

Golden Gate Bridge Technique

Using the phrase of "I want" to easily bridge the gap

By Lindsay Kenny



The Golden Gate Technique works great for any issue for a smooth conversion from the negative (anger, shame, pain, whatever,) to where you want to be (guilt-free, forgiving, accepting, grateful.) Giving a voice to both sides of your conflict while expressing the negative and positive (at the right time) makes for a more natural transition.



Use the above graphic as a visual model for using the Golden Gate Technique.

Above the left span write the numbers 10-8 = "this issue.." (the negative)

Above the middle span write 8-4 = use a desire statement "I want to let this go..."

Above the right span write the numbers 3-0 = use the Choice Method..."I choose to forgive him."

When the intensity is between 10 and 8 in intensity, stay with dispelling the negative charge only. **Example:** "Even though.... I hate my sister's guts right now ..." I'm really sad over Bill leaving me"I feel like a fat pig at this weight..." I still accept who I am (sometimes.) ☺

When the issue has dropped between a 8 to a 4, do one round of venting in the negative "I can't believe she'd say that....what a turkey...I was so hurt....etc." The do the next round adding the desire or "I want to" statement.

Example: "Even though I'm still pretty mad at Tina, I want to mend things (let it go, forgive her, etc.) Or "Even though.....I'd rather be grateful for our history together, orthere's a part of me feeling less intense about it...I do want to move on," etc.

When you are at a 3 or less start using the Choice Method. At this point you're still talking to at least two parts of your psyche. So continue to address both. **Example:** for the setup- "Even though there's a part of part of me hanging on to this "issue", a bigger part is willing to let it go. I choose to let that part of me prevail." OrI still feel some anger at resentment at Jerry, another side of me wants to forgive him and move on. I choose to let that side of me win, etc.

Next, complete three (or more) choice rounds on the tapping points.

- ❖ **First round** “remaining issue” at each point
- ❖ **Second round:** “I choose to overcome this anger”, I choose to let it go, I choose to forgive Pete, I choose to put this hurt and pain behind me now, etc. You can do the same phrase at each statement, or pull in the different aspects that you’ve been working on, and address one or two at each point, choosing to let it go.
- ❖ **Third round:** Alternate the remaining negative with the choice of positive. Example EB: remaining anger, SE I choose to let it go, UE remaining anger, UN I choose to put it behind me now, CH remaining shame, CB I choose to forgive myself, etc.
- ❖ **Fourth round:** When the client (or you) is at a zero do one or two more rounds making only positive choices for now (not the past.) Example: I choose to love and respect who I am without judgment, I choose acknowledge my bravery, I choose to be strong and resilient, I choose to recognize my skills and abilities, I’m intelligent, I have a good sense of humor, I sensitive and compassionate, people like me, I’m a great mom, etc.

I use this simple procedure to help move from where you are to where you want to be. It’s easy, efficient and effective. I hope you make it work for you!

Good luck and Good Tapping,

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Hint: Almost all charged or old issues are “Reversed”. There is always a part of us (the subconscious) that wants to hang on to a negative issue, for different reasons (to punish someone else, or ourselves, to get even, to be a marten.) So it’s best to address that before you start tapping, by using a Reversal Neutralization; On the KC point say “Even though I DON’T want to get over this “issue” (fill in yours) I love and respect who I am.” Do that three times, before going on to the set up statement.

If you don’t know about Reversals read about them on Lindsay’s “Free Stuff” page at www.LKcoaching.com