

The Ultimate Truth Statement



A Contract with Yourself

Effective for dealing with Complex Issues, eliminating obstacles and attracting what you want

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Note: This is the LONG, detailed version. However, there is a 1-page summary Prompt Sheet at the end of this article as an easy reminder.

A big dilemma in becoming proficient at Pro-ER is learning how to deal with intangibles issues and how to measure them.

- How do I deal with procrastination, clutter, or lack confidence?
- How about writer's block, sport performance or if I'm just stuck at something?
- How do I measure an intensity level for losing weight or getting off the couch to find a job?
- How can I use Pro-ER to attract the things I want, rather than just getting rid of negative emotions?

The **Ultimate Truth Statement (UTS)** is the answer. I originally developed the UTS to work with intangible or hard-to-measure issues. Now, however, it has become a tool to use in conjunction with The Law of Attraction to move toward any goal. The Ultimate Truth Statement is not efficient for trauma, depression, or other complex negative issues. The UTS is especially effective for attracting abundance, for goal-oriented issues, performance problems, creative blocks and other hard-to-measure challenges.

Here's how you can use this interesting and effective tool:

FIRST: Develop a simple sentence that represents **the most positive outcome** (or goal) for what you would like to achieve. For instance, if you have a problem with procrastination, use a basic **Ultimate Truth Statement** such as I always complete tasks in a timely manner... or I keep time commitments to myself and others...

The UTS should be written with these elements in mind:

- **In the present tense**, reflecting where you want to be, not where you are now
- **In a positive frame.** Rather than I want to quit smoking you would say I am committed to my health as a non-smoker.
- **Be specific about what you want.** The phrases more money... or lose weight... are not specific

Examples of basic Ultimate Truth Statements would be something like these:

- I feel great about working out 5 days a week for an hour.
- I weigh 150 pounds.
- I'm a confident public speaker in front of groups of all sizes.
- I am passionate about my wonderful new job as an Art Broker.
- I earn (or attract) \$200,000 a year.

(Notice how these are very much like affirmations)

SECOND: Identify WHY you want to achieve your goal – that is, how will your life will be different with the new job, ideal weight or perfect partner? Will you have more energy, better health, get more accomplished, have more confidence, feel fulfilled, look better in your clothes...?

Add these enhancement phrases about your life to your simple

UTS: For the weight goal your improved statement might read – I have more energy, am healthier, and look great in my clothes, weighing 150 pounds.

THIRD: Add in more emotions of how you will feel when you have achieved the goal. Such as – I'll feel more secure, will have a sense of accomplishment, will have respect from others and will be ecstatic.

Then add those emotional words or phrases to your UTS, using the present tense.

If your goal is about attracting money it might read I feel secure and safe knowing I have an income of \$200,000 a year. I have more self-confidence, respect from my family and am ecstatic with this new-found financial security. I am happy knowing I can take a trip to Hawaii with my family, buy my parents a new car, and afford a new home. Life is grand!

Another example would be changing your basic statement of I always do things on a timely basis. to something like I'm proud of myself, have a sense of accomplishment and peace of mind knowing that I always do things on time. I have great self esteem, get more done and feel good about being in integrity with myself and others.

Your new, complete statement should contain pulling adjectives and verbs helping to move you into a positive place of allowing your desire to come to fruition. Make sure your final statement is stated in the positive and present tense exactly what you want

and how you want to feel. It should be the ULTIMATE phrase for what you want to attract.

Change the opening phrase to Thank you for allowing me to... When you indicate gratitude for something that has *not yet occurred*, you are asking yourself to bypass the ordinary laws of time. You are therefore jarring yourself out of your usual ways of thinking.

FOURTH: Assign your statement a “believability quotient from 1 to 10 with 10 representing the ultimate goal. The ideal Ultimate Truth Statement will always be at a 10. A 10 means you have 100% confidence in the truth or *believability* of the statement. Think of it as standing in the future, knowing you have already received your “gift”.

Most likely, you will start this process far less than a 10. For most people the statement just won't seem reachable or realistic. That means when you begin this process you'll most likely assign a number of 5 or less to your *Ultimate* Truth Statement. After all it is your goal, or how you *ultimately* want to feel, not how you feel now. Your new goal is to get the statement to a 10 and really own it.

FIFTH: Now, do a REVERSAL on your goal to neutralize the subconscious part of you that's resistant. That is, on the KC Point say Even though I DON'T WANT to break 100 in golf... weight 150 pounds... exercise every day... etc, I love and accept myself completely. Do this three times before continuing (addingfor whatever reason... the third time.

SIXTH: After assigning a number for where you are now, ask yourself, “What is the cause of this disparity?” That is, what is causing you to be at a 5 or 2 or whatever, instead of a 10? Most likely it is a fear. Fear of failure, fear of success, fear of looking foolish, or other fears are the most common causes of us not getting what we want in life. It could also be self-doubt, like “I'm not good enough” or “I don't deserve that kind of money (or success, or relationship)”.

SEVENTH: Once you identify the obstacle then, stop and tap away that resistance. That is:

1. Assign the fear, or other obstacle an intensity number of 1 to 10 (with 10 now being very intense and 1 being very little resistance.
2. Do another Reversal neutralization on it. (on the KC Point say Even though I don't want to get over this fear that's keeping me from getting what I want...)
3. Go back to the source of that belief, fear, or feeling
4. Tap away those doubts, fears, beliefs, or whatever, just like any other issues

An example would be Even though Dad said I'd never amount to anything... or My brother told me I was stupid... (or whatever) ...I love and accept myself now. Often it's this core issue that gets in the way of most, if not all of your successes in life. Feeling that you're not good enough, caused by an old childhood message from your

parents, siblings or peers, can affect your entire life. It's extremely important to deal with these beliefs and fears before continuing. Do several rounds on these issues, until the intensity is completely diffused.

EIGHTH: Now, **go back to the original issue**, procrastination, being stuck in your career, lack of confidence, or whatever, **and see if the UTS statement went up** just as a result of dealing with the underlying problem. It almost always does. However, you won't likely be at a 10 just yet. So now you can address the issue straight on.

Rubbing the Set-up Point (Sore Spots on the chest or the Karate Chop Point), do a set-up statement three times of:

Even though I procrastinate, waiting until the last possible minute to do things, I love and accept myself anyway.

Then do a couple of rounds stating a reminder phrase of:

This tendency to procrastinate... or My habit of putting things off...

On the *third* round, switch to different reminder phrases on consecutive points that start gradually to change your position to something like:

I'd really like to eliminate this habit of procrastination....

I'd like to do things on time....

I want to let go of always being late....

I want to keep agreements with myself and others....

I want to be timely with my projects and commitments....etc.

It's this *gentle* transition from where you've been to where you want to be that begins to transform your psyche on the issue. This is just another way of saying "Part of me still has this 'bad' habit, and another part of me is starting to replace it with more positive behavior" (which is a dandy way to do this section as well.)

NINTH: Check yourself with the Ultimate Truth Statement. If you have moved up a few notches on the scale, then you're on the right track. (Remember you're going toward a 10.) Keep repeating the above process until you're within three points of your goal, a 7 or more. If, however, you haven't moved up the scale then:

- There may be still another issue in the way, other fears, doubts or beliefs
- A feeling that you don't deserve to reach your goal
- You might need more work on the Reversal aspect (subconsciously not wanting to change)
- There may be a core belief or issue in the way, such as worthiness ("I'm not good enough," or "I wouldn't really know how to function if this issue is put to rest."). Read

my article on the “9 Stumbling Blocks to Tapping” on the Free Stuff page of my website.

After dealing with any remaining resistance, as mentioned above, keep tapping on the issue *until the goal is ‘almost’ believable --when the UTS is up to 7 or more in believability*. Since this is a subjective measurement, you can just guess where you are. However, most people get a clear sense of their movement and where they stand as the change starts to occur within them.

TENTH: When your UTS number is at a 7 or higher, then return to the set-up point and switch to a Choice Statement. Use something like this, tailored to your goal:

Even though a part of me still wants to put things off, a bigger part of me wants to do things on a timely basis. So I choose to let the bigger part of me prevail. I choose to find the resources within me to overcome this habit of procrastination. I choose to do things on time, or even before they are due.

Other choices statements for different issues would be something like:

- Even though a part of me is still resistant to committing to losing 40 pounds, a more powerful part of me wants to be healthy and trim....and I choose to let that more powerful part of me take over. I choose to be committed to weighing 150 pounds by Christmas, and I love and accept both parts of me.
- Even though I’m a little reluctant to start my job search, I choose to be brave and resilient in taking steps that will secure my future....
- Even though I still have a little writer’s block in my way, I big part of me is feeling the creativity come back. So I choose to release this block, and be confident, creative and certain with my writing skills.

(For more information on how to use Dr. Pat Carrington’s Choice Method and how to formulate powerful Choice Statements, go to **Lindsay’s Free Stuff Page** at www.LKCoaching.com.)

Repeat a variation of the choice three times on the Set-up Point.

On the **first round**, state the remaining negative, such as:

Any remaining habit of being late... (or whatever the issue), at each point.

On the **second round**, at each consecutive point say:

I choose to tap into my own resources to break this procrastination habit... I choose to eliminate being late... I choose to be on time... I choose to let go of my being-late habits... I choose to complete commitments before they are due... I choose to completely eliminate this procrastination... I choose to be on time... etc. Use all positive statements on this round.

On the **third round**, alternate the remaining negative with the positive choices:

- EB Remaining procrastination...
- SE I choose to overcome it...
- UE Remaining procrastination...
- UN I choose to be on time with projects...
- CH Remaining procrastination...
- CB I choose to change this habit to commitment...
- UA Remaining procrastination...
- WR (Wrists) I choose to let it go...
- CH (Crown) I choose to be proud of myself for doing things on time...

ELEVENTH: Now **test yourself with the Ultimate Truth Statement**. You may be at a 10 by now. When you say it out loud does it ring 100% true? If you are not quite there, maybe at an 8, do the Choice rounds again. If you're at a 9 or 9.5, do the 9-Point Gamut to polish off the issue and complete the process. Use the phrase remaining procrastination... (or remaining whatever) while tapping on the Gamut Point and doing the eye rolls, humming and counting.

LAST: Use Empowering Pro-ER. When you're at a10 intensity, complete the UTS process by doing one or more rounds of **just doing positive affirmations** using desired-results phrases while tapping. Saying positive statements about yourself or your goals while tapping feels **so good**. It's also a great way to finish up the process. Here's how.

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 aware of the deadline... 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 now... People respect me for keeping my word... I keep my commitments to myself and others... I'm a responsible, on-time person... etc.

At this point, you should be able to say the **Ultimate Truth Statement** with confidence and completely mean it.

Again, I want to reiterate that this semi-advanced technique is meant for goal-oriented processes or issues, and not intended for trauma victims, serious illnesses, extreme grief, anger, or other complex issues. It can, however, be used in conjunction with, or even instead of, the Choice Statement, once any issue is almost resolved.

As mentioned earlier, Ultimate Truth Statements are much like affirmations. Teaming them up with Pro-ER, however, eliminates barriers often associated with affirmations

alone. Furthermore, tapping incorporates positive beliefs into your energy system instantly. Done correctly, the UTS can be a playful yet powerful tool in the Pro-ER arsenal.

NOTE: After reading this detailed version, see the Ultimate Truth Statement Quick Prompt Sheet, a separate tear-out page to use while tapping.

Good Luck and Good Tapping!

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