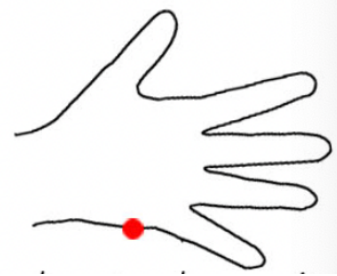


Basic EFT Tapping 3-2-1

3. The Set Up:

Repeat the affirmation 3 times, while continuously Tapping the side of hand.

“Even though I have this _____. I deeply and completely accept myself.”

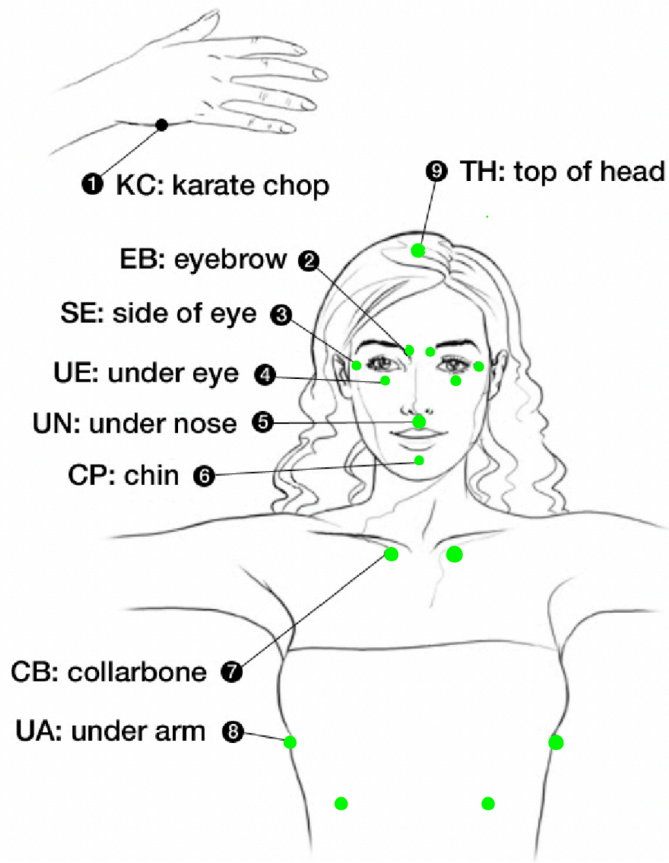


Reminder Phrase

Fill in the blank above with the reminder phrase. A word or short phrase that describes the problem and that you repeat out loud each time you tap one of the points in *The Sequence*

2. The Sequence:

For 2 rounds, Tap about 5-7 times each of the following meridian end points while repeating the *Reminder Phrase* at each point.



1. Deep Breath/Drink Water

