I Like....

List 5 intangible things about your life or yourself that you have and love.

Example: Good health, the love and respect of a dear friend, your ability to play a musical instrument, your artistic talent, etc.

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3. I Wish I Didn't Have....

List 5 things in your life that you DO have, but wish you didn't.

Examples: debt, cluttered basement or garage, crabby neighbors (or in-laws), clunky car, crummy job.

4. I Would Like to Have....

List 5 things you don't have but would like to have.

Example: more money, new car, a new love interest.

Or, this can be the opposite of the things you listed in #2.

That is, become debt free, clean garage, sweet neighbors, hot car, cool job, etc.

**After making your lists,
use all you've learned about the
Choice Method to
create fun, exciting and effective
choices for yourself!**

3

Recommended EFT Practitioners

Q. Do you know someone who specializes in...?

A. This is a common question and a fair one. However, any practitioner worth their salt can deal with virtually any “tappable” issue. All of us can easily eradicate anger, frustration, grief, phobias, stress, anxiety, heartache and much more.

However, for the more complex issues such as rape, trauma, addictions, abuse, serious illnesses, and weight issues, you’ll either want a more experienced practitioner, or someone that specializes in your problem.

For instance I have dealt with hundreds of abuse issues, as well as addictions. But, I prefer not to take those cases anymore and refer them to my colleagues who specialize with those problems.

To find a practitioner that specializes in your issue click on the “Find a Practitioner” at Gary Craig’s website emofree.com.

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Still uncertain?

Check out some of my favorite “RecommendPractitioners” at NAFEH.org.

Q. Can you personally recommend a practitioner?

A. I can do better than that...I can recommend several of my favorites. Then you can choose the best one for you. I've listed several practitioners on the next page, and I highly recommend them all.

They all have a ton of EFT experience. They are all bright, competent, caring people who know EFT inside and out.

Unless you're dead set against doing EFT by phone don't worry about their location.

Finding the right person for your needs is by far more important than finding someone close to home.

NOTE: Please visit their websites first to see which ones you “click” with the most, and to find answers to your questions such as “What are your fees?”

On the following page is a short list of practitioners I recommend.



Angela Treat Lyon

Lyon@EFTBooks.com

EFTBooks.com

808-261-0941

Loretta Sparks

Lsparksma@aol.com

310 374-0440

Maggie Adkins

MaggieAdkins.com

505 250-3763

Sophia Cayer, EFT Master

sophiaeft@msn.com

SolaceWithSophia.com

941-925-1668

Zoe Walton

zoewalton@sbcglobal.net

ZoeWalton.com

415-456-8435



Committed to helping others find joy and peace of mind:

Lindsay Kenny

...is a Life Coach and founder and director of **the National Alliance for Emotional Health**.

Lindsay conducts monthly workshops, Levels 1-3, in Northern California. You can find out more about her workshops at EFTworkshops.org

Lindsay also invites EFT practitioners to apply to list their practice at her website at NAFEH.org
NationalAllianceForEmotionalHealth.com

