

EFT™ (Emotional Freedom Techniques) SHORTCUT TAPPING PROCEDURE

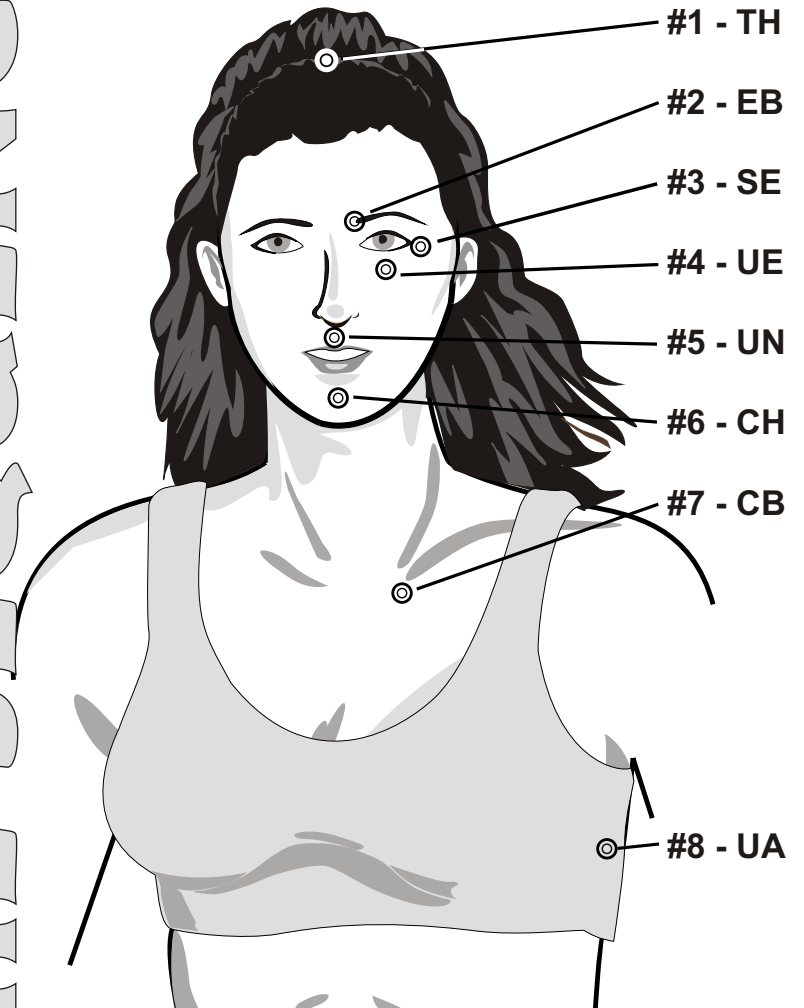
THE SETUP

- 1) Focus on a SPECIFIC Issue, and rate the intensity on a 0-10 scale.
- 2) Repeat Three Times:
“Even though I have this problem, I deeply & completely accept myself.”
- 3) While continuously tapping the “Karate Chop” point.



THE SEQUENCE

- 4) Tap about 5X on each point while repeating “This Problem.”



- 5) Focus on the ORIGINAL problem and re-rate the intensity. If not yet at a zero, apply the Tapping Procedure again.

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