#1...The Setup

1) Repeat 3X

Even though I have this _________ (problem)
I deeply & completely accept myself.

2) While continuously rubbing the “Sore Spot” or tapping the “Karate Chop” point.

The Sore Spot/ Karate Chop Point

#2...The Sequence

Tap about 5X on each point

#3...The 9 Gamut

Perform 9 actions while tapping the GAMUT POINT continuously:

1) Eyes closed
2) Eyes open
3) Eyes hard down right (head steady)
4) Eyes hard down left (head steady)
5) Roll eyes in a circle
6) Roll eyes in opposite direction
7) Hum 5 seconds of song (Happy Birthday)
8) Count from 1 to 5
9) Hum 5 seconds of a song again.

#4...Repeat (#2) The Sequence

NOTE: In subsequent rounds of tapping, change the setup language to “Even though I STILL have SOME OF this problem...” and use “REMAINING problem” as a reminder phrase.