

## Golden Gate Technique

- Choose a Set Up Statement
- Assign a SUDs rating.
- If the SUDS level is a 10, 9,8 do the following:
  - Do a Reversal Neutralization
  - 1<sup>st</sup> round- Do the sequence using a negative statement at each point.
  - 2<sup>nd</sup> round- Use a “stream of consciousness venting” just like the basic recipe.
  - 3<sup>rd</sup> round- Say “remaining \_\_\_\_\_” e.g. remaining fear until the SUDS level is below an 8

When the SUDS is a 7, 6, 5, 4 say the following:

- 4<sup>th</sup> round- I want to let it go  
I am willing to let go  
I am ready to let it go  
I can let it go  
I need to let it go  
I'm tired of dragging around this...  
I want to move on  
I need to let this go  
I didn't do anything wrong  
Positive and negative statements

When the SUDs level is down to a 3, 2, 1,

- 5<sup>th</sup> round – Use choice statements  
I choose to eliminate/release/ completely get over the remaining  
I choose to forgive any others and myself....  
I choose to start looking forward to the future  
I choose to be free of this hurt  
I choose to get over this once and for all  
I choose to resolve this conflict  
I choose to put all of this behind me

- When the SUDs level is a 1 you can use the Gamut Point technique- this is optional.

- When the SUDs is a 0, use Empowerment Statements such as:

I am responsible and an on time person  
People respect me for keeping my word  
I am loving and caring  
I am honest and trustworthy  
I have strength and courage