

# The Ultimate Truth Statement

## How to Use it for Intangible Issues

by Lindsay Kenny, EFT Master

**One often-asked question I get 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 like procrastination, or lack confidence around new employees?
- How about writer's block, sport performance or I'm just stuck at something?
- How do I measure 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, I use what I call the **Ultimate Truth Statement (UTS)**. Again, this is mostly for intangible issues, and not efficient to use for 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:**

**First:** Develop a sentence that represents the **most positive outcome** (or goal) for what you would like to achieve. For instance, if you have a problem with procrastination, use an Ultimate Truth Statement of, *"I always complete tasks in a timely manner, never putting things off, and I always keep time commitments to myself and others."*

**Note: Examples of other Ultimate Truth Statements** would be something like these: **(remember the UTS is where you want to be, not where you are now)**

- *I'm 100% committed to improving my health by weighing 150 pounds by October.*
- *I'm a confident, certain public speaker and love speaking in front of people.*
- *I'm highly motivated to find a new job where I am happy, comfortable and passionate.*
- *I'm 100% committed to taking care of my kids' dad by exercising at least 30 minutes a day, 5 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 committed to reducing my score by 5 strokes per game.*

(Notice how these are very much like affirmations)

Now, identify WHY you want to achieve this goal – that is, how it will make you feel, how you're life will be different, how you'll have more energy, better health, higher self-esteem or whatever. Then add those words *emotional* words or phrases to the UTS.

So instead of "I always do things on a timely basis." Your statement would be something like "I'm proud of myself and have more energy and freedom knowing I always do things on time. I have higher self esteem, get more done and feel good about being in integrity with myself and others."

The ideal **Ultimate Truth Statement** will always be at a 10, with 10 representing **the ultimate goal**. A 10, for instance you would mean have 100% confidence in the truth or *believability* of the statement. With a procrastination issue a 10 would be when you feel completely committed to always doing things on time. Most likely, you will start this process at a 7 or less. In other words, when you begin this process, the **Ultimate Truth Statement** (the goal) is how you *ultimately* want to feel.

**Now, do a REVERSAL on your goal, to neutralize the subconscious part of you that's resistant.** That is, on the KC point say *"Even though I DON'T WANT to (whatever; break 100 in golf, lose*

*weight, exercise every day, etc), I love and accept myself completely. Do this 3 times before continuing (adding “....for **whatever** reason....” to the third time.*

After assigning a number for where you are now, ask yourself, “What is the cause of this disparity?” That is what causing you to be at a 5 or 2 or whatever, instead of a 10? Most likely it is a fear. Fear of failure; fear of success, fear of looking foolish, or other fears, are the most common causes of us not getting what we want in life. It could also be self-doubt, like “I’m not good enough” or “I don’t deserve that kind of money (or success, or relationship)”.

Once you identify the obstacle then, stop and tap away that resistance. That is:

1. Assign the fear, or whatever an intensity number
2. Do a Reversal neutralization on it. (on the KC point say “Even though I don’t want to get over this fear that’s keeping me from getting what I want....”)
3. Go back to the source of that belief, fear, or feeling
4. 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 “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. Feeling that you’re not good enough, caused by an old childhood message 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 went up just as a result of dealing with the underlying problem. It almost always does. However, you won’t likely be at a 10 just yet. So now you can address the issue straight on.

Rubbing the set-up point (sore spots on the chest or 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 a reminder phrase of:

*“This tendency to procrastinate” or “My habit of putting things off.”*

**Third:** On the *third* round, switch to different reminder phrases on consecutive points that start gradually to change your position to something like:

- ✓ *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, and another part of me is starting to replace it with more positive behavior” (which is a dandy way to do this section as well.)

**Fourth:** Check yourself with the **Ultimate Truth Statement**. 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 the above process until you're within 3 of your goal (that would be a 7 or greater). If, however, you haven't moved up the scale then:

- There may be still another issue in the way, other fears, doubts or beliefs
- A feeling that you don't deserve to reach your goal
- You might need more work on the Reversal aspect (subconsciously not wanting to change)
- 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. Read my article on the "9 stumbling Blocks to EFT" on the Free Stuff page of my website.

After dealing with any remaining resistance, as mentioned above, keep tapping on the issue until the goal is 'almost' believable -- that is when the **UTS** is up to a 7 or greater in believability. Since this is a subjective measurement, you can just guess where you are. However, most people get a clear sense of their movement and where they stand as the change starts to occur within them.

**Fifth:** When your **UTS** number is at a 7 or higher, then return to the set-up point and switch to a 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."*

**Other choices statements for different issues would 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, I big part of me is feeling the creativity come 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 three times on the set-up point.

Then, **on the first round**, state the remaining negative, such as;  
*"Any remaining habit of being late"* (or whatever the issue), at each point.

**On the second round**, at each consecutive point say...

*"I choose to tap into my own resources to break this procrastination habit"* (or *I choose to eliminate being late*, etc.... *"I choose to be on time"*, *"I choose to let go of my being-late habits"*...*"I choose to complete commitments before they are due"*...*"I choose to completely eliminate this procrastination"* ...*I choose to be on time"*...etc. Use all positive statements on this round.

**On the third round**, alternate the remaining negative with the positive choices, i.e.  
EB - *Remaining procrastination*...

SE - *I choose to overcome it...*

UE- *Remaining procrastination*

UN - *I choose to be on time with projects*

CH - *Remaining procrastination*

CB – *I choose to change this habit to commitment*

UA - *Remaining procrastination*

WR – (Wrists) *I choose to let it go*

CH (crown of head) *I choose to be proud of myself for doing things on time*

**Sixth:** Now test yourself with the **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.

**Last: Using Empowering EFT:** When you're at a 10, complete the **UTS** process by doing one or more rounds of **just positive affirmations**; desired-results phrases while tapping. Saying positive statements about yourself or your goals while tapping feels **so good**. It's also a great way to finish up the process. Here's how.

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 the **Ultimate Truth Statement** with confidence and completely 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 illnesses, extreme grief, anger, or other complex issues. It can, however, be used in conjunction with, or even instead of, the Choice Statement, once any issue is almost resolved.

As mentioned earlier, **Ultimate Truth Statements** are much like affirmations. Teaming them up with EFT, 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 the EFT arsenal.

Good Luck and Good Tapping!

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