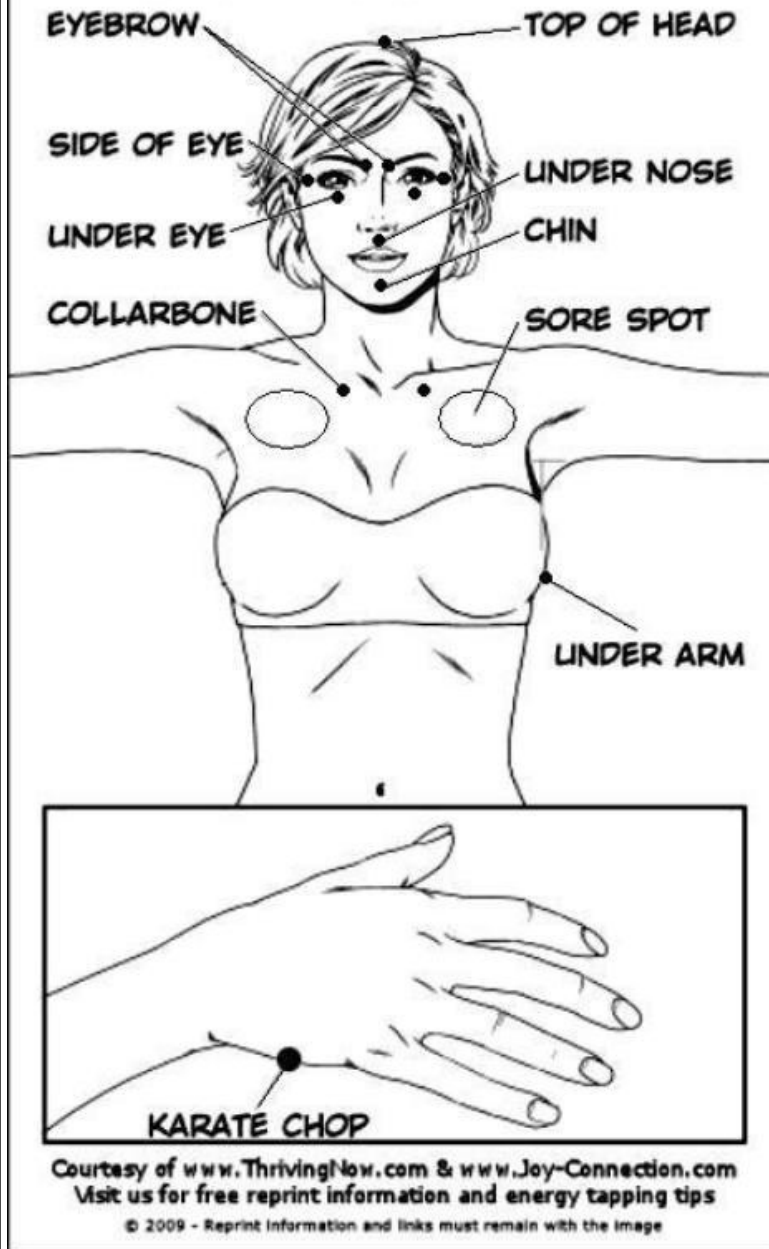


Tapping Points



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Note your discomfort on a scale of 1-10, with 10 being the most intense and 1 or 0 being non-existent.

First rub the “Sore Spot” or the “Karate Chop point” 3x and use the setup phrase, “Even though I feel _____, I deeply and completely accept myself.” You can also use the karate chop point for the set up but the sore spot is generally considered more effective.

Tap the following places:

- Eyebrow
- Side of the Eye
- Under the Eye
- Under the Nose
- Chin
- Collar Bone
- Under the Arm
- Top of the Head

- Take a deep breath

Evaluate your intensity and repeat as necessary until you get to a 1 or 0. With subsequent rounds, change the set-up phrase to start with “Even though I still have this...” or “Even though I still have some of this remaining... I deeply and completely accept myself.”

If you do not notice a difference in intensity, repeat the set up phrase and state the “I deeply and completely accept myself” portion more emphatically.

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