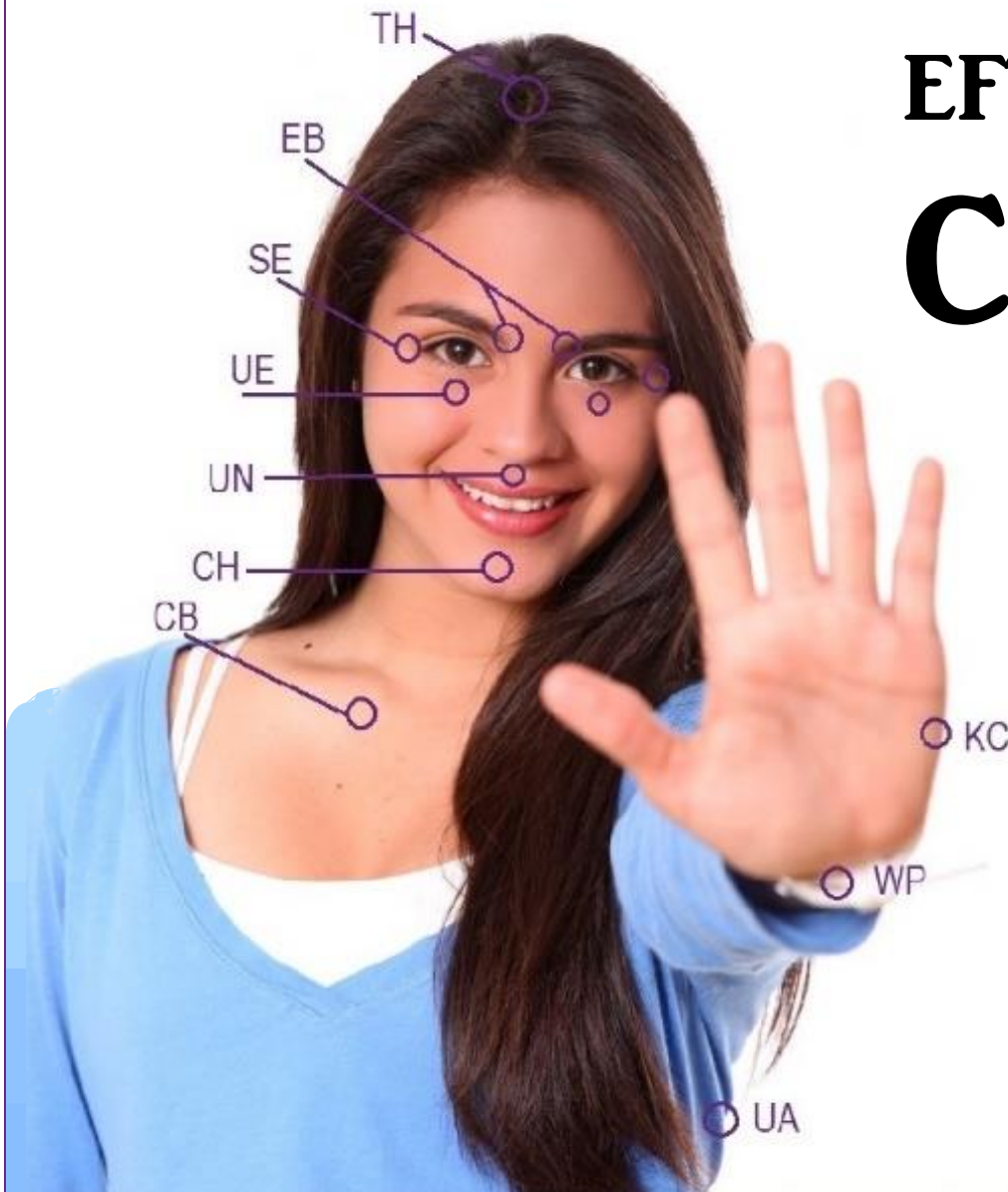


EFT TAPPING CHART



THE POINTS

- KC = Karate Chop (Side of hand on fleshy part)
- TH = Top of head (On the crown)
- EB = Eyebrow (Beginning of the eyebrows)
- SE = Side of Eye (Outside of the eye)
- UE = Under Eye (On the bone, in line with your pupil)
- UN = Under Nose
- CH = Chin (Under lip, in indentation)
- CB = Collarbone (Just under collarbone point)
- UA = Under Arm (About 4" under armpit)
- WP = Wrist (Where you'd take your pulse)

THE SEQUENCE

1. TUNE IN TO THE PROBLEM

2. THE ASSESSMENT

Rate the intensity of your problem on a scale of 0-10, with 10 being the worst.

3. THE SETUP

Tap the Karate Chop Point (KC) while repeating 3 times the setup phrase, “Even though _____ (the problem), I accept myself deeply and completely.”

4. THE SEQUENCE

Decide on a phrase which reminds you of the problem and tap on the sequence of points, repeating the reminder phrase.

5. RE-ASSESSMENT

Take a deep breath, tune in to the problem and rate the level of intensity now. Notice any changes in thoughts, emotions, or body sensations. Perhaps you have a new insight.

6. COMPLETING THE PROCESS

Repeat the process until there is no intensity and you feel neutral about the original problem.

