

The Magic of Personal Choice in EFT

An Introduction to the EFT Choices Method



by Patricia Carrington, Ph.D.

“I choose to be calm and confident.”
(EFT Choices Default phrase)

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→ IMPORTANT

- In order to understand this e-book you must *already know EFT*. If you haven't yet learned it, there are many excellent ways to do this which are described in the final chapter of this book.
- When you are ready to begin reading, you may discover that as yet you have only experienced the tip of the iceberg with respect to your EFT practice.



There is more here than meets the eye...
In the years to come, there will be still newer ways of using EFT.

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Chapter 1

Meet The *EFT Choices Method*

In this book you are going to learn how to customize EFT so that you can use it for your own personal issues in a **much more targeted way** than was previously possible. This is done by using a method known as “EFT Choices”

Before you start reading about this new approach to EFT, you need to know that:

The EFT Choices Method is somewhat different from the method you may have learned from Gary Craig’s manual or CDs, or from my “Introduction to EFT” CDs — it extends their approach.

The difference is that when using the "EFT Choices Method" you only *occasionally* use the standard EFT phrase, "I deeply and completely accept myself". You use it only when it seems particularly appropriate and then it can be extremely effective.

The next thing you need to know is that, just as standard EFT gives you an all-purpose default phrase that you can use under any circumstances, the EFT Choices Method also has an all-purpose positive phrase. This phrase is:

"I choose to be calm and confident."

As soon as you have begun using, "I choose to be calm and confident" by placing it at the end of your EFT set-up phrases, *you have already begun to use the EFT Choices Method.*

But — why use the word "Choice" for this purpose?

You may have realized that the EFT self-acceptance phrase "I deeply and completely accept myself" is what is known as an **affirmation**. Affirmations are statements we say out loud or repeat in our minds (or sometimes write down) that express positive states that we would like to experience, or conditions that we would like to see in our lives.

For example, an overweight person might repeat an affirmation such as:

"I am slim and beautiful",
or,
"I weigh (a desired number) of pounds."

The traditional type of affirmation is a statement which is clearly *contrary to fact*, said as though it *were true*.

These traditional affirmations have been used down through the ages to help people change their attitudes. One of the most famous ones was created in the 19th century to improve people's health. It went as follows,

"Every day, in every way, I am getting better and better."

At the time this affirmation was popular, thousands of people used it daily, and many of them reported feeling much better because of this. A number of them even reported some remarkable improvements in physical conditions that had plagued them for years, after they started using this simple affirmation.

However, there is a problem with the traditional kind of affirmation that I have just described — ***it goes contrary to fact and denies a reality that some part of us knows to be true.***

This is why, for many people, traditional affirmations often do not work well, or may not work at all.

What happens is that a statement that is contrary to what we know to be true can create a persistent voice in the back of our minds that whispers to us, **"Oh yeah? What makes you think THAT?"**

When we repeat a traditional affirmation, something in us never loses sight of the fact that what we are saying is **really not true**. And when this happens, the little voice can negate the entire effect of the affirmation!

Which brings us to the subject of this book...

There is another type of affirmation that avoids this problem and is therefore effective for a much greater number of people. I call it a "Choices" affirmation.

To understand how it works, I'd like you to try a little experiment.

Say out loud to yourself:

"I am financially independent."

and *now* say,

“I choose to be financially independent.”

Do these two statements seem different to you?

Now say to yourself,

“I am attractive.”

then say,

“I choose to feel that I am attractive.”

Do these two statements feel different in any way?

Then say to yourself,

“I am creative.”

and now say,

“I choose to be creative.”

Do these two statements affect you differently?

Looking at the above statements, which of the two — the first or the second in each group — do you find more believable?

Which of them creates a feeling of contradiction? Which feels harmonious (and truthful) when you say it?

Which of these statements brings forth a tiny little voice within you that says "Oh yeah!"?

Most people notice a difference in their reactions to these two types of affirmation. In general, the Choices affirmation is experienced as more convincing because it is not contrary to fact, and therefore easier to accept and believe. A Choices affirmation also seems to put the person using it in “the diver’s seat” in his or her own life — it appears to be more empowering.

Now, just to be certain you fully grasp this point, let's continue with our little experiment.

Next, say to yourself

"I have a beautiful new home"

Of course if you happen to *have* a beautiful new home, simply change this statement to something else that you do **NOT** have — I want you to create a statement describing something you would like, but which you do not have at the moment.

Now notice how it feels to say this statement even though at the moment you *don't* have a beautiful new home.

Then say to yourself,

"I choose to have a beautiful new home."

Which of the two statements is more believable to you? Which of them brings forth the little voice within you that says "Oh yeah!"?

Most people find that when they say the first statement they have a reservation in the back of their minds; some part of them seems to be arguing with this statement and producing such thoughts as,

"How could I possibly afford to have a new home?"

or

"If only that were true!" etc.

By contrast, when they add the phrase "I choose" to the beginning of the affirmation, most people now feel it is **believable to them** to intend or "choose" to have a new home — doing this doesn't stretch the imagination for you are not stating that you *have* that home *now*, simply that you are going to reach for that desirable state through a **personal Choice**.

The words, "I choose", can make a great deal of difference in the acceptability of an affirmation, turning it from a strategy that works only **occasionally**, to one that works **most of the time**.

...and there is an added advantage.

When you combine a Choices affirmation with EFT, this is what is known as a "double whammy". It is far more effective than just saying or thinking an affirmation *without* doing EFT.

The reason for this is that when you are using EFT, you are tapping on sensitive, very receptive spots on your body — the EFT Spots. For this reason, whatever you are repeating to yourself "gets through" at this time. You actually hear those words in a different way when you are doing the tapping. This is why

the EFT Choices Method, where you use positive affirmations or "Choices" *while tapping*, is unusually effective.

But, can you use EFT Choices in everyday life?

An illustration is worth a thousand words, so I will tell you about Brian, a client of mine, who used EFT Choices to help him handle an uncomfortable situation. Here is how he did that:

Brian was driving to an interview that was important to him because it could mean his promotion to a new position in the company. He had left home in plenty of time to arrive on time, refreshed.

Then the unexpected happened. He found himself caught in a traffic jam where the cars were lined up bumper to bumper for a good half mile. He realized that he was going to be late for this important appointment — there was no way out of it. What to do?

*He was already experienced at using EFT, and so decided to do some tapping on himself. Ordinarily he would have used the standard EFT Set-Up phrase, which might have gone, “Even though I feel furious (or anxious) about this delay, I deeply and completely accept myself.” and as we all know, this might well have reduced his distress. But he decided instead to try the EFT Choices Method he had learned from me earlier in the week. In doing the EFT Choices Method, the person is required to come up with a Choice which is the **direct opposite of his or her unwanted state**, in a sense it is to be an antidote to it. So Brian picked:*

“Even though I feel furious (anxious), I choose to have this unexpected delay work to my advantage.”

*Of course he could just as easily have said, “I choose to be calm and confident when I walk in for the interview” or made some other EFT Choice which would have counteracted the problem he was experiencing. The only rule he had to follow was that it would have had to be a **targeted statement** aimed at the **specific challenge** he was facing, rather than just a general self-acceptance statement.*

When Brian tapped on, “Even though I feel furious and anxious about the delay, I choose to have this unexpected delay work to my advantage,” and did this for several rounds, his Intensity Level (rating of distress on a 0-10 point scale) had come down almost to “0” (the familiar EFT success story) and he felt relaxed and philosophical about his problem. However, the full effectiveness of this approach was yet to be seen.

After a few more minutes of waiting, police loudspeakers announced that all traffic was to be re-routed through another town. This news had important implications for Brian and his appointment since this detour would add at least 20 to 30 minutes to his trip. Upon hearing this announcement, Brian was jolted out of his relaxed state. In his words, his stomach “tightened as though in a vise.”

What happened next is what is of special interest here.

Immediately following this initial negative reaction, Brian seemed to hear the faint and muffled words in his mind, “I choose to have this unexpected delay work to my advantage.” This optimistic thought seemed to pull him out of his negative state, and he suddenly found himself thinking instead about how he could tell his interviewers over the cell phone about this delay in such a way that he would come across as wonderfully cool under trying circumstances, something that could serve him very well in the eventual interview.

As he drove on, he used the time to plan out how he would condense his presentation when he did arrive so that the interviewers would be impressed with his on-the-spot resourcefulness.

Actually, he was so pleased with the way he was able to map this out that he entered the interview with a confidence that apparently did impress them, for he was approved for the transfer to another division of his company (which was the reason he had sought this interview in the first place).

This kind of positive shift in attitude after using the EFT Choices Method is typical.

The reason? **A negative thought or reaction has now been linked to a positive thought**—and now **THE POSITIVE** is what we think of. For this reason, although you and I may not recall the actual words of our EFT Choices when confronted by a later challenge, as Brian did, we often find ourselves experiencing our chosen positive state when our original negative state is set-off again by some new challenge.

And now you are ready to learn the basics of EFT Choice making.

Chapter 2

The Six Rules of EFT Choices

The words you use in a Choice are critical. These words are the building blocks of the Choice. Over the years I have refined my ability to formulate highly effective Choices by carefully selecting the words I use in them. As I worked on this skill, I discovered an interesting fact. It is this...

Most People don't know what they want —
only what they *don't want*.

The unfortunate fact is that most people are unable to formulate positive outcomes. When asked to make a positive Choice based on what they **do want**, most people will, at best, choose to improve a bit on what they **don't want**. And one way they do this is by making comparisons. They will use such words as "better", "more," etc in their Choices statements, and make statements such as:

"I choose to feel *better*."

"I choose to be *more confident*."

"I choose to have *more money in the bank*," etc.

I admit that sometimes this is the best that can be done in a particular instance. But — this has its disadvantages. The main one is the fact that a comparison always calls attention indirectly to the **negative situation that you don't want** -- to the very thing that your Choice is supposed to be better than. This keeps the negative possibility always in your mind and defeats the whole purpose of your Choice.

Let me give you an example.

Most people, when they describe what they don't like about their life, will be very articulate about this. They will tell you in great detail (sometimes more detail than you want to hear!) exactly what it is they want to be rid of and what they would like to see disappear in their life. They will say:

"I want my parents (teenagers etc.) to stop bugging me!"

Or,

"I don't want a job where I have to travel so far."

Their list will be endless, but what you will typically get is "don't wants", not "wants."

The reason for this is that the person will have a **very clear picture** in their mind of what they **don't like**, and almost none, or only a very blurry picture, of what they **really would like to have**. They may not even have thought much about the latter in their intense preoccupation with what they lack — with what is going *wrong* in their life.

Well, maybe our species survived by being able to keenly identify negative events in the environment and avoid them at all costs, I don't know. But I do know that this is entirely the wrong way to go about making an effective Choice for the facts are that...

If you hold a negative picture in your mind of the things you *don't like* about your present situation you are etching that negative situation into your memory, and are likely to keep perpetuating it *ad infinitum*.

BUT —

...if you imagine a positive situation or state that would do away with your problem, then the chances are high that you will bring this positive vision to life. So, if you use the proper wording to describe your EFT Choice to yourself, you are definitely ahead of the game.

Why is the wording so important?

Because your "computer-mind" is painfully literal, that's why. Of course it's all too easy to forget that you have a powerful "Bio-computer" known as the human brain. But actually this amazing system of internal communication makes it possible for you to conduct your life efficiently. Your computer-like mind is there for you whenever you need it, and it goes wherever you go, barring of course a major crash in the system, which sometimes happens too.

Like all computers, however, the human brain is incredibly literal in its interpretation of the input that reaches it. Its performance depends on the precision of the commands it receives. It must see a "dot" after its own version of a "dot.com," or it simply doesn't know what to do!

So, when a person chooses to "do better in math," or makes any other **comparative** statement, that is not very useful because "doing better" *could* mean doing only the tiniest amount "better". The problem is that the computer-mind doesn't know whether "doing better at math," means getting one point more

on one's total mark on the next math exam, say going from a present 67 to a future 68, or making a giant leap in the score. As far as a computer is concerned, one point more *is* "better" — and in fact, it is!

So, if a Choice is ambiguous, it results in a disappointing outcome.

Which brings us to...

The First Rule Of Choices:

Be Specific!!!

When making an EFT Choice, you need to state **precisely what it is you want**. Your Choice should not contain vague comparison words like "better", but should state *exactly* what you really *want* to have

For example, in the EFT Choice for the math exam cited above, a more effective wording for our exam-taker might be, "**I choose to get 90 percent or above on my next math test**". This precise statement leaves nothing to the imagination. It is definite, specific. If inserted into an EFT setup phrase the wording might now go:

"Even though I'm failing math at mid-terms, I choose to get 90 percent or above on my next math test."

The meaning of this is unmistakable. That's why it is likely to be so effective

The Second Rule Of Choices

Create PULLING Choices

EFT Choices must "pull" to be effective. This important ingredient of a good Choice is usually overlooked, however. because people don't realize how essential it is.

But a lifeless Choice is like a dull advertisement — we skip over it, and it has a negligible impact.

I like to think of an EFT Choice as a sort of ad made up by me and directed to myself as consumer. The person to be "sold" here, of course, is me -- I have got to buy into and truly **want** what I am trying to bring about. The wording of my Choice should help me do this.

This is why I advise people to make the language of their EFT Choices as **colorful and appealing and attention getting** as possible. I advise them to add a carefully selected *adjective or adjectives* to make the Choice truly attractive. They will want it to draw them like a magnet toward the goal that they seek.

Or to say this another way...

Saying your EFT Choice should be a source of pleasure (or comfort) to you precisely because the Choice is so appealing, or so soothing, or so "right" for you that it feels great to say it. It should attract you so much that you actually want to keep saying it over and over!

Here are some examples of what I mean.

Suppose you want to be more effective at communicating with a family member who finds it difficult to pay attention to what you are saying. An appropriate EFT Choice for such a situation might be:

"I choose to express myself in a way that gets my points across to (this person)."

This in itself might be very effective as a Choice -- no change might be needed.

However, an **even more appealing** version might be:

"I choose to find a *creative way* to get my points across to (this person)."

The word "creative" here gives the Choice some suspense. "“Now just what”, you may wonder, "would be a "creative way" to do that?" *Curiosity is a powerful motivator.*

Or, you might add another kind of appeal to your Choice by saying:

"I choose to *surprise myself* by finding easy and enjoyable ways to get my points across to (this person)."

"Surprise" is a word that can draw us powerfully.

Or, to take another tack, you might make the Choice pull strongly by stating it this way:

"I choose to find it *easy and enjoyable* to get my points across to (this person)."

Including the adjective "easy" is a great way to improve a Choice. Most of the time, we make things much harder for ourselves than they need be. Many people make life into a kind of grim task. But, if it seems **easy**, then we *do* the task at hand. For example, I'm making it easy for myself to write this book right now by tapping on, "Even though the typing is tedious, I choose to find it easy to write this book" — and it feels great!

One of the most useful all-purpose Choices I have ever come across was made up some years ago by a friend of mine who said to a colleague, who was anxious about grasping the principles of a course they were both taking, "Jack... just let it be *easy*."

This not only helped Jack, but resulted in what I call the all-time Basic Choice For Effective Living. It is **"I choose to let it be easy"**. This Choice can be applied to almost anything you do in life. It will make your life much more livable and fun. I use it frequently, as do the clients to whom I have taught it, and it has radically changed the way we go about a lot of things -- and I remind myself to use it more... and more... and more.

Try it!

Another word that adds strong appeal to a Choice is the word "fun" -- as in:..

"I choose to find it *fun* to exercise on my treadmill."

Or,

"I choose to find it *fun* to think up new ideas for this project."

All of us love to do things that are fun. They pull us to them. So, some of the phrases you might want to include in an EFT Choice are:

"let it be easy to..."

"surprise myself by..."

"find a creative way to..."

" find it fun to..."

Or, you can add any of the following adjectives to give your Choice more appeal:

comfortable

satisfying

delightful

ingenious

safe

unexpected ... etc.

Once you get the hang of it, you will be inventing new ways to make your desired goal (what you *want* to have happen) draw you irresistibly toward it. When you do that, more than half your battle will be won.



The Third Rule Of Choices:

Go For The BEST POSSIBLE Outcome

This rule of Choice-making may seem obvious, but most people neglect it unless it is pointed out to them. The rule of thumb here is to be absolutely "truthful" in what you ask in a Choice. You need to choose what you *really want* in your innermost self, not what you think you *should* want -- and it should be the **very best outcome** you can imagine having.

Let's look at how this works out in practice.

Suppose you wanted a new apartment. It would not be enough to simply choose to have a "new apartment" because a "new apartment" might be a dingy sixth floor walkup with poor heating and tiny, poorly ventilated rooms -- yet technically it would be "new" to you.

A much more effective EFT Choice for this same problem might be:

"I choose to be living in a convenient, sunny, delightful apartment."

This Choice doesn't short-change the user and is apt to bring much more satisfactory results.

I remember once working with a client whose car was showing signs of seriously breaking down. He was going to have to get a new car but he could see no way of getting it. When asked to choose what he wanted to achieve in this situation, he wrote down (it was a writing exercise) "I choose to have a new car."

At first glance this may look like a good EFT Choice. Actually, however, it is not nearly as effective as it could be. If that Choice were to be realized he could end up with any kind of car. It might be new to HIM but it might actually be a wreck of a car, a gas-guzzler, awkward and heavy, difficult to park, a real lemon - or have some other serious defect.

The truth was that having just any new car, as opposed to keeping his present car, was not really what he wanted at all. It was just an easy thing to say.

When I encouraged this man to let himself hope and dream and REACH in his mind for what he ideally would want, he began to allow the positive in him to open up. To help him get to it, I asked him a few questions, such as what make of car he would want if he could have what he really wanted? What color would it be? How would it run? How would it feel to drive it? Would it really be "new" in the sense of the current year's model or second-hand? In short, what did he secretly really want?

When he had answered these questions for himself he wrote down "I choose to have a 1997 Chevy Impala that's a honey." By making this precise and much more positive Choice, he immediately empowered himself because he became more motivated to do whatever he needed to do to get that car and no other.

The interesting thing here was the outcome. Within a month after making this Choice and reading over his EFT Choices Reminder Card twice daily (you will learn about EFT Choice Cards later), he found an ingenious way to finance exactly the car he wanted and bought it.

Had I been using EFT along with Choices at that point (I hadn't yet developed the EFT Choices Method), I might well have encouraged him to formulate a Choices Set-Up Phrase which would have gone something like, "Even though I can't afford to get it, I choose to own a Chevy Impala that's a honey to drive." Working with this phrase in the context of EFT might have provided an even quicker, deeper, and more powerful way of embedding this Choice in his subconscious mind and bringing about a needed change of perspective.

The Fourth Rule of Choices

State Your Choices in the POSITIVE

Those who have worked with affirmations, or with any suggestion techniques for that matter, know that the literalness of the human being's computer-mind makes negative words or phrases inserted in an affirmation a very tricky matter and something to be avoided if at all possible. We are always better off being as **positive** as we can when framing any sort of commands to ourselves — and affirmations are basically commands to ourselves.

When making a Choice, therefore, **you should avoid using such negative words and phrases as “no”, “not”, “never” “don't” “be rid of”, etc**

Example of a Wrong Way to Word an EFT Choice:

“I choose to be rid of my headache”

Example of a Right Way to Word an EFT Choice:

“I choose to feel clear-headed, at ease, and healthy”

It's surprising how often someone creating a Choice will neglect to observe this rule of stating it in the positive. That's why I emphasize it here — it can mean the difference between success and failure in using the EFT Choices Method.

The Fifth Rule of Choices

Make Choices That Apply to YOU

This rule is important to because some people will choose to have *other people* behave differently, as though they had rights over the lives of others, which none of us have. They may make this mistake because:

(1) **They want another person (or people) to act differently than they are acting or feel differently than they are feeling, as in:**

“I choose to have Mary love me.”

“I choose to have the people at work think I’m great.”

“I choose to have Kenneth understand me.” etc.

(2) **They want to bring harm to another person, as in:**

“I choose to have (so and so) suffer the consequences of this (terrible act)”

(3) **They want something good or healing for another person, as in:**

“I choose to have Jane heal quickly from her illness.”

People sometimes ask me why there should be any problem with choosing for others, especially when what one is choosing seems to be beneficial. It is by no means a cut and dried rule and there are grey areas, but in a moment I will suggest ways in which we can reach out and make EFT Choices that are extremely helpful for others without being either controlling or manipulative.

I learned to respect this rule about not choosing the destinies of others from a course I took way back in the 1980’s called “DMA”. I have adhered to the rule ever since because it makes intuitive sense to me. One explanation given to me for this rule was that it is unethical to interfere in the manner in which a person’s life is unfolding because it may be doing so according to a pattern we cannot even guess at. Whether or not you believe this, it is clear that there is a manipulative element and sometimes even a touch of arrogance in the act of choosing for someone else how *they* should be or behave. It also bypasses the whole purpose of EFT Choices, which is that they give us power to create what we want **in our own lives**.

There are, however, ways that Choices can be reworded so as to be non-manipulative in nature. For example, the first Choice given above might be changed to read:

Here the person is making a Choice about their own **reaction** to Mary, something quite within their own jurisdiction and very effective as an EFT Choice.

I remember one time helping a woman formulate a Choice that had to do with her boss. She felt strongly that her boss did not appreciate the work she did for him and she had initially selected the Choice. “I choose to have my boss appreciate me.”

*I explained to her that for the above reasons this was not an acceptable Choice (she could not choose a new behavior **for** her boss) and suggested she say instead,*

“I choose to FEEL that my boss appreciates me.”

She used this new Choice for one week and then reported back to me on its effects. During that week she had begun to notice ways in which, in fact, she had felt that her boss did appreciate her, much to her own surprise. This must have changed the way she behaved toward her boss, because at the end of the week he came up to her and, very uncharacteristically, said, “Nice work Mary!” A vicious circle had been turned into a fortunate one!

The second example, where a person chooses to have harm come to another or seeks some sort of revenge for an assumed act of aggression or injustice, can be addressed by a Choice that will change the chooser’s **perception** of the event. The wronged person might make a Choice as follows:

“I choose to know that this (terrible) act can no longer hurt me.”

Or,

“I choose to be free of the consequences of this (terrible) act)”

Choices of this kind can reestablish an inner balance and free a person from their compulsion to seek revenge — for after all, why do we seek revenge if not to restore our inner balance? If it is already restored, there is no need for acts of revenge for this purpose. Then our aggression can be saved for those times when we genuinely need to defend ourselves.

Actually, we can always choose how we FEEL about anything.

As to choosing something for another's good, I was once taught a way to create a positive Choice for another person without assuming the stance of pretending to know what is best for them. This is to add the phrase "if this is in (the person's) highest interest" at the end of the Choices sentence. Using this option, a Choice for another person who is ill might be,

"I choose to have Jane heal quickly from her illness, if this is in her highest interest."

This would insure that you are not deciding for Jane what is truly best for her, but at the same time you are expressing your desire that she get well.

All said and done, the details are less important than the intent in such situations. **The point is not to act as though you were all-powerful in another person's life**, but instead word your Choice so that you are as helpful as possible without imposing your own values on the other person. I have never seen this fail to have truly fine consequences for the person who was making such a Choice, and often for the other party as well.

The Sixth Rule of Choices

Make Choices That Are Easily Pronounceable

(1) Don't use too long or too complicated a statement for your EFT Choice

Some people mistakenly make up long complicated Choices to describe exactly what they want. This is understandable of course, but not a good idea because at a certain point in the EFT process you are going to be repeating your Choice at each tapping spot. You don't want to have to give a speech each time, but just say a few words and get on with the process.

So, a poor Choice might be:

"I choose to understand that (person's name) is really insecure when they say that and trying to bolster their own self-esteem, and be able to be comforting to them and help them when this comes up instead of getting angry."

This is a constructive insight and may be very helpful to the person thinking it, but it does not belong in the **wording of the Choice**. A much better plan would be for the person making the Choice to jot down the details on a

piece of paper, if they think they may not remember them, and then say something like:

"I choose to understand what (person's name) is doing in these situations and be helpful and comforting to them."

This says the same thing much more succinctly. **It is far easier to remember a relatively short sentence when you are tapping on the various EFT comfort spots, than a long one with too much information in it.**

(2) Avoid tongue twisters.

It's all too easy to select a phrase for your EFT Choice that makes sense to you, but without pronouncing it **out loud** first. But you don't want to stumble over your words when repeating your Choice at each spot — so saying it out loud first is important. Long or difficult to pronounce or grammatically awkward sentences will slow you down, and may also distract you seriously from the task at hand, this may make you feel inadequate or uncertain about what you are saying..

For example, a difficult-to-use Choice might be:

"I choose to answer anything that anyone is saying to me with a lot of confidence that I never had before."

This is a good Choice in theory, but this wording will probably be hard for you to remember, unless you write it down and keep it in front of you as you tap — however even if you do that notice that the phrase "answer anything that anyone.." may make you stumble on the words because the prefix "any" appears twice in those two different words —this could be confusing to pronounce.

Always change the wording of a Choice slightly if you find yourself having difficulty pronouncing it. There is always an easier way to say the same thing in a way that you CAN pronounce easily.

For example, the above Choice could be reworded to go:

"I choose to respond to questions from others with surprising confidence and clarity."

Notice too that this statement avoids using the word "more" which is an indefinite way of saying something and to be avoided if possible in Choices, and it "pulls" by using the word "surprising".

Chapter 3

The "Choices Trio"

Now we get to the heart of the EFT Choices Method — what is known as the "Choices Trio." When you learn this easy sequence (you're going to do that right now) you will know all of the basics of the EFT Choices Method and be ready to start using it successfully.

Here are the steps of the Choices Trio, the most effective way of applying the EFT Choices Method.

To make it clear, let's follow the progress of a fictional person "Terry", who is using the **Choices Trio** to deal with her anxiety about an upcoming job interview. If she had used the standard EFT set-up phrase, she might have worded it something like this:

"Even though I'm nervous about giving that talk next Tuesday, I deeply and completely accept myself."

Tapping on this phrase might have worked for Terry because, as you have seen, the default self-acceptance phrase is in and of itself a powerful affirmation.

However, even more effective for her might be an EFT Choices set-up phrase such as,

"Even though I'm nervous about giving that talk next Tuesday, I choose to be calm and confident."

This statement places in Terry's mind a positive image of calm and confidence **when she is taking the interview**. Now she is not only reducing her anxiety, but shaping the way she will **actually approach the interview**.

Terry now uses the **Choices Trio** for her tapping to maximize the effects of her Choices phrase. Here is how:

(1) She first takes her Intensity Rating for this issue (as you learned to do when studying EFT) Let's say that her distress about her upcoming interview is an "8" on the Intensity Scale.

(2) She next creates the **first** part of her Set-Up Phrase in the standard manner you have learned to do. However, when she comes to the **last** part of

that phrase, instead of using the default EFT self acceptance phrase ("I deeply and completely accept myself") she uses instead, "I choose to be calm and confident."

(3) Now she is ready to commence doing the **Choices Trio** which consists of **three rounds of EFT** (the reason it is called a "trio"). During each round she will be repeating different phrases, and she will only tap on the Karate Chop Spot **once**, when she begins the Choices Trio.

The Steps of the Choices "Trio"

Here are the steps she will follow for the Choices Trio. You need not memorize them now, you are going to have a lot of help here in applying the Trio, and it will soon become very easy for you.

The Set-Up:

Terry begins in classic EFT fashion by tapping on the **Karate Chop Spot**. at the same time repeating her Choices Set-Up phrase three times. She uses the Short Form of EFT which is presently used by Gary Craig, myself, and most of the EFT Masters, most of the time.

Round #1.

She does Round #1 of the Choices Trio which consists of **one complete round of tapping**, during which, again in standard EFT fashion, she taps each of the EFT spots while repeating her **Negative Reminder Phrase** at each one. This is the same procedure you learned when watching Gary Craig's tapes or mine — nothing new here.

Round #2.

But here Terry introduces a new twist. For this round, she repeats **only** her **Positive Reminder Phrase** at each comfort spot —that is, she uses the "I Choose..." phrase, over and over again. This procedure is different from the standard EFT. It is used to impress upon you your personal EFT Choice.

Round #3.

Many people call this the "Back and Forth" round. During it Terry **alternates negative and positive reminder phrases**, using her *negative* reminder phrase for the first EFT spot (Inner Eyebrow), her *positive* reminder phrase (this is her EFT Choice) for the next EFT spot (Outer Eye) and so on. She alternates negative and positive statements for the entire round.

However, in *this* round, Terry will not stop at the Under Arm Spot (the usual stopping place) because if she did so she would end up the round with her negative reminder phrase. **This is not desirable.** So, in order to end up on a positive note (very important as I will explain in a moment) she goes to the Inner Eye spot again and taps **there** while repeating her **positive** reminder phrase.

This completes the Choices Trio.

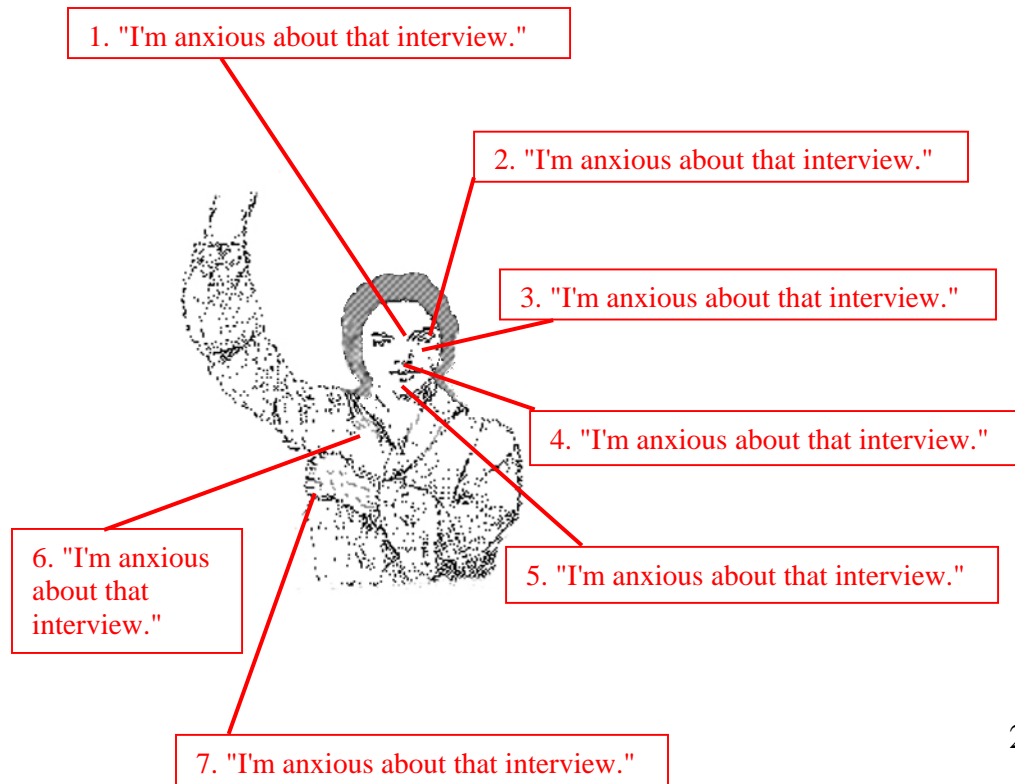
Terry now retakes her Intensity Rating, and if it has not yet come down to a zero or "1", she will simply do another complete Choices Trio (all 3 rounds).

This is all there is to the Choices Trio. To make it easy for you, on the next three pages I give you visual representations (diagrams) of Terry's progress with the "Trio".

Terry's Tapping Sequence for:

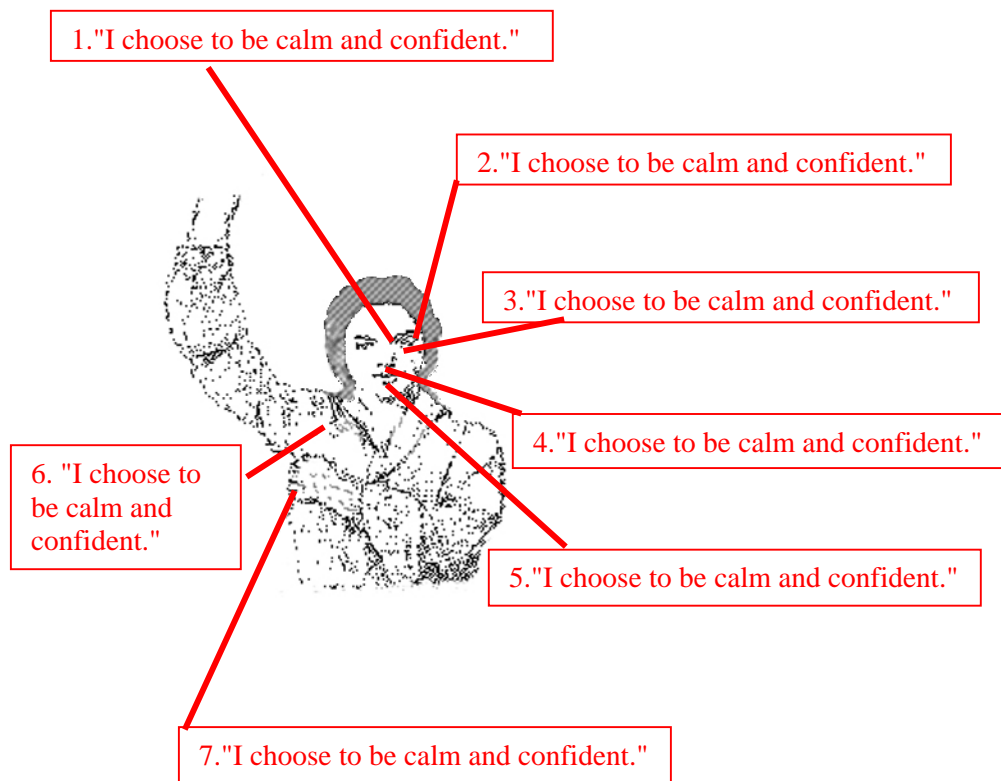
Choices Trio -- Round #1
(One whole Round of Negative)

SHE STARTS with the Karate Chop Spot
(repeating the Set-Up phrase 3 times)



Terry's Tapping Sequence for:

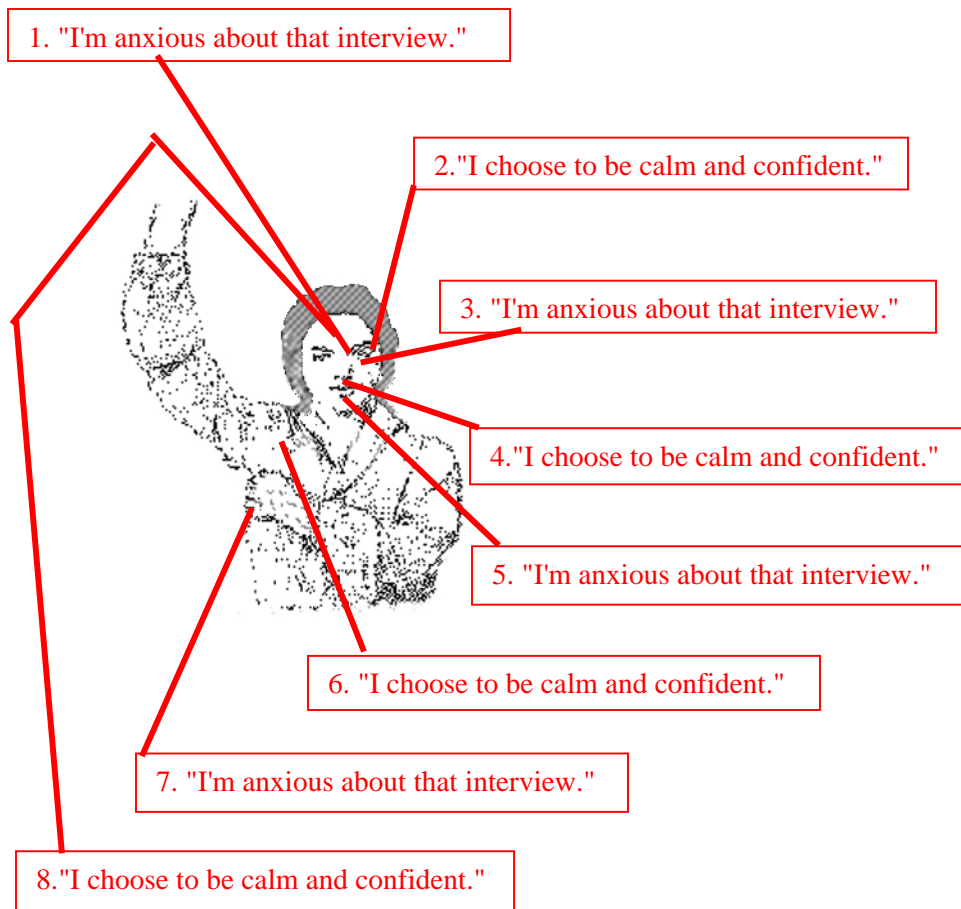
Choices Trio -- Round #2
(One whole Round of Positive)



Terry's Tapping Sequence for:

Choices Trio -- Round #3

(One Whole Round that Alternates Negative and Positive Phrases)



Round #3 uses the inner eyebrow spot twice, once at the beginning and once at the end. This is because you must end this Round with a Positive Reminder Phrase.

Are you wondering why we added the extra tapping spot (at the Inner Eyebrow) at the end of Round #3? This is so you will always end up with a Positive Phrase. Another way of ending up with a Positive Phrase is to tap on the top of the head, using that as the last tapping spot.

The logic of Round 3, where you alternate negative and positive phrases, is to link your negative thoughts — over and over again — to their opposite positive thoughts. This re-trains your mind, so that you will now have a tendency to switch **automatically** from negative to positive thinking on this particular issue. **Whenever a negative thought about that issue occurs any time during the day, it will tend to switch to a positive thought (your EFT Choice) instead.**

Let's look at an example of this.

A client of mine developed a severe cold just two days before she was to fly overseas to meet her boyfriend for a long awaited vacation. When she came to my office, she was distressed because she feared that her intense cold would make the flight very difficult for her.

To handle her anxiety, I suggested she do the Choices Trio. The set-up phrase she chose for this was:

"Even though I have this awful cold, I choose to have a healthy, comfortable, and enjoyable flight."

After two rounds of the Choices Trio, her cold symptoms were greatly lessened and she felt more cheerful and optimistic about her coming trip. The interesting thing though is what happened after that.

When she got home, she tapped periodically during the day using the Choices Trio and the same phrases. By the next day, she reported that her cold was almost entirely gone, and by the time she boarded the plane she was feeling well and happy and symptom-free.

*She had a very enjoyable trip, but the most important thing is what she told me afterwards. An interesting thing had happened when she was tapping at home that first day, using the Choices Trio. She said she had to blow her nose, or otherwise attend to her acute cold symptoms, probably several hundred times that day, and that every time she did so a thought would cross her mind — it was almost like an inner voice telling her that she would feel healthy and comfortable when she boarded the plane, and find the trip enjoyable. Because her cold symptoms were so frequent that first day, **she had these positive thoughts hundreds of times that day.** They had a powerful effect on her, because this good result is exactly what she experienced when she boarded the plane two days later.*

This is why it is important, on Step 3 of the Choices Trio (the Back and Forth sequence) to end up on a **positive note** by adding one more tapping spot (returning to the Inner Eyebrow spot or tapping on the top of the head) at the end of the sequence.

And now, so that you can begin using the Choices Trio, here is the formula:

Choices Trio Formula

- Take your initial **Intensity Rating**.
- Tap on **Karate Chop Spot** while repeating your Set-Up phrase **3 times**.
- **Do Round #1**
Tap on each of the comfort spots using only your **NEGATIVE** reminder phrase (as in regular EFT)
- **Round #2**
Tap on each of the EFT spots using only your **POSITIVE** Choices phrase.
- **Round #3**
(a) Tap on each of the EFT spots, **alternating NEGATIVE** and **POSITIVE** phrases.

(b) At the end of the entire round return to **Inner Eyebrow spot**, or tap on the top of the head, using your **POSITIVE** reminder phrase.
- Retake your **Intensity Rating**. If it is not down to at least a "1", repeat the Choices Trio, starting with the Karate Chop Spot.

This is all you need to know to begin applying the Choices Trio immediately.

NOTE: If you find that you don't want to do Step #3 (the Back and Forth sequence) you can omit that third step and still get **very good** results... we recommend it, however, for absolutely top results.

Remember, EFT is about feeling comfortable, so LET IT BE EASY...

Chapter 4

Mastering the EFT Choices Method

You have just learned the basics of this important method. Now you will have a chance to explore the help that is waiting for you as you apply the method to a wide variety of situations.

There are important free or quite low-cost forms of assistance which you can now use to expand your use of the EFT Choices Method, and of EFT in general.

Here are some of those valuable resources:

EFT 1-Minute News

(e-newsletter edited by Patricia Carrington, Ph.D.)

This informative e-newsletter is one of the two main news sources for the EFT community, the other being Gary Craig's major e-newsletter *EFT Insights* which is subscribed to by hundreds of thousands of enthusiastic EFT'ers. Both these reports are highly respected for their integrity and authenticity.

The twice monthly *EFT 1-Minute News*, in addition to many other unique features, gives suggestions for new uses of the EFT Choices Method, reviews EFT materials relevant to EFT on many levels, and gives in-depth advice for both EFT and the Choices Method. It is written in a lively, friendly, easy to read fashion that is very popular with its many readers.

To subscribe to this FREE newsletter, or to review archived issues of it, go to...

<http://www.eftupdate.com/>

How to Create Positive Choices in Energy Psychology
by Patricia Carrington, Ph.D.

The Classic Book-Manual for the EFT Choices Method

Most commonly known as *The EFT Choices Manual*, this is the definitive work on the EFT Choices Method. It is complete in its details, and contains much valuable information that is not included in this present e-book. The Choices Manual is the official source for all those interested in *mastering* the Choices Method, and is a must for health professionals who plan to use it in their practice.

Here are some of the **special features and additional information** contained in the manual that is **not** contained in the present introductory e-book.

The Choices Manual teaches you:

- How to use remembered successes (called “Personal Resource States”) to generate some of the most effective Choices you can possibly make.
- How to dissolve seemingly permanent blocks to personal change by using “gradated” (gradual) Choices that “sneak up on the problem”.
- How to use Choices to link new *positive* responses to traumatic memories and thereby neutralize them.
- How to create a notation system that shows you at a glance your (or your client’s) improvement during an EFT session.
- How to use “Choices Cards” for homework —a strong positive encouragement to the EFT process.
- How to handle hidden negative thoughts that can undermine any Choice.
- When to use Choices, and when to use the default EFT phrase, “I deeply and completely accept myself”.
- How to formulate healing Choices.
- How to use Choices for performance issues — sports, public speaking, etc. (a wealth of anecdotes).
- Special Choices to use in times of crisis.

- Special Choices for pain, anger, relationship problems, issues of abuse, and other negative states.

To find out more about this book, or to purchase it go to:

<http://www.eftupdate.com>

The EFT Choices Workshop CDs

There is nothing like seeing a technique in use by someone truly experienced in it to begin to get a "feel" for how it will be useful for you. Although I am not able to demonstrate the EFT Choices Method in all its rich detail in this short e-book, if this positive approach appeals to you here is a very effective way that you can become acquainted with it in depth — very quickly.

My EFT Choices Workshop is now available on CDs, giving you an unprecedented opportunity to "attend" the workshop in your own home or office -- undisturbed.

Originally videotaped as part of Gary Craig's 2003 Flagstaff Conference and reproduced with his permission, the entire workshop is presented from beginning to end on two CDs for the computer.

Here are some of its special features:

- The CDs are timed in such a way that you can join in and do the exercises *along with the audience*, just as though you were a participant in a live presentation.
- You can create EFT Choices for your personal issues and work on them as the film proceeds.
- An outstanding demo (it presents the method so clearly!) shows Dr. Carrington (myself) conducting an EFT session with a woman from the audience who overcomes her lifelong fear of taking examinations by using the Choices that we formulate for her (the audience pitches in and helps her create her Choices, a really nice touch). *This is a dramatic demonstration of how the EFT Choices Method can be used to clear a core issue underlying exam anxiety.*

To find out about the Choices Workshop CDs, or to order them, go to:

<http://www.eftupdate.com>

NOTE: You can acquire these same CDs by ordering Gary Craig's full *EFT Specialty Series 2* of which it is also a part. To order this series [click here](#) .

The EFT Choices Method as a Computer Program

You can make use of literally hundreds of EFT Choices generated by my colleagues and myself for the new EFT computer program, ***The Key To Successful Weight Loss Version 1.0.***

These Choices target such issues as anxiety, anger, grief, boredom, social fears, and many other common problems and allow you to “mix n’ match” negative and positive phrases to create powerful EFT statements. One of the major features of this program is that it does not only address issues of weight loss and emotional overeating, as its title suggests, but is easily and quickly customized to address literally any issue of concern to you.

The program leads you through the steps of the Choices Trio using screen prompts and animation so that you don’t have any need to remember the steps, it is all automatic. It is a huge help to those who do not want to “be alone” when doing EFT, and who want it to be as effortless as possible.

To learn more about this program, or to purchase it, go to:

<http://www.eftupdate.com>

Finding an EFT Practitioner Who Uses the EFT Choices Method

Today a large number of EFT practitioners worldwide use the EFT Choices Method as a major component in their EFT practice. In order to locate such a practitioner here is some practical advice.

For a remarkable number of problems, some of them very serious and even life-long, certain people have used EFT to overcome such problems without the guidance of a mental health professional. This is an impressive accomplishment when it happens. I believe it is often due to the persistence and amazing determination of these people.

Deep seated problems, however, are not easily overcome when using EFT **by oneself**. They usually require teamwork in the form of professional help supplied by a well trained psychotherapist or counselor. If EFT is used in the context of clinical treatment, it can facilitate traditional psychotherapy in a remarkable manner.

As a therapist, I can attest to the fact that EFT has improved my capacity to help the people I treat by a multiple so large I can never estimate it. It has made it possible for me to obtain results in psychotherapy that I could never have achieved before. A therapist well trained in EFT can help apply EFT relatively painlessly to very deep-rooted problems. He or she can help you identify childhood issues or others that must be handled **first** by EFT, before you can mend the problems in your present life. A trained professional can also help you formulate remarkably effective EFT Choices for areas of your life that you might never have thought of addressing on your own

In short, the *combination* of EFT and psychotherapy is highly effective.

So, if your problems are very deep seated, if you have experienced multiple traumas in your life or a shattering trauma, if you suffer from a serious psychiatric diagnosis or if you have a highly complex life situation to deal with — **I strongly advise you to seek the help of a professional when applying EFT to such problems.**

In order to do this, I suggest that you go up to my website www.eftsupport.com and read my list of guidelines for seeking an EFT therapist. If you have not been in therapy before and know little about it, I strongly recommend that you also read my suggestions concerning the choice of a therapist.

In your search you would do well to consult two major lists of EFT practitioners. One is compiled by me for practitioners who have earned either the EFT Basic Certificate of Completion based on Gary Craig's Basic EFT Course, or the EFT Advanced Certificate of Completion based on his *Steps Toward Becoming the Ultimate Therapist* course. This list provides names and information on EFT practitioners who have passed examinations based on Gary Craig's original videotapes.

The other list is compiled by Gary Craig and gives similar information for EFT practitioners in **general** (our two lists overlap considerably but are not identical) and for finding **EFT Master Practitioners**.

Both these lists are excellent resources for people who want to locate a suitable EFT trained therapist. On my site I supply careful guidelines for making an evaluation of such a therapist before deciding to work with them —please be sure to read these guidelines if you plan to go this route.

When you do locate an EFT therapist, ask that person if they use the EFT Choices Method and if so how they learned it and how *much* they use it in their practice. They will have learned the method either from my Choices Manual, my workshop CDs or from taking a course in the method from me personally — and may have become very expert in its use whichever route they took. How effectively they apply it is the key factor, and like all other considerations when choosing an appropriate EFT therapist, you will only be able to judge how well they apply this method to your problems when you start working with them. Feel free to switch to another therapist if you do not find the first one to be skilled enough to help you. It frequently requires some trial and error before you find just the right practitioner to work with, but it can be extremely rewarding when you do.

Along these lines, I hope that you will become keenly aware of the value of telephone therapy for EFT. This option is *not* a compromise. Telephone therapy using EFT is often as effective as in-person therapy, and sometimes even more so. I describe the unique advantages of this approach on my website (http://www.eftsupport.com/find_therapist.htm). Some of the top EFT trained therapists in the world will become available to you in this way.

Then there are the related resources...

Gary Craig's Emofree.com (EFT) Website

The founder of EFT, Stanford engineer and personal performance coach Gary Craig, has created and hosts the definitive website in the world devoted to EFT. Visiting his site is to find an immense storehouse of information on this topic -- numerous case anecdotes are grouped according to subject, discussion topics are gathered together which cover many different vital areas, and much other valuable information is contained in this one large inviting space. My own website, <http://www.eftupdate.com> links repeatedly to Craig's site, and on it I organize for visitors some of the information which his site presents in an encyclopedic fashion.

I recommend Gary Craig's classic EFT site to anyone who wants seriously to study EFT and to explore its many corners, uses and possibilities.

I also recommend Gary's **videotaped courses** (now on CD's) in which he demonstrates many applications of EFT, with himself serving as the expert practitioner of the technique.

One thing you will notice if you purchase any of these valuable materials is that Gary's original EFT Course was filmed in 1995 (and many of his advanced materials only shortly thereafter) and that these older tapes use a form of EFT which neither Gary nor myself use much anymore except on rare occasions, simply because it is not necessary for the success of the method. This is the reason I do not teach the earlier "Long Form" of EFT to you with the EFT Choices Method, but instead showed you the equally effective and time-saving "Short Form" of EFT. If you do study Gary Craig's tapes, know that there is no reason why you should vary the form of EFT that you learned as you watch them. You can easily benefit from the richness of the demonstrations by Gary despite this slight discrepancy in methodology between the two training courses.

Gary Craig's site is www.emofree.com

Gary Craig's Newsletter *EFT Insights*

Gary has a major newsletter devoted to EFT on which my own articles are frequently posted together with those of other EFT Masters and EFT users. These articles cover a wide range of topics concerning various applications of EFT. There is great value in subscribing to Gary's newsletter and I highly recommend this if you are interested in learning more about EFT. To subscribe go to:

www.emofree.com

For further information go to:

<http://www.eftupdate.com> or <http://www.emofree.com>

To contact us write to: **support@eftupdate.com**