



① KC: karate chop

1) Locate problem and rate current intensity on scale of 0-10

EB: eyebrow ②

2) Tap on karate chop point while repeating set up statement:

SE: side of eye ③

*“Even though I (insert problem), I deeply and completely love and accept myself”*

UE: under eye ④

UN: under nose ⑤

CP: chin ⑥

3) Take 2 fingers and tap on points from eyebrow to top of head as illustrated roughly 5-7 times stating:

*“this (insert problem as above)”*

CB: collarbone ⑦

4) Take a deep breath and check what has changed when you revisit the problem.

UA: under arm ⑧

5) Repeat process on remainder of problem or any new aspect that may have arisen.

⑨ TH: top of head

