



ITM Free Resource for Day 31: August 31, 2023

Today's Topic: Choices Method Tapping
Resource Contributor: Jacqui Footman

Make sure you take responsibility for your actions. Thus, stop if needed. And, if you first need/want to seek the advice of your mental/medical health professional, do so. This resource is not meant as treatment or to be a diagnosis. It is provided merely as information.]

EFT Choices Method Tapping for replacing negative thoughts

How often do you find yourself judging, grumbling, finding fault, worrying, believing the worst, expecting a bad outcome, like being delayed or late, expecting bad consequences, expecting something to be difficult or to take a long time? We all do this sometimes. It doesn't help you feel good. It doesn't help you attract abundance. What if you could get negative feelings like these out of your system? It will give you more of the bounce-back factor (resilience).

Here's how – with Choices Tapping Method, which has some different steps to regular tapping.

1. Catch yourself!

This first step is the most difficult to do consistently: catch yourself in a negative mindset and decide to tap. It is best to tap immediately, or at least as soon as you possibly can.

2. Your set-up statement

Formulate your choices statement by filling in the blanks:

Even though _____ I choose _____

Example 1: Even though I don't personally like how they have decorated that space, I choose to know they did the best they could with the resources available and it brings some people joy.

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Example 2: Even though I have to clean the house and it will take me ages, I choose to let it be easy and find quick or fun ways to do it and enjoy the clean and attractive house I have in the end.

Note: Make the choice a high aspiration but not so high that it feels impossible. If you need a baby-step here or there, that's fine too. Absolutely use your own words; make it your own truth.

3. The tapping

- a) Repeat your choice statement three times, while tapping the point on the side of your hand.
- b) Sequence 1 – repeat the negatives
- c) Sequence 2 - repeat the positive choice
- d) Sequence 3 – alternate negatives with positive choices as you tap through the sequence points. Start on a negative and finish with a positive, emphasising “and that’s my choice”.

Example

(for illustration only – use your own words, your own truth and choices)

Set up: Side of Hand	Repeat 3x : Even though I have to clean the house and it will take me ages, I choose to let it be easy and find quick or fun ways to do it and enjoy the clean and attractive house I have in the end.
Sequence 1:	
Top of Head	I have to do the cleaning, again!
Eyebrow	It has got so messy
Side of Eye	It will take me all morning
Under Eye	I hate cleaning
Nose	I'm really not in the mood
Chin	I don't want to do it at all
Collarbone	So much reluctance
Under Arm	It is going to take up all my time
Sequence 2:	
Top of Head	I choose to let it be easy
Eyebrow	I choose to be able to do it quick as a flash



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Side of Eye	I choose to remember I love how the house looks when I'm done
Under Eye	I choose to let it be easy
Nose	I choose to be able to do it quick as a flash
Chin	I love my home; I love it looking clean
Collarbone	Maybe there's a quicker way
Under Arm	I choose to find that easily
Sequence 3:	
Top of Head	It's going to take me too long to clean
Eyebrow	I choose to let it be quick and easy
Side of Eye	I don't want to spend my whole morning cleaning
Under Eye	I choose to know I'll love it when it's done
Nose	It will take me too long; I want time for me
Chin	Maybe it will go quicker, I can always do it a bit differently
Collarbone	I don't want to do it and it takes so long
Under Arm	I choose to just get started and let it be quick and easy

You can find a full tutorial video on using Choices Tapping Method on my EFT Devon YouTube Channel:

https://www.youtube.com/watch?v=voRkw7nN8ql&t=124s&ab_channel=EFTDevon

Have some fun with your tapping, keep smiling, be creative and see how many negatives you can choose to turn into positives!

*With love and sparkles ✨ ✨ ✨
Jacqui x*

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Free tapping taster group to clear some stress of the week, alternate Fridays

<https://courses.eftdevon.co.uk/courses/friday-live-tapping-for-stress>

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