

## EFT on a Page

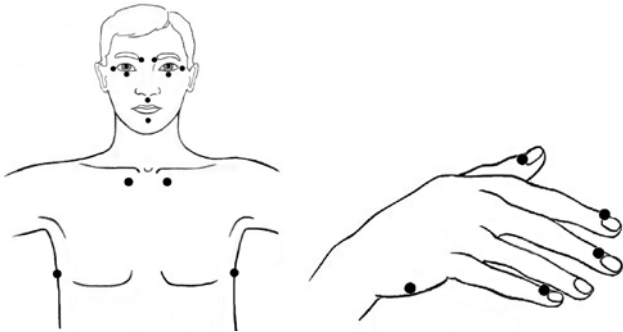
1. **Where in your body** do you feel the emotional issue most strongly?
2. **Determine the distress level** in that place in your body on a scale of 0 to 10, where 10 is maximum intensity and 0 is no intensity:

10, 9, 8, 7, 6, 5, 4, 3, 2, 1, 0

3. **The Setup:** Repeat this statement three times, while continuously tapping the Karate Chop point on the side of the hand (large dot on hand diagram below):

*“Even though I have \_\_\_\_\_ (name the problem), I deeply and completely accept myself.”*

4. **The Tapping Sequence:** Tap about 7 times on each of the energy points in these 2 diagrams, while repeating a brief phrase that reminds you of the problem.



5. **Determine your distress level** again on a scale of 0 to 10 again. **If it's still high, say:**

*“Even though I have some remaining \_\_\_\_\_ (problem), I deeply and completely accept myself.”*

6. **Repeat from Step 1** till your distress level is as close to 0 as possible.

Find dozens of tap-along videos at [EFTuniverse.com](http://EFTuniverse.com)