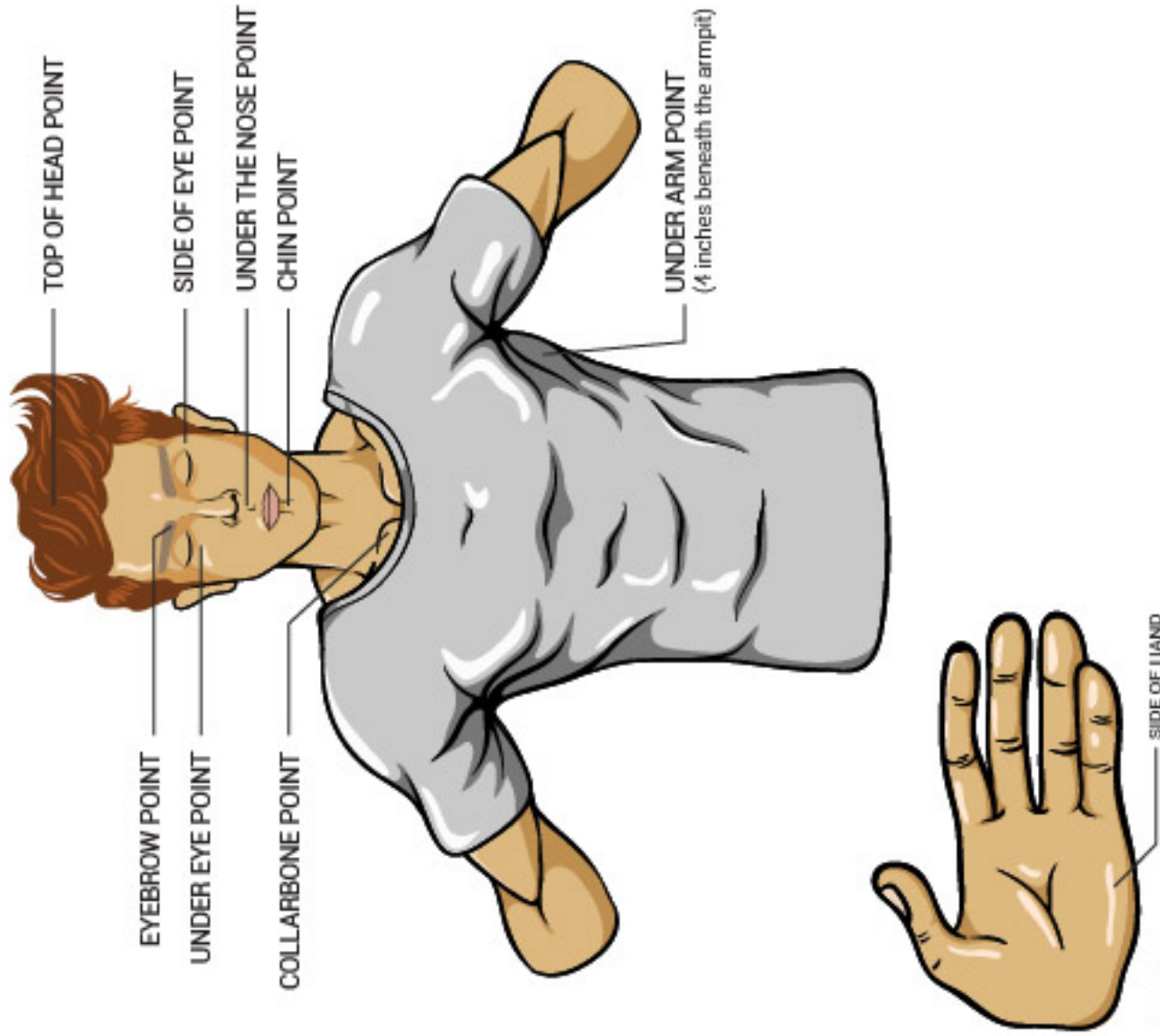


EFT TAPPING CHART



STEP
01

IDENTIFY YOUR PROBLEM

find the words to represent it. Use those words in place of "this problem" in the following tapping sequence.

A

STEP
02

INTENSITY

on a scale from 0-10. 10 is the worst your problem has ever been, what intensity is it now.

B

STEP
03

SIDE OF HAND

Tap and say, "Even though I have 'this problem', I completely and totally accept myself" (repeat three times)

C

STEP
04

TAPPING AND REPEATING

Tap approximately 7 times on each of the following points with gentle percussion, repeating the words that represent your problem.

D

Top of the Head Point: "This Problem"
Eyebrow Point: "This Problem"
Side of the Eye Point: "This Problem"
Under the Eye Point: "This Problem"
Chin Point: "This Problem"
Collar Bone Point: "This Problem"
Under the Arm Point: "This Problem"

STEP
05

CHECKING THE INTENSITY

Check the intensity of your problem now and repeat the above sequence until it is down to zero.

E