

CHOICES

PAT CARRINGTON



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COACH, AUTHOR & TRAINER

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Choices by Pat Carrington



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Why Use Choices Method

1. Simple
2. Powerful
3. Easy to learn
4. Bypasses resistance
5. Clients like it
6. Directionalises the mind toward a solution



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Standard EFT vs Choices

Default Statement EFT

“Even though I have this problem, I love and approve of myself”

Default Statement Choices

“Even though I have this problem, I choose to have this solution”



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Power of Choices

“Even though I have this problem, I am “this solution”

“Even though I have this problem, I am calm and confident

Using the Language of Choices

“Even though I have this problem, I choose to be calm and confident”



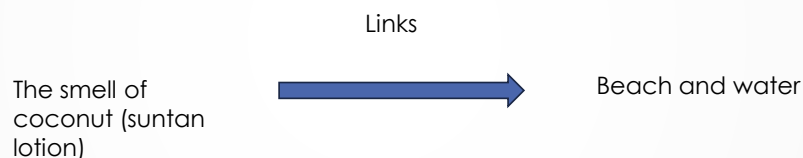
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Choices

The mind works via association

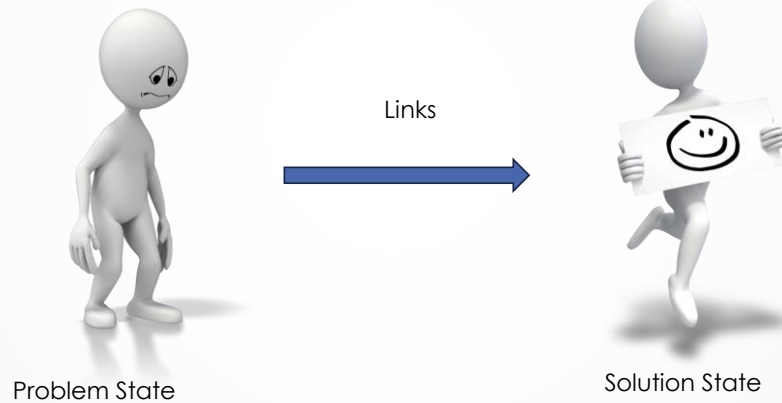


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Six Rules of Effective Choices

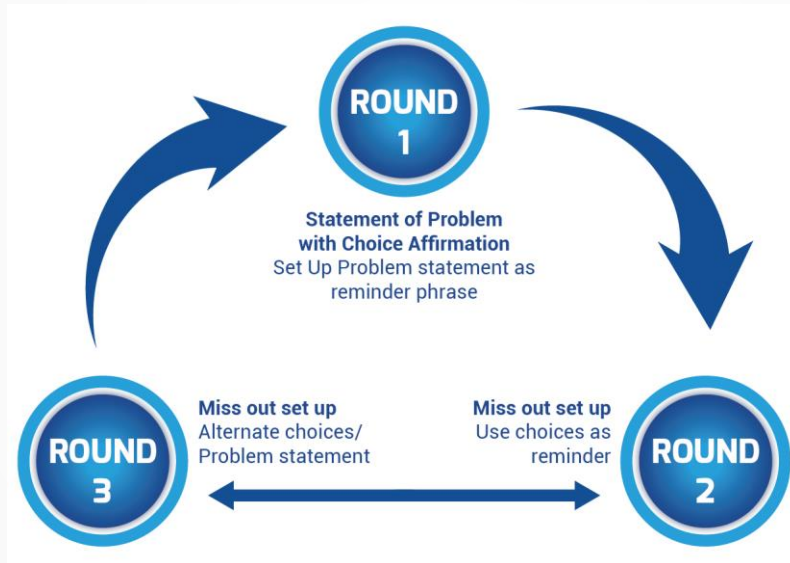
1. Be Specific
2. Pulling Motivation
3. Best Possible Outcome
4. Stated in Positive
5. For Self
6. No Tongue Twisters


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Choices Trio



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Choices Resources

Identify Resources

“Even though I feel nervous when I think of speaking with the boss, I choose to have ROLE MODEL’S confidence”

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Choices Resources

Identify Resources



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