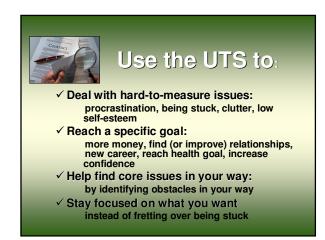
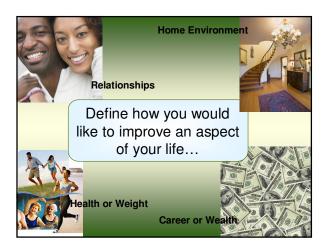


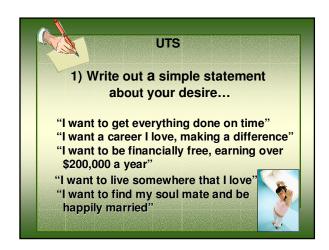
Steps to Getting Unstuck

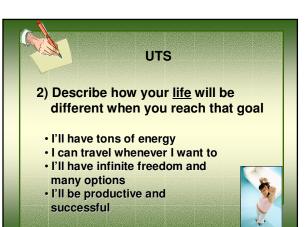
- 1. Find the cause of your "stuckness"
 - · When did this behavior start?
 - · What was going on then?
 - When have I felt failure or loss?
- 2. Do a reversal neutralization "Even though I don't want to get over my failures..."
- 3. Tap away the causes
- 4. Utilize the UTS to focus on what you DO want

The Ultimate Truth Statement Contract A Powerful Contract with Yourself



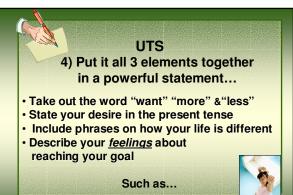








Common Benefits of Getting Unstuck Joy and peace of mind Increased confidence Freedom and choices High energy High self-esteem Sense of accomplishment





UTS Procrastination Example

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



UTS Money/Career Example

"I feel happy and secure knowing I'm earning \$200,000 a year doing something I love! I'm traveling wherever I want and have infinite choices about my future. I feel optimistic and have great selfesteem and freedom with my abundant income."

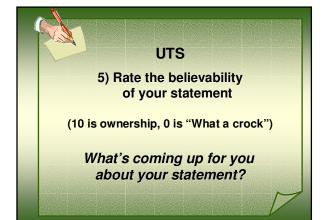
Add these 2 Magic Phrases

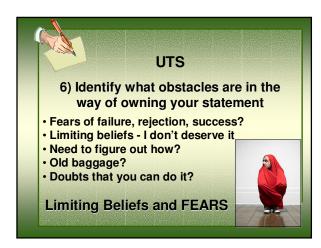
- 1. "Thank you Universe for allowing me to.... (fill in your UTS here.)
- 2. End it with "And I choose to make this fun and easy!"

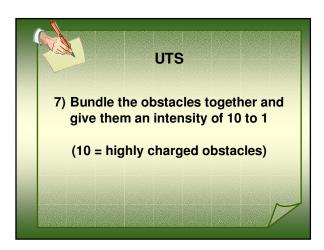


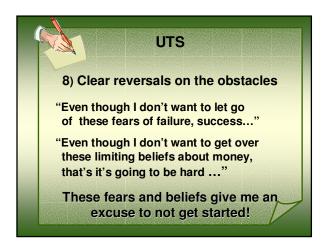
UTS Procrastination Example

"Thank you_____ for allowing me to have self confidence, joy and peace of mind knowing that I get 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 re-established credibility with other And I choose to make it easy to maintain.

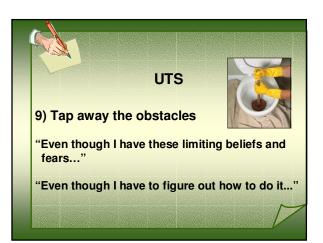








Set aside the UTS and tap on the obstacles in the way of owning your statement



Golden Gate Technique



- 1. Set-up statement: "Even though have these fears..."
- 2. 1st round: Use reminder phrase "my fears and beliefs..."
- 3. 2nd round: vent your feelings "I'm afraid of failing" "I'm afraid of being rejected."... "This will never work"
- 4. Reassess charge (10-0)
- If an 8 or below, repeat Step 1 and 2, then change 2nd round to "I want to let go of these fears and beliefs"
- 6. Repeat 4 and 5 until intensity is 3 or less
- 7. When a 3 or below use Choices... "Even though I'm still a little afraid of failing...I choose to be fearless."
- 8. Keep going until all the charge is gone.
- 9. When at a zero, test yourself. Try to get upset.

Keep tapping your obstacles.... (especially limiting beliefs and fears,) until they are at a zero If you have questions or comments about this session or being stuck send them to: Stuck@TryitOnEverything.com Watch the recorded VIDEO version at http://tinyurl.com/UnstuckRecordings (sorry, but no tech support offered. ©)