

## National Alliance for Emotional Health

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*Committed to helping others find joy and peace of mind*

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### **Choice Statements How and When to use Them By Lindsay Kenny**

An effective setup statement is the foundation for a successful EFT session. 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 in most of our set-up statements, especially when the intensity is high. These are especially effective for personal issues 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. Some examples are:

#### **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

In other words, if it’s a very personal issue for you, then loving, accepting, forgiving, trusting and respecting yourself are vital elements for healing and growth. Therefore one or more should always be included in the setup statement. 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 chose to start trusting and forgiving myself”.

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”. However, there are many cases where the issues aren’t as personal and “choice statements” work as well or 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 for choice statements.

**A choice statement is also appropriate when an issue has diminished in intensity to a 3 or lower.** Here are some examples of 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 chose totally overcome this remaining craving and eliminate any desire to eat it.
- ⇒ I'm still a little anxious about going into this meeting, I chose 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 chose to be accept him and move on," or...I chose to trust myself to handle the situation."
- ⇒ I have dirty, filthy rats in my basement and have to clean up their mess, and even though it gives me the willies, I chose to overcome being squeamish and nauseated and deal with it calmly and confidently.
- ⇒ 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 around cats.

After doing the setup statement 3 times while rubbing the karate chop point use the reminder statements as you go through the points in this way (Doing 3 rounds for every one setup statement.)

1. Do one round saying using the negative reminder, such as "this fear of spiders", "this pain in my shoulder", "this sensitivity to soy".
2. Then start again at the eyebrow point doing a round on only the positive, or choice statement, such as "I chose to be confident", "Choosing to let this anger go", "Choosing to overcome this fear", "I choose to accept cats safe and healthy for me". I often alternate the elimination statement with the positive desired result...i.e. EB "I choose to completely eliminate this fear of public speaking" OE "I choose to be confident and certain." UE "I choose to let go of this fear" UN "I choose to trust myself to speak with authority and certainty" etc.
3. Next do a third round alternating the negative and choice statements. For instance, at the eyebrow point "This fear of birds", at the corner of the eye "I choose to let this fear go", under the eyes, "Remaining fear of birds," under the nose "I chose to be calm and comfortable around birds", etc.

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. 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. **It's important that you don't stop just because you start to "feel better". Keep tapping until you're feeling great and the issue has been completely put to rest.**

### **Using the Truth-Litmus Statement**

What do you do when it's hard to measure whether or not an issue is resolved? For instance, what if you have a tendency to procrastinate, or lack confidence in meeting your new in-laws. How do you measure or test that? I use a Truth-Litmus Statement. Here's how.

Develop a sentence that would represent the most positive outcome you would want to achieve. For instance "*I always do things in a timely basis, never put things off, and always keep commitments with myself and others.*" Using a 1-10 scale, but this time have the 10 being the goal of 100% confidence in the truth of the positive statement. That is if you absolutely believed that you always do things on time and never procrastinate, you'd be at a 10. Most likely you'll start this process at a 5 or less.

Therefore, after doing a set-up statement of “Even though I usually procrastinate, I love and accept myself anyway” you’d do a couple of rounds stating a negative reminder phrase of “My tendency to procrastinate”

On the third round start saying things on consecutive points like “I’d really like to get rid of this procrastination....I’d like to do things on time....I want to let go of always being late....I want to be timely with my projects and commitments....etc.

Now check yourself with the Truth-Litmus Statement. You should have moved up a few notches on the scale (remember you’re going toward the 10 this time). Keep repeating the above process until you’re within 3 of your goal (that would be a 7 or greater).

Then go back to the set-up point and switch to a choice statement. It would be something like this: “Even though a part of me tends to put things off, a bigger part of me would like to do things on a timely basis. So I choose to let the bigger part of me win. I choose to find the resources within me to eliminate this nasty habit of procrastination. And I choose to do things on time.” Do a variation of this three times.

The wording doesn’t have to be exactly like this. Be flexible and do what works for YOU.

Now, **on the first round** of points, say “My remaining habit of being late” (or whatever the issue), at each point.

**On the second round**, at each consecutive point say “I choose to break this procrastination habit” (or I choose to eliminate being late, etc..... “I chose to be on time”, then “I chose to let go of my being-late habits”...”I chose to complete commitments when they are due”....I just to completely eliminate my procrastination”....I chose to be on time...etc.

**On the third round** alternate the negative and the choices, i.e. “Remaining procrastination....I choose to eliminate it....remaining procrastination...I choose to be on time with projects....remaining procrastination....I chose to be proud of myself for doing things on time...remaining procrastination....I chose to break and eliminate that habit...etc.

Now check yourself with the Truth-Litmus Statement. You may be at a 10 by now. If you’re at a 9 or 9.5, do the 9-point Gamut to balance you off and complete the process. Use the phrase of “Remaining procrastination” while tapping on the Gamut point and doing the eye rolls, humming and counting.

I often wrap this process up by doing one more round of just positive, desired phrases. At each consecutive point put in a different positive affirmation such as; I’m always on time ... I’m confident in my abilities... I’m clear about what needs to be done and when... I always do things in a timely manner ... I’m proud of myself for completing projects on time ... I see what needs to be done, and I DO IT...People respect me for keeping my word...I keep my commitments to myself and others...I’m a responsible, on-time person, etc. This feels SO good to do and a great way to finish up the process.

In our Level 2 course you’ll learn how to get the most out of your Choice Statements and how to use Choices for getting what you want in life, using the “Perfecting Choice Statements” process.