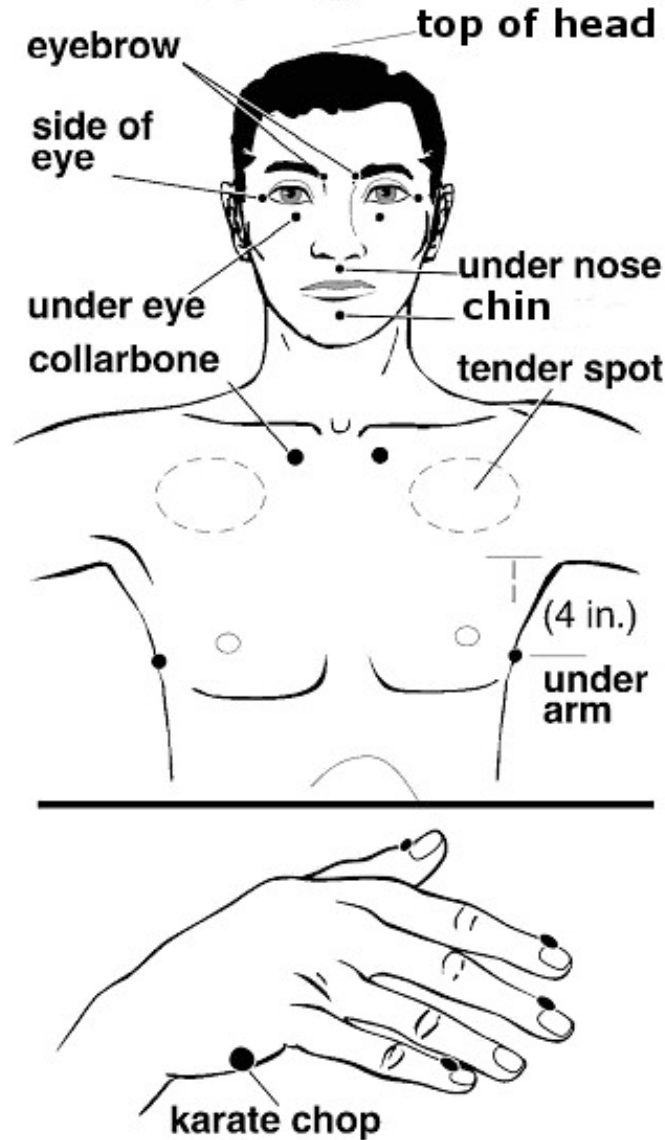


EFT TAPPING POINTS

Tapping Points



Affirmation: “Even though _____,
I deeply and completely accept myself.”

Repeat the above affirmation while you tap each point 5-7 times, beginning with the karate chop, then the top of the head and down.

Perform this: _____