

## Parts Work and Choices

*Think of something that you feel conflicted about – eg a moral dilemma, something that needs doing but you can't be bothered, something that would please you but displease someone else, a course of action that might bring reward but is risky. Write down the 2 or preferably 3 views/thoughts that come up about the issue you have chosen. Tap round on them, saying each thought out loud and the thoughts taking turns as you continue round the sequence. Do 2 rounds. What do you notice?*

Eg: 1- I should do a degree course, it could be good for my career. 2 -It will be boring and anyway, why should I? 3 -You don't know what it would be like or what you could make of it.

*Begin another round that starts with the words – **and the truth is?***

*It is important that these truths are true and not wishful thinking or tacit coercion or compliance. What comes out may not appear to relate directly to the debate you were having before. That doesn't matter. Your parts may know the truths they need to hear. Very often the truths are about the fact that we are not trapped.*

Eg: It is entirely up to me whether I do the course. No one can make me. I can't know if it will be worthwhile but what have I got to lose? I might enjoy it. I will meet new people, have new thoughts...

*Try that for a couple rounds, let whatever arises come into it and tap on it and follow where it leads.*

So now the **I choose** statement:

*Let it flow naturally from the forgoing steps.(when doing choices method it is very important to do the stages one at a time) Be as specific as possible so that the choice becomes a clear goal.*

eg I choose to put my best into this course for a couple of weeks and see what I think. I can leave if it is rubbish.

Tap that "in" for one round.

How do you feel about the issue now? Any tailenders? If so tap on the new objections, make a new **truth is** and **So I choose** statement.