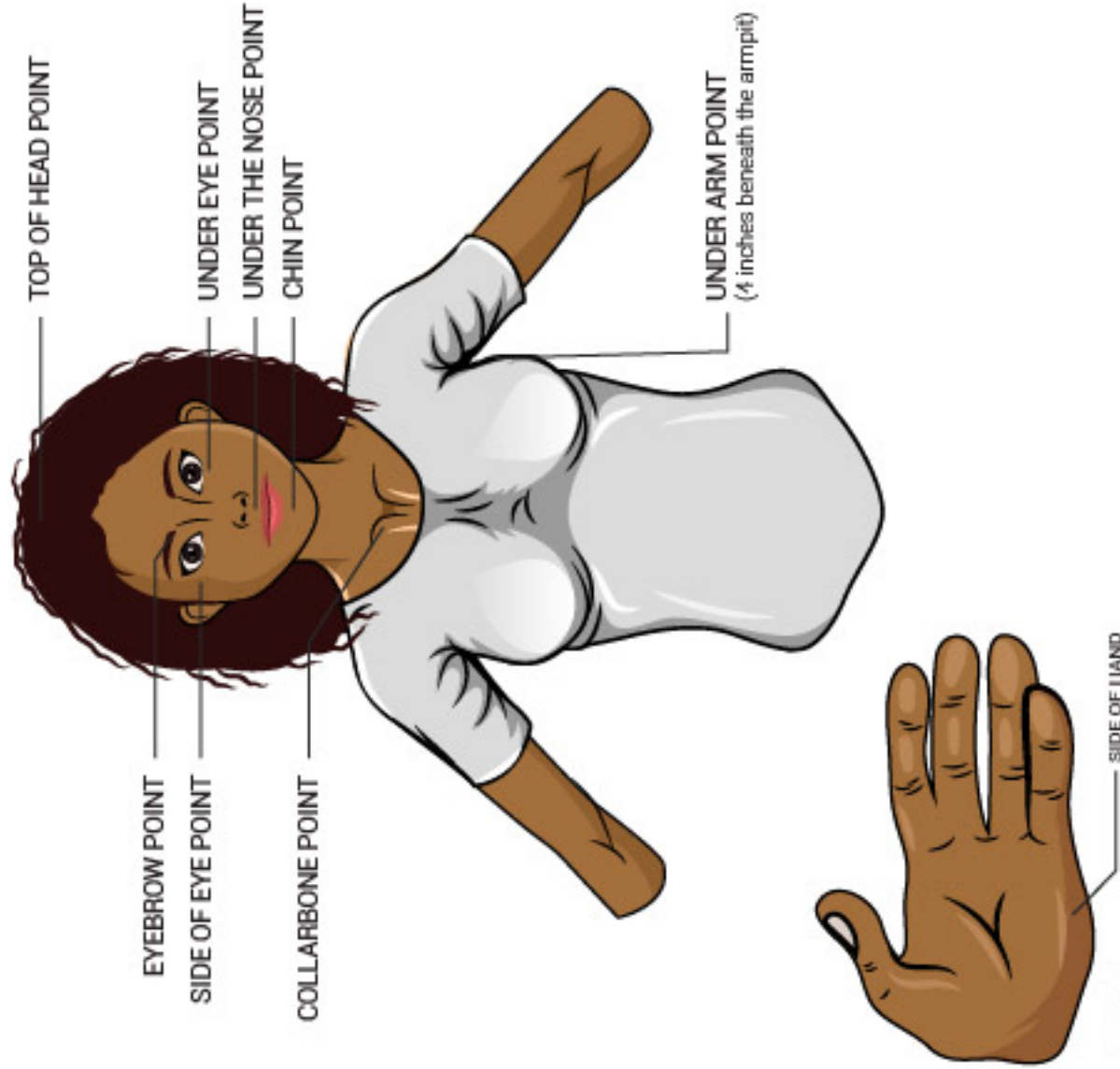


EFT TAPPING CHART



A

STEP 01

IDENTIFY YOUR PROBLEM

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

B

STEP 02

INTENSITY

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

C

STEP 03

SIDE OF HAND

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

D

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.

- 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"

E

STEP 05

CHECKING THE INTENSITY

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