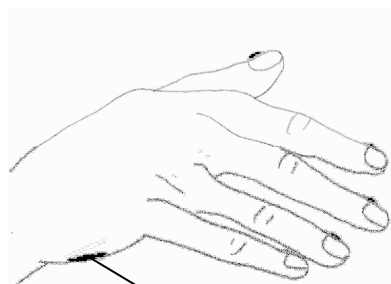
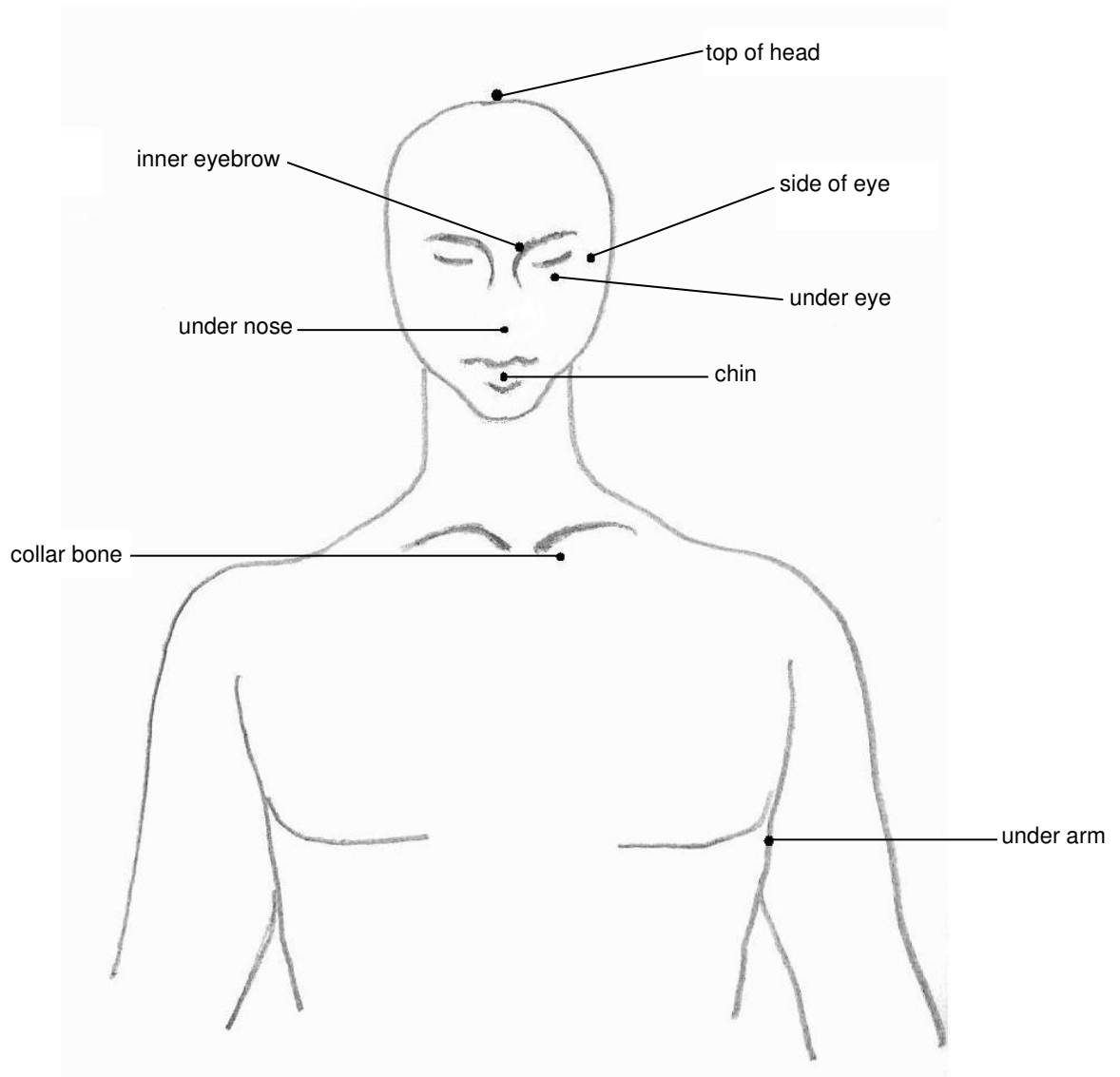


EFT tapping chart



karate chop point

Think about the issue/problem and rate how you feel about it from 0 (fine) to 10 (dreadful).

Tap on the karate chop point while saying:

“Even though I [have this problem], I deeply and completely love and accept myself”.

Repeat this three times, then tap for six or seven taps on each point working downwards from the top, saying a short phrase relating to the problem at each point.

Take a deep breath and rate how you are feeling now.