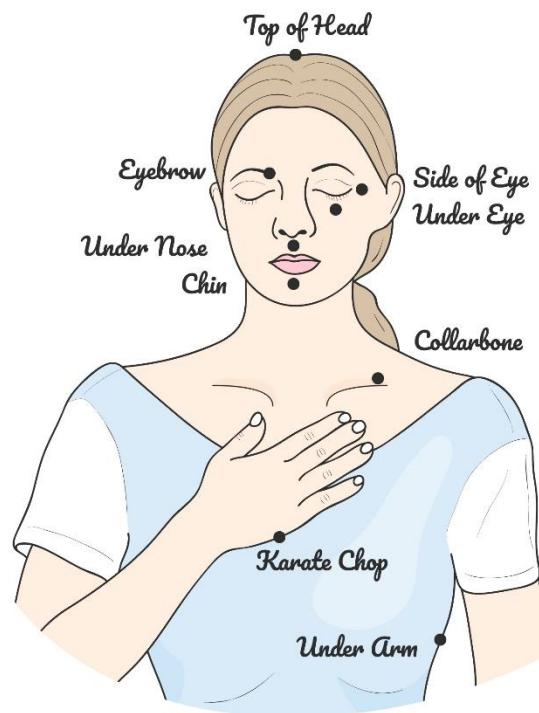


EFT TAPPING PROTOCOL – SELF-HELP SHEET

Testing: Before you start your tapping session, choose something very specific to work on (for example, a scene that creates discomfort in your body), and check the intensity level of this discomfort. How distressed are you 0-10? Then, choose the set up statement.

Set up Statement: Tap the karate chop (see below) and say the set up statement ***Even though... (I have this fear)...., I deeply and completely accept myself/ I choose to accept myself/ I am working towards accepting myself.***

Sequence: Tap EB, SE, UE, UN, CP, CB, UA, TH (See image).



EFT Tapping Points

Re-Testing: Check your intensity level again to test the result.