

I. DESCRIBING INITIAL EXPERIENCE

1. **Where are you located in this experience?** (Write down your answer.)
2. **When is it happening?** (Write down your answer.)
3. **Who are the important participants in this event?** (Write down your answer.)
4. **Describe this experience briefly.** (Write it down.)
5. **Rate this experience on a scale from -10 to 10.** (Write down your answer.)
6. **What is the most troublesome part of this experience for you?** (Write down your answer.)

II. RECOGNIZING NECESSARY CHANGES IN THE EXPERIENCE

7. **What needs to be different in that experience for it to be more acceptable for you?** (Write down your answer.)
8. **What needed to have happen differently before that experience in order to make it like that (Explanation/History alignment).** (Write it down.)

III. DESCRIPTION OF THE CHANGED EXPERIENCE

9. **Write down changed experience as if it were happening right now.** (always start description of changed experience with: I am located... and I am doing...)
10. **Rate the new experience on a scale -10 to 10.** (Write down your rating.)
11. If the new experience is rated less than 10, **go again to step 7.**
Repeat steps 7-10 until the new experience is perfect (rated 10/10).

EXPLANATION:

As you can see, the technique is very simple. You start from a certain experience, observe it, and determine what changes would make it perfect for you. It's similar to having a more disciplined imagination.

Most of us are doing it with some experiences all the time. When you visualize certain experiences (past events or outcomes) as changed, you are clearly using your imagination. The only difference is that in doing the technique we perceive the original experience as it really was, and then we "imagine" the desired changes until it is perfect (a clear 10/10).

Though the technique is unbelievably easy to use, the changes you get by applying it are astoundingly deep. These aren't the short-lived, shallow changes that you get by applying techniques that change just a perception of negative experience. These are fundamental changes in your personality. Why is it so?

Each thing we desire to be different points out the parts of the experience that are hard for us to confront. With laser-like SPIRITUAL OPTION, the technique therefore reveals the elements of the experience that are our greatest problems. By creating different changes in a the experience until it is perfect, the person completely confronts—and resolves—that experience.

Unlike other methods, resolving unpleasant experiences with the Experience Modification Technique is unbelievably fast. This is because you precisely recognize those parts of the experience that are most problematic for you.

TECHNICAL POINTS FOR EMT PROCESS

- Remember that you can change any part of the experience (except the time). (All changes are OK, whether possible or impossible).
- Make sure that the new, changed experience is really 10/10, not only in comparison to the initial event (that is a "false 10"), but also as an experience that you are considering for the first time. Would you really be perfectly happy to experience something like that?
- When you do a solo process, always write down all your answers. Especially when you are describing modified experience in step number 8, it's essential to describe it as if it were happening right now.
- Choose only one modification in every cycle of the process.