



## Tap Into Decisiveness Segment 2



with  
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### Segment 2, Eliminating Indecision: *"Bundling Baggage", Reversals, the Golden Gate Technique...*



### *Tapping IN Decisiveness*



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### **Tapping Element 1a:** **Clearing causes of indecision**



#### **Bundle:**

- All failures; losses, bad choices, stupidity
- All feelings of; anger, regret, remorse, injustice, disappointment in self
- All feelings of: shame, embarrassment or guilt

#### **1b: Give the bundle a name**

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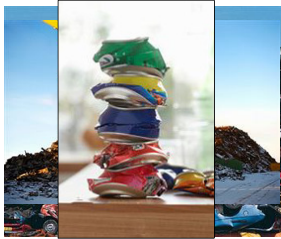
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**1c: Assign an intensity or charge to the pile, from 10 to 1...  
Or, visualize the size of the pile**

**Example:**

100' high?  
50' high?  
6" high?



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**1d: Neutralize any resistance to change:**

**Reversal Neutralization**

*Sample statements, on the KC point:*

**I want to love & accept myself, even though...**

- ♦ ...there's a part of me that *doesn't* want to let go of...
- ♦ ...holding on to my screw-ups is how I punish myself, because I *knew* it was going to be a disaster!
- ♦ ...I *don't* want to get rid of this pile of bad choices
- ♦ ...I *don't* want to let go of my past screw-ups
- ♦ ...I don't want to get over this fear and regret that keeps me from making decisions.
- ♦ ...I allow this confusion to protect me – because it keeps me safe. So I *don't* want to let it go.

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<http://tinyurl.com/ReversalsGift>

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**Golden Gate Technique**

(use as a template)

1. Set-up statement *"Even though I have this pile of regrets ..."*
2. 1<sup>st</sup> round: Use reminder phrase *"this pile of mistakes"*
3. 2<sup>nd</sup> round: vent your feelings *"I'm really upset with myself for all the stupid things I've said and done"...*
4. Reassess intensity (10-0) – or use % of original pile
5. If an 8 or below, repeat Step 1 & 2 but add a *desire* statement: *"this pile of regrets"..."I want to get over it"*
6. Repeat 4 and 5 until the intensity is 3 or less
7. When a 3 or less, make a Choice...*"Even though I'm still mad at myself, I choose to forgive myself for being human"*
8. When at a zero, test yourself. Tap away anything remaining

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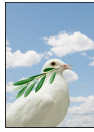
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### Reminder Phrase Examples:

(alternate the issue with desire statements)



- This remaining pile of blame, shame and regret ... *I want to abolish it*
- This anger at myself for screwing up... *I want to cut myself some slack for being human*
- Remaining guilt and shame about failing... *I'm ready to let it go and start forgiving myself*
- All of the stupid things I've said and done ... *I want to release myself from them. I've punished myself enough!*
- All of the regrets and disappointments in this pile... *I want to let deflate them, neutralize them & let them go*

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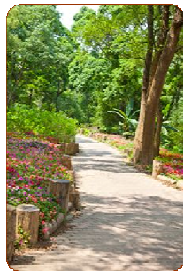
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### Tapping Element 2: Creating a pathway for being decisive

#### Tap in for yourself:

- Forgiveness for being human (being imperfect)
- Self-acceptance, love, support
- Trust of yourself
- Listening to your intuition
- Acknowledgement of your own resources



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### Tapping Element 3: Tap IN Decisiveness



#### Tap in what you want:

- I want to make the best decision
- I want to have clarity and focus
- I want to trust myself
- I want to be decisive
- I *allow* myself to know what to do
- I *allow* myself to feel balanced and certain
- I *choose* to be decisive
- I *choose* to make decisions easily ... with confidence and certainty

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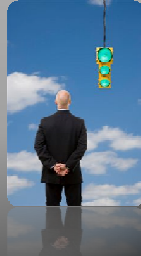
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## Homework

- Practice, making small choices
- Continue to tap away any remaining failures or losses
- Listen to your intuition
- Choose to be decisive
- Use these free resources:
  - <http://tinyurl.com/ReversalsGift>
  - [www.LKcoaching.com/FreeStuff.html](http://www.LKcoaching.com/FreeStuff.html)
- Register for a Tapping Buddy at <http://tinyurl.com/TapBuddyReg>



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1. Eyebrow (EB)
2. Side of Eye (SE)
3. Under Eye (UE)
4. Under Nose (UN)
5. Chin (Ch)
6. Collarbone (CB)
7. Under Arm (UA)
8. Liver (LV)
9. Wrists (WR)
10. Crown of Head (CrH)

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