

CHOICES TRIO

Step 1. Set-up 'Even though (negative thought), positive choice'. X 3

Step 2. Round of tapping stating the negative.

Step 3 Round of tapping stating the positive choice.

Step 4 Round of tapping alternating the negative and the positive.

For example, if after reading 'I easily and consistently contact people for the business', the thought 'I haven't got time' pops into your head, and you would do the following:

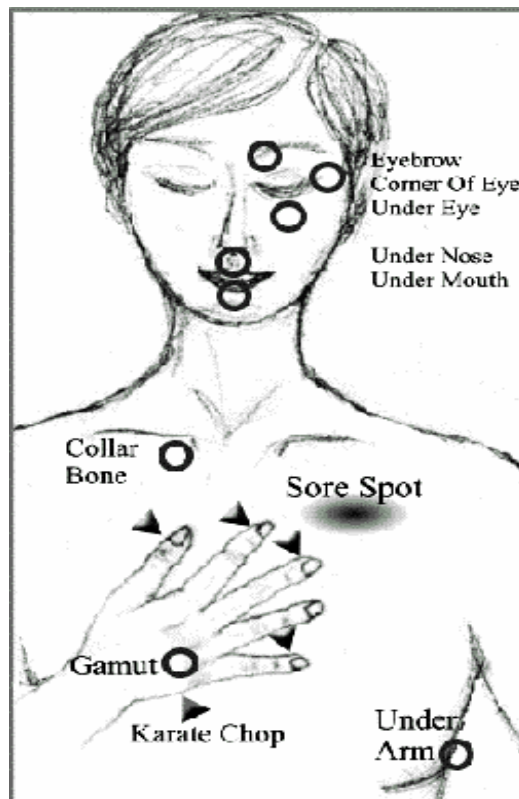
Step 1. Whilst tapping the Karate Chop point or rubbing the Sore Spot, say out loud 3 times 'Even though I haven't got time, I choose to easily and consistently contact people for the business.'

Step 2. Whilst tapping Eyebrow point, Corner Of Eye, Under Eye, Under Nose, Under Mouth, Collar Bone, Under Arm say 'I haven't got time.'

Step 3. Whilst tapping Eyebrow point, Corner Of Eye, Under Eye, Under Nose, Under Mouth, Collar Bone, Under Arm say 'I choose to easily and consistently contact people.'

Step 4. Whilst tapping:

Eyebrow point	say 'Even though I haven't got time.'
Corner Of Eye	say 'I choose to easily and consistently contact people.'
Under Eye	say 'Even though I haven't got time.'
Under Nose	say 'I choose to easily and consistently contact people.'
Under Mouth	say 'Even though I haven't got time.'
Collar Bone	say 'I choose to easily and consistently contact people.'
Under Arm	say 'Even though I haven't got time.'
Karate Chop Point	say 'I choose to easily and consistently contact people.'



Next, reread the Affirmation and see if any other negative tailenders come into your mind. If they do, repeat the process until no negative tailenders come to mind after reading the cards.