

Getting Unstuck

Fourth Class – Owning Your
Ultimate Truth Statement



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Steps to Getting Unstuck

1. Find the cause of your “stuckness”
 - *When did this behavior start?*
 - *What was going on then?*
 - *When have I felt failure or loss?*
2. Do a reversal neutralization “Even though I don’t want to get over my failures...”
3. Tap away the causes...use Bundling Baggage
4. Utilize the UTS to focus on what you DO want
5. Cleared ALL obstacles in your way of ownership
6. Tap on your UTS daily to stay focused

The Ultimate Truth Statement



A Powerful Contract with Yourself



UTS

**1) Write out a simple statement
about what you want...**





UTS

**2) Describe how your life will be
different when you reach that goal**





UTS

**3) Add emotions to your statement
How you will feel when you reach your goal**





UTS

4) Put it all 3 elements together in a powerful statement...





UTS Procrastination Example

"I have self confidence, joy and peace of mind knowing that I complete everything on a timely basis. I have infinite choices because I'm productive, organized and efficient. I have freedom and tons of energy. I feel good knowing I've re-established credibility with myself and others. I'm SO happy with my new 'on-time' life!"



Add 2 Magic Phrases





UTS Procrastination Example

“Thank you universe for allowing me to have self confidence, joy and peace of mind knowing that I complete everything on a timely basis. I have infinite choices because I’m productive, organized and efficient. I have freedom, happiness and tons of energy. I feel good knowing I’ve re-established credibility with others. And I choose to make this fun and easy.”



UTS

5) Rate the believability of your statement

(10 is ownership, 0 is “What a crock”)

Set aside the UTS and tap on the obstacles in the way of owning your statement



UTS

6) Identify what obstacles are in the way of owning your statement

- Fears of failure, rejection, success?
- Limiting beliefs - I don't deserve it
- Need to figure out how?
- Old baggage?
- Doubts that you can do it?



Limiting Beliefs and FEARS



UTS

7) Bundle the obstacles together (give them a name, like "my fears and beliefs", or "the obstacles keeping me from my goals") and give them an intensity of 10 to 1

(10 = highly charged obstacles)





UTS

8) Clear reversals on the obstacles

"Even though I don't want to let go
of these fears of failure, success..."

"Even though I don't want to get over
these limiting beliefs about money..."



UTS



9) Tap away the obstacles

“Even though I have these limiting beliefs and fears...”

“Even though I have to figure out how to do it...”

Keep tapping on your obstacles until they are at a zero



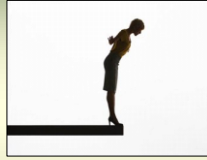
When the doubts, fears, and limiting beliefs are gone...

- Reassess your UTS
- Is it a 10 yet?
- Is it just out of reach?



Any remaining fears or beliefs can keep you stuck

Reluctance to Committing



“The remaining resistance to owning my statement”

Stay focused on what you want by tapping on your UTS daily (2x/day morning and night)



Turn negative thoughts into positive ones



Summary of the UTS

- 1) Write a **SIMPLE** statement about your desires...
- 2) Describe how your life will be different.
- 3) How will you **“FEEL”** when you have your desire?
- 4) Put it all together in a powerful statement
- 5) Give a believability # to your UTS (10 is perfect)
- 6) Identify obstacles in the way of owning the UTS
- 7) Give the obstacle an intensity 10 to 1
- 8) Clear reversal on your obstacles
- 9) Tap it away the obstacles
- 10) When clear, go back and reassess your UTS

Keep tapping until your ownership is at a 10
