



Getting Unstuck

Third Class – Using the
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
4. Utilize the UTS to focus on what you DO want

The Ultimate Truth Statement



A Powerful Contract with Yourself



Use the UTS to:

- ✓ Deal with hard-to-measure issues:
procrastination, being stuck, clutter, low self-esteem
- ✓ Reach a specific goal:
more money, find (or improve) relationships, new career, reach health goal, increase confidence
- ✓ Help find core issues in your way:
by identifying obstacles in your way
- ✓ Stay focused on what you want instead of fretting over being stuck

Home Environment

Relationships

Define how you would like to improve an aspect of your life...

Health or Weight

Career or Wealth

UTS

1) Write out a simple statement about your desire...


“I want to get everything done on time”

“I want a career I love, making a difference”

“I want to be financially free, earning over \$200,000 a year”

“I want to live somewhere that I love”


“I want to find my soul mate and be happily married”




UTS

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

- I'll have tons of energy
- I can travel whenever I want to
- I'll have infinite freedom and many options
- I'll be productive and successful






UTS


3) Add emotions to your statement


How will you **FEEL** when you reach your goal? Such as;

- I'll feel confident, happy, joyful, and have self-respect.
- I'll have peace of mind, freedom and a sense of accomplishment.



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







UTS

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

- Take out the word “want” “more” & “less”
- State your desire in the present tense
- Include phrases on how your life is different
- Describe your *feelings* about reaching your goal


Such as...






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 re-established 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 self-esteem 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 that I've re-established credibility with other people. And I choose to make it easy to maintain."






UTS

5) Rate the believability of your statement

(10 is ownership, 0 is "What a crock")


What's coming up for you about 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 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, that's it's going to be hard ...”

These fears and beliefs give me an excuse to not get started!

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



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...”

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)
5. 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. 😊)
