

USING EMT FOR WORK ON PERSONAL TRAITS

Probably the most important area of use for most spiritual techniques is the work on one's personal characteristics. Successful changes in this area give satisfying and easily noticeable changes that conclusively prove that **techniques you use really work**.

Personal characteristics are obviously important as a part of your everyday life, and something that you encounter every day.

Processes you have in this material *will give you the big changes* in your everyday life immediately. From the improvements in the way you feel when you wake up in the morning, to the emotions and behaviors you have in your work, in your relationships, or in any other important area of your life.

And of course, when you are able to improve your behaviors, results you are getting, and your reality will also improve.

And EMT is a perfect tool to work on your personal traits.

This is so, because, your perception of yourself and your personal characteristics are absolutely based on some of your past experiences, and EMT is purpose-built exactly for dealing with those.

But, don't trust me on that.

Just do few EMTs on some of your personal traits, and you will see it for yourself.

USING EMT FOR THE CHANGE OF YOUR PERSONAL TRAITS

Best way to start is to create the lists of your undesirable and desirable personal traits, and then start doing processes you have later in this text.

Here are the lists of Life-areas, and most common negative characteristics.

They can be useful in creation of your own lists of characteristics.

LIFE AREAS

Health

Relationship with the opposite sex

Family

Money, success and career

Hobby & recreation

Spiritual

Personal

Relationships with the people other than family

LIST OF THE MOST COMMON NEGATIVE CHARACTERISTICS

1. I can't eliminate my shortcomings.
2. I am not confident.
3. I am not successful.
4. I can't earn enough money.
5. I can't get my perfect job.
6. I can't stay calm in all situations.
7. I can't express my emotions freely.
8. I can't concentrate well.
9. I can't persist on my goals.
10. I am not tolerant.
11. I am not patient with my children.

12. I can't attract the perfect emotional partner.
13. I am not comfortable leading/managing people.
14. I can't freely ask for a favor.
15. I can't freely express my opinions.

When I am working individually with my clients, I suggest that they pick the life-area in which they want improvement urgently, and choose three most important characteristics and work on them at least in the following few days, until they notice significant changes.

That kind of work would be better as it will give you additional boost as your improvements will be verifiable. (Naturally, you will get additional energy and enthusiasm for your work when you start noticing significant changes in your behavior).

So, my advice is to make short lists of characteristics you will work on, simple plan for your work, and stick to it until you get noticeable results.

(Of course, you can just take some of characteristics you are interested in changing randomly, and start the process right away, but it's usually better to work systematically).

Eliminating undesirable personal TRAITS (list 1)

You can deal with any negative personal characteristic in 2 simple steps.

1. Find which one of your past experiences (events from your past) shows that you have that characteristic.
2. EMT that experience

If necessary, do it with other past experiences (sometimes our belief that we have some negative characteristic is the result of more than one past experience) until you feel that you can freely choose your behavior in that area.

Creating desirable personal traits (list 2)

Beside techniques for eliminating negative characteristics, important part of the EQUILIBRIUM system is the creation of the positive ones. As in any other area, it's necessary to be able not only to eliminate negative items from your mind, but to create positive ones as well.

In this way you will be able to deal with problematic ones that generate your negative behaviors, and create positive ones that will help you establish new desirable personal characteristics.

It's easy to create positive character traits using EMT. You need to:

1. Define the positive trait you want to have.
2. Ask yourself: "Which one of the previous events from my life shows that I DON'T have this trait ?"
3. EMT that past experience.

If necessary repeat steps 2 and 3 until you really feel positive character trait as a absolute truth for yourself. (Sometimes more than one past event forms your belief and attitude in the area you are working on).

Conclusion:

- Easiest way to try EMT process (which you also have on the same web page on my site) is to use it for the change of personal traits.
- You can eliminate undesirable personal traits, as well as *create the new, desirable ones*.
- First create the lists of undesirable and desirable characteristics, and then start using EMT on the items from your lists.
- Process is easy. You only need to identify past experience which shows that you have certain negative characteristic (or that you are lacking positive one) and then EMT it.
- For most traits, you need to process few different experiences to get a complete result, but you will be able to notice improvement even after only one.
- Try this process. It works like a charm :)