

Golden Gate Bridge Technique

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

By Lindsay Kenny

Zoe and I use this simple procedure to help the client get from where they are to where they want to be. It's easy, efficient and effective. Draw a *simple* sketch of the Golden Gate Bridge below, showing the three spans of cable. Here's a photo for an example:



Draw your sketch here

Above the left span write the numbers 10, 9, 8 = "this issue.." (the negative)

Above the middle span write 7,6, 5, 4 = "I want to let this go..." or "I'm ready to let go..."

Above the right span write the numbers 3, 2, 1 = use the Choice Method

This is just your visual model for using the Golden Gate Technique.

When the intensity is between 10 and 8 in intensity stick 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..."

When the issue has dropped between a 7 to a 4, add in the "I want to" statement.

Example: "Even though I'm still pretty mad at Tina, I want to let it go. Or ...I'm ready to start getting over it, orthere's a part of me feeling less intense about it, 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: "Even though....there's a part of part of me still hanging on to this "issue", a bigger part is willing to let it go. I choose to let that part of me win. OrI still feel some anger at Jerry, another side of me wants to forgive him and move on. I choose to let that side of me prevail. Etc.

Do three rounds now on the 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 except 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.

This Golden Gate Technique works great for any issue for a smooth transition to where you want to be. Giving voice to both sides of your conflict makes "letting go" less traumatic for you or the client. There's always a part of us that hangs onto a negative issue, for different reasons. Give yourself person to let it go.

Good luck and Good Tapping,