



The
ULTIMATE TRUTH
Statement

Achieving Your Goals
Eliminating Bad Habits



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The Ultimate Truth Statement

For Achieving Goals or Eliminating Bad Habits

One question I am often asked about becoming proficient at EFT is... How do I deal with an intangible issue and how do I get an intensity rating on it?

- ❑ What if I have a problem such as procrastination or lack confidence in new situations?
- ❑ How about writer's block, sport performance or I'm just feeling stuck?
- ❑ How do I get an intensity level for losing weight or getting off the couch to find a job?
- ❑ How do I deal with, measure or test issues like these?

To work with intangible or hard-to-measure issues, to eliminate a bad habit or achieve a goal, I use the **Ultimate Truth Statement (UTS)**. To reiterate, this is mostly for intangible issues and not for use with trauma, depression or other complex problems. The **UTS** is especially effective for abundance issues, goal-oriented issues, performance problems, creative blocks and other hard-to-grab challenges.

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

One: Develop a simple sentence that represents succinctly what you would like to achieve

It is important to remember that the UTS reflects where you want to be, not where you are now. For instance, if you have a problem with procrastination, use a simple statement such as "I always complete tasks in a timely manner, before when they are due. I easily keep time commitments to myself and others."

If you have a goal of becoming a good public speaker, your UTS simple statement might be "I'm a confident, fluent speaker and enjoy speaking in public."

Other examples:

- ❑ I'm 100% committed to improving my health by weighing 150 pounds by October.
- ❑ In my new job I am happy, comfortable and passionate about my work.

- ☐ I'm 100% committed to taking care of my kids' dad by exercising at least thirty minutes a day, five days a week.
- ☐ I'm grateful for all my parents have done for me, and am happy and proud to honor their lives by taking care of them during this difficult time.
- ☐ I'm an excellent golfer and have easily reduced my score by 5 strokes every game.

Notice how these are very much like affirmations.

Two: Identify WHY you want to achieve this goal

Identify how it will make you feel and how your life will be different. Add how you'll have more energy, better health, higher self-esteem or whatever. Add those emotional words or phrases to your UTS.

So, your original statement "I always do things on a timely basis" then becomes something like "I'm proud of myself and have more peace and joy in my life knowing I always do things on time. I have abundant self-esteem because I easily meet my commitments, I get done what needs to be done and I feel good about being in integrity with myself and others."

We measure the Ultimate Truth Statement on a 10 to 1 scale. The ideal Ultimate Truth Statement will always be at a 10, with 10 representing 100% confidence in the truth or believability of the statement.

With a procrastination issue then, a 10 would be when you feel completely committed to always doing things on time. Most likely, as you start this process where you are now, you will be at a believability level of 5 or less because procrastination is your issue and you are not getting things done on time and probably feel that it will be very difficult to change.

Three: Do a Reversal Neutralization on your goal to counteract any subconscious resistance to changing

Tap on the Karate Chop point say:

Even though I DON'T WANT to... (state your simple sentence) I love and accept myself completely.

Do this three times. On the third time add "for whatever reason":

Even though, for whatever reason, I don't want to... (whatever: break 100 in golf, lose weight, exercise every day, quit smoke, etc) I love and accept myself completely.

After assigning a number to rate where you are now, ask yourself, "What is the cause of this disparity?" What is causing you to be at a 5 or a 2 or whatever, instead of a 10? Most likely it is a fear: fear of failure, fear of success, fear of looking foolish, etc.

Fear and limiting belief are the most common reasons we don't get what we want in life.

Self-doubt is also common, such as "I'm not good enough" or "I don't deserve that kind of money/ success/ relationship".

FIVE: Once you identify the obstacles, stop and tap away your limiting beliefs and fears.

That is:

- ☒ Assign the fear, or whatever emotional block, an intensity number
- ☒ Do a Reversal neutralization on it.
On the Karate Chop Point say:
Even though I don't want to get over this fear that's keeping me from getting what I want.....
- ☒ Go back to the source of that belief, fear or feeling:
Even though I'm afraid I'll fail.....
- ☒ 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 "Even though 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. The feeling that you're not good enough, created by old childhood messages 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.

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

Now you can address the issue straight on.

Tapping the on 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 reminder phrases like:

...This tendency to procrastinate...

...My habit of putting things off....

Switch to reminder phrases that gradually change your position

On the third round, switch to different reminder phrases on each point that gradually begins to change your position:

...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 but another part of me is willing to replace it with more positive behavior." (This is a dandy way to do this section as well!)

Five: Check your Ultimate Truth Statement for believability

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 this process until you're within three points of your goal, a 7 or greater.

If you haven't moved up the scale then there may be still another issue in the way, other fears, doubts or beliefs, or a feeling that you don't deserve to reach your goal. 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." You might need more work on Reversals where the subconscious doesn't want to change.

Note: Please read my article "The Nine Stumbling Blocks to Pro EFT" on the Free Stuff page of my website, www.lkcoaching.com.

After dealing with any remaining resistance, keep tapping on the issue until the goal is 'almost' believable -- when the UTS is a 7 or greater in believability.

Since this is a subjective measurement, you can just guess where you are. Most people get a clear sense of their movement and where they stand as the change starts to occur.

Six: When your UTS rating is 7 or higher, do three rounds with a Set-up 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.

Choices statements for other issues might 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, a big part of me is feeling the creativity coming 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 formulate powerful choice statements, go to Lindsay's Free Stuff page at <http://www.LKcoaching.com/>

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

On the first round, state the remaining negative at each point, such as:

Any remaining habit of being late (or whatever the issue)

I choose to tap into my own resources to break this "procrastination habit" or I choose to eliminate being late..... I choose to be on time.... I choose to let go of my being-late habit.... I choose to complete commitments before they are due.... I choose to completely eliminate this procrastination.... I choose to be on time.

On the third round, alternate negative with positive choices. In Pro EFT, we use these tapping points.

Eyebrow	this remaining procrastination....
Side of the Eye	I choose to overcome it
Under the Eye	this remaining procrastination....
Under the Nose	I choose to be on time with projects
Chin	this remaining procrastination...
Collarbone	I choose to change this habit to commitment
Under Arms	this remaining procrastination.....
Wrists	I choose to let it go
Crown of Head	I choose to be proud of myself for doing things on time

Seven: Test your 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. Use empowering Pro EFT by tapping "in" positive statements

When you're at a 10, complete the UTS process by doing one or more rounds of only positive affirmations, of your desired-results phrases. Saying positive things about yourself or your goals while tapping feels good and is a great way to finish up the process.

Tapping in Positive Statements

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 your Ultimate Truth Statement with complete confidence and totally 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 illness, extreme grief, anger, or other complex issues. It can, however, be used in conjunction with the Choice Statement once any issue is almost resolved.

Ultimate Truth Statements are much like affirmations. Teaming them up with tapping 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 your Pro EFT arsenal.

Good Luck and Good Tapping!

Lindsay Kenny

For more information on Reversals mentioned here, please see my eBook "[Identifying and Neutralizing Reversals.](#)"



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Lindsay Kenny has been doing EFT since 2000 and has branded her own version called Progressive EFT (Energy Field Techniques, aka Emotional Freedom Techniques,) or Pro EFT. She is also founder and director of the National Alliance for Emotional Health, Trainer of Trainers for AAMET and Certified Matrix Reimprinting Trainer.

One of first EFT Masters, Lindsay has been helping others improve their lives and attitudes for over thirty years. She facilitates Workshops, Teleclasses, and Video Web-Classes and offers an exclusive 5-day Practitioners Intensive for aspiring practitioners.

She conducts sessions by phone nationally and internationally, or in person in the San Francisco Bay area. Visit her website, www.ProEFT.com, for FAQs, fees and a wealth of tapping information. There you can find free audios, videos and downloads, and can purchase some of her numerous tapping-related products. Find workshop scheduled at www.TappingWorkshops.com

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