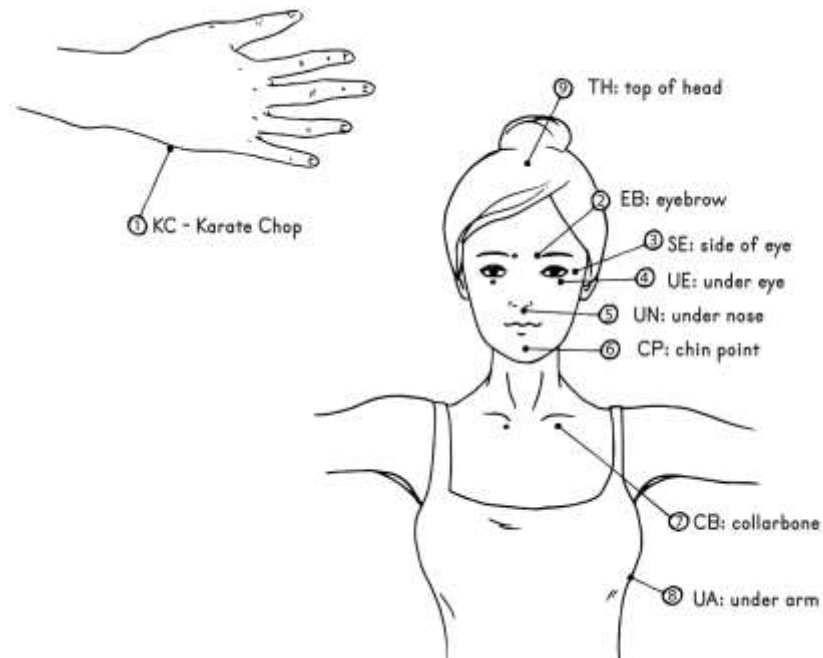


EMOTIONAL FREEDOM TECHNIQUE (TAPPING)



1. Focus On a Specific issue/emotion and rate the intensity
2. Repeat the following while tapping 7-8 times per point in order (#1-9)
 - “Even though I have/feel _____, I completely love and accept myself”
 - “Even though I have/feel _____, I willingly release it now”
 - “Even though I have/feel _____, I am perfect in my imperfection”

Repeat several times until intensity of problem/feeling is at a zero