

Dr. Patricia Carrington is one of the pillars of the EFT community. She wrote the recently released Companion Book for the Movie: [Try It on Everything](#). She may be best known for developing the 'Choices Method' for use with EFT but is a wealth of knowledge about all aspects of the use of EFT which she shares in her [TeleSeminar Series](#) and on abundant articles on [her web site](#) and [on Gary's](#). We are summarizing her choices method for this newsletter.

The Choice Trio

1. Identify a specific negative cognition (attitude or belief) you would like to change or to be rid of.
2. Take your initial measure of distress (on a 0 to 10 point scale)
3. Formulate a Choice which is the exact opposite of the negative cognition
For instance for the issue of: *"Even though I'm afraid I'll freeze and forget my words in front of a group."* The choice would be: *"I choose to feel wonderfully at ease when speaking in front of groups."*
4. Combine the negative cognition with the positive Choice - the desired outcome - to form the setup. For example: *"Even though I'm afraid I'll freeze and forget my words in front of a group, I choose to feel wonderfully at ease when speaking in front of groups."*
5. Use the standard EFT protocol of rubbing the sore spot (or tapping the Karate chop spot) three times while repeating the setup phrase. (Forgot the process? [Click here.](#))
6. Go through ONE round of EFT using the negative cognition ONLY as the reminder phrase. For example, *"Even though I'm afraid I'll freeze and forget my words in front of a group,"* repeated at each point.
7. Immediately conduct another EFT tapping round (without checking SUDS or doing another setup) using the Choice statement ONLY as the reminder phrase. For example, *"I choose to feel wonderfully at ease when speaking in front of groups."* repeated at each EFT Point.
8. Go straight into another EFT tapping round (without checking Suds or doing another set-up) using the Alternate Phrase Technique:
 - Inner Eyebrow – *I'm afraid I'll freeze and forget my words in front of a group*
 - Outer Eye – *I choose to feel wonderfully at ease when speaking in front of groups* point use the positive Choice as the reminder phrase, at the next
 - Under Eye – *I'm afraid I'll freeze and forget my words in front of a group*
 - Under Nose – *I choose to feel wonderfully at ease when speaking in front of groups*
 - Under Lip – *I'm afraid I'll freeze and forget my words in front of a group*
 - Collarbone – *I choose to feel wonderfully at ease when speaking in front of groups*
 - Under Arm – *I'm afraid I'll freeze and forget my words in front of a group*
 - Top of the Head – *I choose to feel wonderfully at ease when speaking in front of groups*

9. Check your intensity rating and if more work is needed, repeat the Trio (points 6, 7 and 8 above) as many times as necessary. In effect, the Trio serves as an extended “round”.

Free 35 page downloadable manual on the Choices method - Subscribe to Pat's Newsletter [*EFT 1-Minute News*](#). Dr. Carrington recently started a series of Innovative EFT Tele Seminars open to all for a small fee. She presented on using resource states at the Boston EFT Masters Showcases which will be featured in [EFT Showcase DVD of the Month Club](#).